



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.



★ **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. 50875 B53631 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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COMPLETE PROTEIN & VITAMIN Shake Mix

HEALTH & BODY



Vanilla Bean
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	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.