

HOW TO USE

Well.Actually. Liposomal Vitamin B12 oral spray provides a convenient and effective means of supplementing Vitamin B12 for you and your family, offering the flexibility of liquid dosing.

Carefully spray into your mouth, ideally into the side of your cheek, and hold for a few seconds before swallowing.



1 x Spray = 300 mcg

2 x Sprays = 600 mcg

3 x Sprays = 900 mcg

4 x Sprays = 1200 mcg

180 x

Sprays
Per bottle

INGREDIENTS

Purified Water, Vegetable Glycerol, Phospholipids (from sunflower lecithin) containing Phosphatidylcholine, Natural Flavourings (Mixed Berries), Vitamin B12 (Methylcobalamin), Natural Antioxidant (Vitamin E).

1 dose (4 sprays)	% EU NRV*	*NRV: Nutrient reference value per 4 sprays
Vitamin B12 1200mcg	48,000%	

No alcohol, artificial preservatives, or sweeteners. Non-GMO.

STORAGE NOTICES

Store at room temperature, out of direct sunlight. Can be refrigerated. Once opened, use within 120 days. Store out of reach and sight of children.

THIS PRODUCT IS MADE IN THE UK TO GMP AND HACCP MANUFACTURING STANDARDS.

Best Before - see base of box



Non GMO



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www.well-actually.co.uk



Carton/Bottle