

Vitamin D supplementation guide

4 months to 3 years

Status	Vitamin D level	BetterYou recommendations for optimal supplementation
Severe deficiency	$\leq 15\text{nmol/L}$	1 month with D400 infant, 5 sprays per day (2000 IU) 1 month with D400 infant, 2 sprays per day (800 IU) Maintenance dose D400 infant, 1 spray per day (400 IU)
Deficiency	15.1-30nmol/L	1 month with D400 infant, 5 sprays per day (2000 IU) Maintenance dose D400 infant, 1 spray per day (400 IU)
Insufficiency	30.1-50nmol/L	1 month with D400 infant, 3 sprays per day (1200 IU) Maintenance dose D400 infant, 1 spray per day (400 IU)
Adequate	50.1-75nmol/L	2 weeks with D400 infant, 3 sprays per day (1200 IU) Maintenance dose D400 infant, 1 spray per day (400 IU)
Optimal	$>75\text{nmol/L}$	Maintenance dose D400 infant, 1 spray per day (400 IU)

Recommended product:
D400 infant

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Vitamin D supplementation guide

3 to 8 years

Status	Vitamin D level	BetterYou recommendations for optimal supplementation
Severe deficiency	≤15nmol/L	2 months with D400 junior, 5 sprays per day (2000 IU) Maintenance dose D400 junior, 1 spray per day (400 IU)
Deficiency	15.1-30nmol/L	6 weeks with D400 junior, 5 sprays per day (2000 IU) Maintenance dose D400 junior, 1 spray per day (400 IU)
Insufficiency	30.1-50nmol/L	1 month with D400 junior, 3 sprays per day (1200 IU) Maintenance dose D400 junior, 1 spray per day (400 IU)
Adequate	50.1-75nmol/L	2 weeks with D400 junior, 3 sprays per day (1200IU) Maintenance dose D400 junior, 1 spray per day (400 IU)
Optimal	>75nmol/L	Maintenance dose D400 junior, 1 spray per day (400 IU)

Recommended product:
D400 junior

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Vitamin D supplementation guide

8 to 12 years

Status	Vitamin D level	BetterYou recommendations for optimal supplementation
Severe deficiency	$\leq 15\text{nmol/L}$	1 month with D1000, 3 sprays per day (3000 IU) 1 month with D1000, 2 sprays per day (2000 IU) Maintenance dose D1000, 1 spray per day (1000 IU)
Deficiency	15.1-30nmol/L	1 month with D1000, 3 sprays per day (3000 IU) Maintenance dose D1000, 1 spray per day (1000 IU)
Insufficiency	30.1-50nmol/L	1 month with D1000, 2 sprays per day (2000 IU) Maintenance dose D1000, 1 spray per day (1000 IU)
Adequate	50.1-75nmol/L	2 weeks with D1000, 2 sprays per day (2000 IU) Maintenance dose D1000, 1 spray per day (1000 IU)
Optimal	$>75\text{nmol/L}$	Maintenance dose D1000, 1 spray per day (1000 IU)

Recommended product:
D1000

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Vitamin D supplementation guide

13 years and above

Status	Vitamin D level	BetterYou recommendations for optimal supplementation
Severe deficiency	$\leq 15\text{nmol/L}$	1 month with D3000, 3 sprays per day (9000 IU) 1 month with D3000, 2 sprays per day (6000 IU) Maintenance dose D3000, 1 spray per day (3000 IU)
Deficiency	15.1-30nmol/L	1 month with D3000, 3 sprays per day (9000 IU) Maintenance dose D3000, 1 spray per day (3000 IU)
Insufficiency	30.1-50nmol/L	1 month with D3000, 2 sprays per day (6000 IU) Maintenance dose D3000, 1 spray per day (3000 IU)
Adequate	50.1-75nmol/L	2 weeks with D3000, 2 sprays per day (6000 IU) Maintenance dose D3000, 1 spray per day (3000 IU)
Optimal	$>75\text{nmol/L}$	Maintenance dose D3000, 1 spray per day (3000 IU)

Recommended product:
D3000

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Vitamin D supplementation guide

13 years and above

Status	Vitamin D level	BetterYou recommendations for optimal supplementation
Severe deficiency	≤15nmol/L	1 month with D3000+K2, 9 sprays per day (9000 IU) 1 month with D3000+K2, 6 sprays per day (6000 IU) Maintenance dose D3000+K2, 3 spray per day (3000 IU)
Deficiency	15.1-30nmol/L	1 month with D3000+K2, 3 sprays per day (9000 IU) Maintenance dose D3000+K2, 3 spray per day (3000 IU)
Insufficiency	30.1-50nmol/L	1 month with D3000+K2, 6 sprays per day (6000 IU) Maintenance dose D3000+K2, 3 spray per day (3000 IU)
Adequate	50.1-75nmol/L	2 weeks with D3000+K2, 6 sprays per day (6000 IU) Maintenance dose D3000+K2, 3 spray per day (3000 IU)
Optimal	>75nmol/L	Maintenance dose D3000+K2, 3 spray per day (3000 IU)

Ideal for patients over 45 where bone density starts to decline.
May not be suitable for people with reduced kidney function.

Recommended product:
D3000+K2

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Vitamin D supplementation guide

Pregnant and breastfeeding

Status	Vitamin D level	BetterYou recommendations for optimal supplementation
Severe deficiency	≤15nmol/L	1 month with D3000, 3 sprays per day (9000 IU) 1 month with D3000, 2 sprays per day (6000 IU) Maintenance dose D3000, 1 spray per day (3000 IU)
Deficiency	15.1-30nmol/L	1 month with D3000, 3 sprays per day (9000 IU) Maintenance dose D3000, 1 spray per day (3000 IU)
Insufficiency	30.1-50nmol/L	1 month with D3000, 2 sprays per day (6000 IU) Maintenance dose D3000, 1 spray per day (3000 IU)
Adequate	50.1-75nmol/L	2 weeks with D3000, 2 sprays per day (6000 IU) Maintenance dose D3000, 1 spray per day (3000 IU)
Optimal	>75nmol/L	Maintenance dose D3000, 1 spray per day (3000 IU)

Recommended product:
D3000

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Vitamin D supplementation guide

Vegan

Status	Vitamin D level	BetterYou recommendations for optimal supplementation
Severe deficiency	$\leq 15\text{nmol/L}$	1 month with D1000 Vegan, 9 sprays per day (9000 IU) 1 month with D1000 Vegan, 6 sprays per day (6000 IU) Maintenance dose D1000 Vegan, 3 sprays per day (3000 IU)
Deficiency	15.1-30nmol/L	1 month with D1000 Vegan, 9 sprays per day (9000 IU) Maintenance dose D1000 Vegan, 3 sprays per day (3000 IU)
Insufficiency	30.1-50nmol/L	1 month with DLux1000 Vegan, 6 sprays per day (6000 IU) Maintenance dose DLux1000 Vegan, 3 sprays per day (3000 IU)
Adequate	50.1-75nmol/L	2 weeks with DLux1000 Vegan, 6 sprays per day (6000 IU) Maintenance dose DLux1000 Vegan, 3 sprays per day (3000 IU)
Optimal	$>75\text{nmol/L}$	Maintenance dose D1000 Vegan, 3 sprays per day (3000 IU)

Recommended product:
D1000 Vegan

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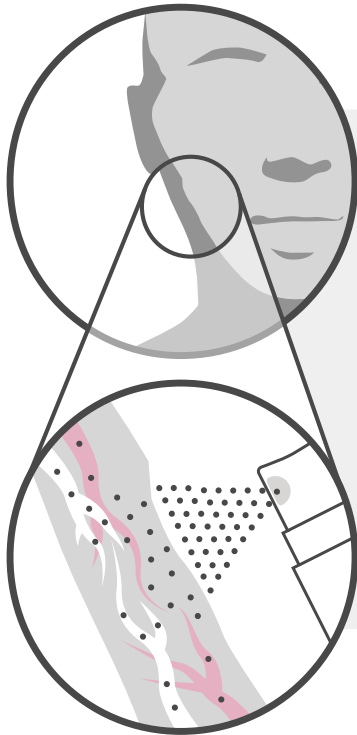


How intra-oral spray technology works

Each spray delivers tiny droplets into the soft tissue of the mouth.



These droplets are then absorbed, entering the rich vein system below.



This allows the formulation to quickly enter the bloodstream for optimal absorption.

This method bypasses the primary processing of the digestive system, where many nutrients struggle to be absorbed.

