

## 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 1 spray daily. 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. Suitable for vegetarians.

## Supplement Facts

Serving size 1 spray (approx 0.0043 fl. oz [0.13ml])  
Servings per container 100

|                                | Amount per serving | % Daily Value |
|--------------------------------|--------------------|---------------|
| Vitamin D (as cholecalciferol) | 75mcg (3000 IU)    | 375%          |

**Other ingredients:** Water, xylitol, acacia gum, sunflower lecithin, potassium sorbate (preservative), citric acid, flavoring (natural peppermint oil).

**\*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  
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[www.betteryou.com](http://www.betteryou.com)



The UK's  
original vitamin  
oral spray  
range

## 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 & PUMP

The bottle is made from 70% Ocean Waste Plastic – recovered from the Indian Ocean, the Caribbean Sea and the Philippine Sea – and 30% Post-Consumer Recycling (PCR). Separate components and recycle.

### CAP

Our bottle cap is made from Post-Consumer Recycling (PCR) – this means it has been manufactured from recycled household plastics and can be recycled with them again.



[www.betterplanetproject.co.uk](http://www.betterplanetproject.co.uk)



# BetterYou®

## D3000 Vitamin D Daily Oral Spray

75mcg (3000 IU)  
per daily serving

IMMUNE  
SUPPORT\*

100  
daily  
servings

0.51 fl. oz (15ml) Natural peppermint flavor  
DIETARY SUPPLEMENT – 100 servings

Nutritional  
support in  
a spray\*

Vitamin D helps.



Support a  
normal  
immune  
system\*



Aid normal  
muscle function\*



Maintain normal  
bones and teeth\*



Formulated in  
Great Britain



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