

## 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 a day, 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.

Keep out of reach and sight of children. Do not exceed recommended dosage – excessive consumption may produce laxative effects. This product contains iron which if taken in excess, may be harmful to very young children.



Suitable for vegetarians and vegans



# Supplement Facts

Serving size 4 sprays (approx 0.0176 fl. oz [0.52ml])

Servings per container 48

	Amount per serving	% Daily Value
Vitamin D3	75mcg	375%
Vitamin B12 (as methylcobalamin and adenosylcobalamin)	6mcg	250%
Iron	5mg	28%
Iodine	150mcg	100%

**Other ingredients:** Water, xylitol, acacia gum, glycerin, medium chain triglycerides, sunflower lecithin, potassium sorbate, citric acid, flavoring (natural mixed berries), 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  
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www.betteryou.com



No  
more  
pills

The UK's  
original vitamin  
oral spray  
range

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 & 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



RECYCLABLE BOARD

BetterYou®

# Vegan Health Daily Oral Spray

Contains four essential  
nutrients to support  
a vegan diet\*

Vegan D3, vitamin B12 (as methylcobalamin & adenosylcobalamin), iron and iodine

No more  
pills™  
formula

48  
daily  
servings

0.85 fl. oz (25ml) Natural mixed berries flavor  
DIETARY SUPPLEMENT – 48 servings



US-PCV-0002

XXXXXXX  
BBEXXXX

Nutritional  
support in  
a spray\*

A combination of  
nutrients specifically  
formulated to support  
a vegan diet



Iron contributes to a  
reduction in tiredness  
and fatigue\*



Vitamin D3  
supports a  
normal immune  
system\*



Vitamin B12  
contributes to  
normal energy  
metabolism\*



Iodine supports normal  
cognitive function\*



Formulated in  
Great Britain