



## Boost Vitamin B12 Oral Spray

### Uses

### 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.

### Format and Ingredients

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

**Category:**  
Vitamins, Minerals and Nutritionals

**Manufacturer:**  
BETTERYOU LTD

**Pack size:** 25ml

**RRP:** £12.45

**Legal Status:**