

A.M. FORMULA
DIRECTIONS: For adult women, take one (1) A.M. tablet at breakfast.

B51688

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 30

Amount Per Serving		%Daily Value
Calcium (as Dicalcium Phosphate)	68 mg	5%
Biotin	300 mcg	1,000%
Black Cohosh Extract (<i>Cimicifuga racemosa</i>) (root)	40 mg	**
(Standardized to contain 2.5% Triterpene Glycosides, 1mg)		

**Daily Value not established.

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** FD&C Blue #1 Lake, FD&C Red #40 Lake, FD&C Yellow #6 Lake, Natural Palm Leaf Glaze, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

P.M. FORMULA

DIRECTIONS: For adult women, take one (1) P.M. tablet at bedtime as Melatonin may produce drowsiness.

B50398

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 30

Amount Per Serving		%Daily Value
Calcium (as Dicalcium Phosphate)	52 mg	4%
Valerian Extract (<i>Valeriana officinalis</i>) (root)	200 mg	**
(Standardized to contain 0.8% Valerianic Acid, 1.6 mg)		
Hops Flower Extract (<i>Humulus lupulus</i>)	10 mg	**
(a 10:1 extract equivalent to 100 mg whole herb)		
L-Theanine	50 mg	**
Black Cohosh Extract (<i>Cimicifuga racemosa</i>) (root)	40 mg	**
(Standardized to contain 2.5% Triterpene Glycosides, 1 mg)		
Melatonin	300 mcg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** FD&C Red #40 Lake, Natural Palm Leaf Glaze, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate.



OPTIMAL SOLUTIONS™

Beauty Starts on the Inside™



At Nature's Bounty®, we believe health and beauty go hand in hand. With nearly 50 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 only the purest ingredients...guaranteed. *Beauty Starts on the Inside™*.

- ✓ Soy Free
- ✓ Guaranteed Quality
- ✓ Laboratory Tested

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish, Sodium Free, Suitable for Vegetarians.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Limit use to two months with a break of one week. 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 blister seal is cut, torn or open.

★ **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

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*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.

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OPTIMAL SOLUTIONS™

COMPLETE MENOPAUSE SUPPORT COMPLEX*

WOMEN'S HEALTH

A.M. Formula

Helps with Hot Flashes*
Supports Energy & Healthy Skin*

P.M. Formula

Helps with Hot Flashes & Night Sweats*
Supports Relaxation*
Drug Free Sleep Aid*

Soy
Free

60 Tablets
30 A.M. and 30 P.M.

DIETARY SUPPLEMENT



Being healthy is always beautiful. Nature's Bounty® Optimal Solutions® Complete Menopause Support Complex provides support throughout the day for women experiencing signs of menopause.* This formula contains 2 tablets, one A.M. and one P.M., the ingredients work together to address the various concerns experienced during different times of the day.

- ✓ Helps with Hot Flashes*
- ✓ Supports Rest and Relaxation and Helps with Occasional Sleeplessness*
- ✓ Helps Convert Food into Energy*

Nature's Bounty® Optimal Solutions® Complete Menopause Support Complex uses two unique essential formulas:

The A.M. Formula combines Black Cohosh, to help with hot flashes, and Biotin, which supports energy and the health of hair, skin and nails.*

The P.M. Formula contains Black Cohosh to help with night sweats, while Melatonin supports rest and relaxation.*

Beauty Starts on the Inside™

Prod. No. 51109 B50435 05E



Part No. 22-51109

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