

DIRECTIONS: Mix two (2) scoops (33 g) with 8 oz. of water. To increase the protein content to more than 20 grams per serving and enjoy a creamy texture, mix with 8 oz. of skim milk. Shake can also be enjoyed by mixing with your favorite vegetarian milk alternative. Best served ice cold.

No Artificial Color, **No** Artificial Flavor, **No** Preservatives, **No** Wheat, **No** Fish.

Contents are sold by weight. Some settling may occur.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

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PROD. NO. 50875 B53631 04D



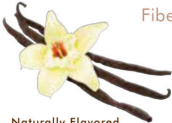
OPTIMAL SOLUTIONS®

COMPLETE
PROTEIN
& VITAMIN
Shake Mix



Good Source of Fiber & Protein
With Collagen

Vitamins B & C, Electrolytes,
Fiber & Probiotics



Naturally Flavored
Vanilla Bean

Net Wt. 16 oz. (1 lb.) (453g)

Dietary Supplement

NATURE'S BOUNTY® OPTIMAL SOLUTIONS®
VANILLA SHAKE IS A COMPLETE
PROTEIN & VITAMIN SHAKE MIX WHICH
ADDRESSES KEY NUTRITIONAL NEEDS.

ENERGY SUPPORT* B Vitamins	IMMUNE HEALTH* Vitamin C
BONE HEALTH* Vitamin D and Calcium	DIGESTIVE HEALTH* Fiber & Probiotics
HEALTHY SKIN* Vitamin C	HAIR, SKIN & NAIL SUPPORT* Biotin, Vitamin C & ALA

Optimal Solutions® Vanilla Vitamin Shake Mix is a uniquely formulated beauty blend of essential nutrients which address the key nutritional needs of women – to help you look and feel your best.* Optimal Solutions® Vanilla Vitamin Shake Mix supports natural beauty from within by providing protein, Vitamin C and Collagen.* Vitamin C is involved in collagen formation which is important for healthy vibrant skin.*

Each serving contains 15 grams of protein and provides 100% daily value of all B Vitamins, along with fiber from Inulin, probiotics and enzymes, to support energy, digestive and intestinal health.* B vitamins aid the conversion of food to energy.* The B Vitamin Biotin also supports the health of hair, skin and nails for lustrous hair, vibrant skin and strong nails.* Optimal Solutions® Vanilla Shake is a good source of fiber, at 4 grams per serving, and provides 800 IU of Vitamin D, twice the DV for Vitamin D, which supports a woman's immune system and bone health.* Optimal Solutions® Vanilla Shake also contains flaxseed and electrolytes. Flaxseed contains ALA, Alpha Linolenic Acid (omega-3), which helps provide nutrients for the well-being of the body.* Electrolytes provide key minerals to help maintain fluid balance throughout the day.*

TYPICAL AMINO ACID PROFILE (milligrams per 33 g serving****)		
Essential Amino Acids	Nonessential Amino Acids	
Histidine	283 mg	Alanine 850 mg
Isoleucine	672 mg	Arginine 897 mg
Leucine	1,195 mg	Aspartic Acid 1,481 mg
Lysine	1,020 mg	Cysteine 196 mg
Methionine	233 mg	Glutamic Acid 2,499 mg
Phenylalanine	564 mg	Glycine 1,159 mg
Threonine	682 mg	Proline 1,093 mg
Tryptophan****	179 mg	Serine 706 mg
Valine	708 mg	Tyrosine 415 mg
****L-Tryptophan is naturally occurring, not added		
****approximate values		

Supplement Facts

Serving Size 2 Scoops (33 g)
Servings Per Container about 13

Amount Per Serving	%Daily Value
Calories	120
Calories from Fat	20
Total Fat	2 g 3%**
Saturated Fat	1 g 5%**
Cholesterol	25 mg 8%
Total Carbohydrate	13 g 4%
Dietary Fiber	4 g 16%
Sugars	6 g ***
Protein	15 g 30%
Vitamin C (as Ascorbic Acid)	60 mg 100%
Vitamin D (as D2 Ergocalciferol)	800 IU 200%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	1.5 mg 100%
Riboflavin (Vitamin B-2)	1.7 mg 100%
Niacin (as Niacinamide)	20 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 100%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 100%
Biotin (as d-Biotin)	300 mcg 100%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%
Calcium	225 mg 23%
Iron	1 mg 6%
Phosphorus	200 mg 20%
Magnesium (as Magnesium Oxide)	15 mg 4%
Sodium	110 mg 5%
Potassium	55 mg 2%
ProbioGuard™ Probiotic Blend which contains 1 billion active <i>Lactobacillus acidophilus</i> , <i>B. bifidum</i> , at the time of manufacture	850 mg ***
Digestive Enzyme Blend Bromelain (from Pineapple), Papain (from Papaya fruit)	200 mg ***
Flaxseed which typically contains: Alpha-Linolenic Acid (Omega-3) Other Fatty Acids	888 mg *** 168 mg *** ***
Stevia Extract (<i>Stevia rebaudiana</i>) (leaf)	108 mg ***
Collagen	3 g ***

**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

Other Ingredients: Proprietary Protein Blend (Soy Protein Isolate, Whey Protein Concentrate), Fructose, Inulin, Oat Fiber, Natural Flavors, Soy Lecithin, Maltodextrin, Tricalcium Phosphate, Xanthan Gum.

Contains milk and soy ingredients.

Enjoy a serving of Optimal Solutions® Vanilla Shake, the nutrition you need to support a healthy beautiful body from the inside out* because -

Beauty Starts on the Inside™