Optimal Solutions® Vanilla Shake, the nutrition you need for a healthy body.*

Each serving contains 15 grams of protein and provides 100% daily value of all B Vitamins along with Niacin and Folic Acid.

Optimal Solutions® Vanilla Shake is composed of a proprietary blend of protein. Complete Profile of Amino Acids:

- Protein 15 g 30%
- Sugars 6 g ***
- Calcium 206 mg 21%
- Iron 1 mg 5%
- Pantothenic Acid (as d-Calcium Pantothenate) 10 mg 100%
- Vitamin B-12 (as Cyanocobalamin) 6 mcg 100%
- Riboflavin (Vitamin B-2) 1.7 mg 100%
- Thiamin (Vitamin B-1) (as Thiamin Hydrochloride) 1.5 mg 100%
- Vitamin D (as D2 Ergocalciferol) 800 IU 200%
- Vitamin C (as Ascorbic Acid) 60 mg 100%
- Vitamin A (as Retinyl Palmitate) 1,000 IU 16%
- Total Carbohydrate 14 g 5%
- Calories from Fat 15
- Other Fatty Acids ***
- Alpha-Linolenic Acid (Omega-3) 168 mg ***
- Flaxseed 888 mg ***

Optimal Solutions® Vanilla Shake also provides 800 IU of Vitamin D, twice the DV for Vitamin D, which supports immune and bone health.* Enjoy a serving of Optimal Solutions® Vanilla Shake, the nutrition you need for a healthy body.*

Complete Profile of Essential Amino Acids:

- Lysine 1,178 mg
- Methionine 224 mg
- Valine 772 mg
- Leucine 1,383 mg
- Threonine 814 mg
- Histidine 340 mg
- Essential Amino Acids 6,911 mg
- L-Tryptophan**** 173 mg
- Nonessential Amino Acids
  - Arginine 845 mg
  - Alanine 623 mg
  - Aspartic Acid 1,678 mg
  - Cysteine 212 mg
  - Glycine 447 mg
  - Proline 977 mg
  - Serine 800 mg
  - Tyrosine 524 mg

The product is manufactured in a facility that processes milk, eggs, wheat, soy, and other allergens.

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For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

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