

HOW TO USE

Well.Actually. Vitamin D3 and K2 oral spray provides a convenient and effective means of supplementing Vitamin D 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 = 1000IU D3 + 50mcg K2

2 x Sprays = 2000IU D3 + 100mcg K2

3 x Sprays = 3000IU D3 + 150mcg K2

180 x

Sprays

Per bottle

INGREDIENTS

Purified Water, Vegetable Glycerol, Phospholipids (from sunflower lecithin) containing Phosphatidylcholine, Vitamin K2 (MK-7), Vitamin D3* (Cholecalciferol), Stabiliser (Vegetable Cellulose), Natural Flavourings (Lemon, Lime, Mint), Natural Antioxidant (Vitamin E).

*Vitamin D3 is from 100% plant origin.

1 dose (2 Sprays) provides % EU NRV*

Vitamin D3 50 µg (2000IU)

1000

*NRV: Nutrient reference value per 2 sprays

Vitamin K2 100mcg

133

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