

# Boost Vitamin B12 Oral Spray



## Category

Vitamins, Minerals and  
Nutritionals

## Manufacturer

BETTERYOU LTD

## Pack size

25ml

## RRP

£12.45

## Legal Status



## Uses



## Format and Ingredients and %NRV

Spray containing:

Vitamin B12 1200µg, Chromium 40µg, Green Tea Extract  
0.5mg,



## Dosage

4 sprays daily (or as directed by a healthcare practitioner).  
Can be taken together or separately. Can be taken at any  
time of the day and does not need to be taken with food or  
water.