

## How to use

Initial use: press the pump 3 times to get the liquid flowing. Shake well before every use. Carefully spray into your mouth, taste and swallow. Replace cap after use.

## Directions

Use 4 sprays daily, taken together or separately.  
Best Before End: see base of carton.  
Once opened use within 6 months.  
Store at room temperature and out of direct sunlight.

### WARNINGS

Keep out of reach and sight of children.  
Do not exceed recommended dosage – excessive consumption may produce laxative effects.  
If you are pregnant, breastfeeding, taking any medications or are under medical supervision, please consult a doctor or healthcare professional before use.



Suitable for vegetarians and vegans



## Supplement Facts

Serving size 4 sprays (approx 0.03 fl. oz [0.76ml]).

Servings per container 32.

|                 | Amount per serving |
|-----------------|--------------------|
| Turmeric root** | 1300mg             |
| Curcumin        | 27mg               |

\*\* Daily Value not established

Other ingredients: Water, xylitol, glycerin, acacia gum, citric acid, potassium sorbate (preservative), natural orange flavor, xanthan gum.

\*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.

Manufactured for BetterYou Ltd  
Barnsley S74 9LH, UK.  
+1 (512) 782-9726  
www.betteryou.com



No  
more  
pills

No more pills™  
formula

### Recycling instructions

#### CARTON

This carton is made of material from well-managed, FSC®-certified forests and other controlled sources. Please recycle it with other paper and card products.

#### BOTTLE

The bottle is made from plant-based Green Polyethylene (PE), a carbon negative plastic that is derived from a sugarcane source.

#### PLASTIC RECYCLING

Once used, remove cap, unscrew the pump from the bottle and recycle all components with your plastic recycling.

THIS PACKAGING USES  
PLANT-BASED PLASTIC

www.betterplanetproject.co.uk

I'm  
green™

>93% Biobased  
Verified by ASTM D6866

RECYCLABLE BOARD

BetterYou®

## Turmeric Daily Oral Spray

1300mg equivalent  
turmeric root per  
daily serving

A convenient alternative  
to tablets and capsules

No  
more  
pills™

32  
daily  
servings

0.85 fl. oz (25ml)

Natural orange flavor  
DIETARY SUPPLEMENT – 32 servings

Nutritional  
support in  
a spray\*

Liquid formula  
natural orange  
flavor turmeric  
oral spray



No tablets,  
capsules  
or water



Turmeric  
root



Non GMO



Formulated in  
Great Britain

The UK's  
original vitamin  
oral spray  
range



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