



Beauty Starts on the Inside™

At Nature's Bounty, we believe health and beauty go hand in hand. With over 40 years of making quality vitamins and more than 20 years in the beauty business, you can trust that every Nature's Bounty® product is backed by science, and made with the purest ingredients...guaranteed. Beauty Starts on the Inside.™

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.

★ **Made In The USA** with select ingredients from around the world

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

Join our **Loyalty Program** at
NaturesBountyRewards.com

PROD. NO. 50874 B53630 05E

*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.

Carefully Manufactured for **NATURE'S BOUNTY, INC.**
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OPTIMAL SOLUTIONS®

COMPLETE PROTEIN & VITAMIN Shake Mix

HEALTH & BODY



Decadent Chocolate
Naturally Flavored

With Collagen,
Fiber & Probiotics

Excellent Source
of Protein

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

Dietary Supplement

Nature's Bounty® Optimal Solutions® Complete Protein
& Vitamin Shake Mix addresses key nutritional needs.

HEALTHY SKIN* Vitamin C & Flaxseed	HAIR & NAIL SUPPORT* Biotin & ALA
BONE HEALTH* Vitamin D & Calcium	DIGESTIVE HEALTH* Fiber & Probiotics
ENERGY METABOLISM* B Vitamins	IMMUNE HEALTH* Vitamin C
MUSCLE HEALTH* Protein	HYDRATION SUPPORT* Electrolytes

Nature's Bounty® Optimal Solutions® Complete Protein & Vitamin Shake Mix is a uniquely formulated blend of essential nutrients which address the key nutritional needs of women to help you look and feel your best.*

Enjoy a serving to get the nutrition you need to support a healthy body from the inside out* because —

Beauty Starts on the Inside™

TYPICAL AMINO ACID PROFILE (milligrams per 33 g serving****)			
Essential Amino Acids		Nonessential Amino Acids	
Histidine	284 mg	Alanine	862 mg
Isoleucine	673 mg	Arginine	935 mg
Leucine	1,188 mg	Aspartic Acid	1,512 mg
Lysine	991 mg	Cysteine	205 mg
Methionine	235 mg	Glutamic Acid	2,551 mg
Phenylalanine	587 mg	Glycine	1,189 mg
Threonine	688 mg	Proline	1,103 mg
Tryptophan****	182 mg	Serine	725 mg
Valine	737 mg	Tyrosine	431 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	110
Calories from Fat	25
Total Fat	3 g 5%**
Saturated Fat	1 g 5%**
Cholesterol	25 mg 8%
Total Carbohydrate	11 g 4%
Dietary Fiber	6 g 24%
Sugars	2 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	220 mg 22%
Iron	2 mg 11%
Phosphorus	222 mg 22%
Magnesium (as Magnesium Oxide)	43 mg 11%
Sodium	110 mg 5%
Potassium	300 mg 9%
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)	160 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), Cocoa (processed with alkali), Inulin, Oat Fiber, Fructose, Natural Flavors, Soy Lecithin, Maltodextrin, Tricalcium Phosphate, Xanthan Gum.

Contains milk and soy ingredients.