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Health & Household › Vitamins & Dietary Supplements › Vitamins › Vitamin B › B12



BetterYou Boost Vegan Vitamin B12 Oral Spray | Organic Daily Vitamin Spray Supplement for Energy Boost | 1,200 IU Vitamin B12 | 25ml (192 Sprays)

Visit the [BETTERYOU Just As Nature Intended Store](#)

★★★★★ 1,755 ratings
| 4 answered questions

Price: **\$15.95** (\$18.76 / Fl Oz) **FREE Shipping** on your first order.

[Details](#)

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Target Gender	Unisex
Brand	BETTERYOU Just As Nature Intended
Supplement Type	Chromium
Item Form	Spray
Flavor	Apricot

About this item

- **BOOSTS ENERGY LEVELS AND REDUCES FATIGUE |** BetterYou Boost Vegan Vitamin B12 Oral Spray is expertly formulated to contribute to normal metabolism, immune and nervous system, formation of red blood cells and cognitive function. Enjoy the highest amount of essential stimulant-free vitamin supplement containing B12 (Methylcobalamin), Chromium, and Green Tea Extract in easy-to-absorb droplets that provide quick nutrient uptake.
- **PROVIDES OPTIMAL NUTRITION & RAPID DELIVERY |** Each dose of BetterYou Boost delivers Vitamin B12 in a convenient method of supplementation. Its tooth-kind formula can be taken with or without food at any time of the day and does not interact with other medications.
- **DAILY MULTIVITAMIN DOSES IN TROUBLE-FREE INTRA-ORAL SPRAY TECHNOLOGY |** 4 easy pumps in a natural Apricot flavor deliver Vitamin B12 directly into the mouth. It easily enters the body through the tongue.

One-time purchase:
\$15.95
Ships from: Amazon
Sold by: BetterYou - USA

Subscribe & Save:
\$15.95 (\$18.76 / Fl Oz)
Save up to 5% on auto-deliveries. [Learn more](#)
Get it Saturday, Nov 14

In Stock.

Qty: 1

Deliver every:

3 months (Most common)

[Set Up Now](#)

Auto-deliveries sold by BetterYou - USA and Fulfilled by Amazon

[Add to List](#)

New (4) from **\$15.95** & **FREE Shipping** on orders over \$25.00

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& **FREE Shipping** on eligible orders.

[Details](#)

Sold by: TJ Originals

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+ Free Shipping

Sold by: Discount Shila

\$14.65 (\$17.24 / Fl Oz) [Add to Cart](#)

+ \$10.05 shipping

Sold by: mOrganics Beauty

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enters the body through the inner cheek allowing optimal absorption. With a 48-day usage supply, BetterYou Boost Vegan Vitamin B12 Oral Spray is efficient, and perfect for people on the go. No water, no tablets, no drops, no fuss - just the essential nutrients.

- **OUR HEALTH SUPPLEMENT IS BACKED BY SCIENCE AND RESEARCH** | Every product is tested by Charles Heard and the pharmacology team at Cardiff University, UK, to guarantee the effectiveness of BetterYou products. This fast, effective, and convenient delivery mechanism is now used by healthcare professionals worldwide. Our pioneering technology uses quality ingredients and offers you a convenient delivery method for modern lifestyles.
- **QUALITY ASSURED & PLANET FRIENDLY** | BetterYou uses the highest quality ingredients that are free from parabens, allergens, gluten, sugar, preservatives, synthetic colors, fillers, additives, and flavors. Products are made in a GMP certified facility and are never tested on animals. Ocean Waste plastic is used across the entire product range. Suitable for a strict vegan lifestyle. BetterYou products and containers are sustainably and responsibly sourced with no negative impact on the environment.

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Products related to this item

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BetterYou Turmeric Oral Spray Vegan Turmeric Curcumin Supplement | Daily Multivitamin...

★★★★☆ 253

\$19.95 ✓prime



BetterYou Magnesium Body Spray | Pure, Clean and Natural Source Magnesium Chloride ...

★★★★☆ 2,353

\$15.95 ✓prime



BetterYou DLux+ Vitamin D + K2 Oral Spray | Natural Liquid Daily Multivitamin...

★★★★☆ 3

\$15.95 ✓prime



Natrol Vitamin B12 Fast Dissolve Tablets, Promotes Energy, Supports a Healthy...

★★★★☆ 10,055

\$8.24 ✓prime



BetterYou Vegan Vitamin D3 Oral Spray | Natural Organic Vitamins for Immune System ...

★★★★☆ 53

\$15.95 ✓prime

4 stars and above

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★★★★☆ 253

\$19.95 ✓prime



BetterYou Magnesium Body Spray | Pure, Clean and Natural Source Magnesium Chloride ...

★★★★☆ 2,353

\$15.95 ✓prime



BetterYou Vegan Vitamin D3 Oral Spray | Natural Organic Vitamins for Immune System ...

★★★★☆ 53

\$15.95 ✓prime



BetterYou Magnesium Sleep Lotion | Transdermal Magnesium Sleep Lotion Infused...

★★★★☆ 632


\$15.95 ✓prime



Natrol Vitamin B12 Fast Dissolve Tablets, Promotes Energy, Supports a Healthy...

★★★★☆ 10,055


\$8.24 ✓prime



BetterYou Magnesium Flakes | Pure, Clean and Natural Source Magnesium Chloride...

★★★★☆ 1,318


\$15.95



MesmorEyes Fake Lashes – Reusable Natural False Eyelashes for Women – Complete Kit Includes...

★★★★★ 6


\$14.95



BetterYou Magnesium Sleep Lotion | Transdermal Magnesium Sleep Lotion Infused...

★★★★☆ 632


\$15.95



Premium Bamboo Toothbrush Holder for Bathroom – Toothbrush Organizer with Holes |...

★★★★☆ 71

\$15.97



Crepe Firming Advanced Cream - European Hi-tech Skin care - Hyaluronic Acid in the...

★★★★☆ 268

\$25.95

Have a question?

Find answers in product info, Q&As, reviews

Product Description

For Your
Vitamin B12
Nutritional Needs



Get your optimal Vitamin B12 nutritional needs with BetterYou Boost Vitamin B12 Oral Spray. Each spray provides the daily recommended dose of Vitamin B12 in an easy spray. No water, no tablets, no drops, no fuss - just the essential nutrients.



Convenient Nutritional Support in a Spray

Use BetterYou Boost Vitamin B12 Oral Spray to support your nutritional needs. Each spray contains the daily recommended dose of Vitamin B12 that aids in reducing tiredness and fatigue. This gentle formulation provides the active ingredients in micro-sized droplets making it suitable for adults with digestive problems.



Directions for Use

Use 4 sprays daily, or as directed by your healthcare practitioner. Each bottle contains 48 sprays that do not interact with any other medications. Its tooth-kind formula can be taken with or without food and at any time of the day.



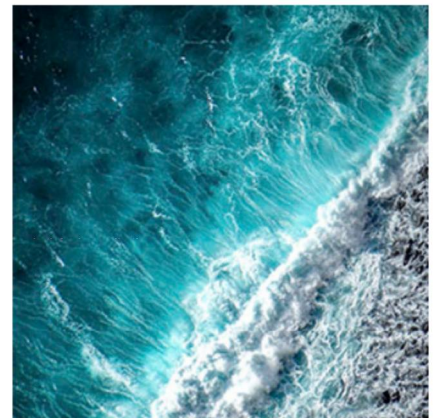
Pioneering Technology

Our pioneering technology uses quality ingredients and offers you a convenient delivery method for modern lifestyles.



Oral Spray Suitable for Vegan Lifestyle

Its vegan formulation provides the daily recommended dose of Vitamin B12 without the hassle of tablets or difficult to administer drops.



Never Tested on Animals

All BetterYou products are made with Ocean Waste plastic across the entire product range. Products are never tested on animals.



Product details

Is Discontinued By Manufacturer : No

Product Dimensions : 7.87 x 5.91 x 1.97 inches; 1.59 Ounces

Item model number : 637397

Date First Available : April 3, 2013

Manufacturer : BetterYou

ASIN : B008FMBNZG


Best Sellers Rank: #78,323 in Health & Household (See Top 100 in Health & Household)
#291 in [Vitamin B12 Supplements](#)

Customer Reviews:




Videos

Videos for related products




Boost Energy with Vitamin B12: PuraTHRIVE- Thomas DeLauer

Seller Labs




The 5 Best B12 Supplements

BestReviews



The 5 Best B12 Supplements

BestReviews



PuraTHRIVE Vitar Drops. Liposomal

PuraTHRIVE

Upload your video

Important information

Indications

B12 is a notoriously difficult nutrient to absorb in the gut. At most only 1% of our dietary intake will be absorbed by the body, and that relies on digestive efficiency and the presence of a chemical called intrinsic factor. Tiredness, stress, ill-health, poor or limited diet will all reduce this absorption further.

Ingredients

Water, diluent (xylitol), flavouring (natural apricot), acidity regulator (citric acid), methylcobalamin (vitamin B12), preservative (potassium sorbate), green tea extract, chromium chloride





Directions

1. Initial use: press the pump 3 times to get the liquid flowing. 2. Shake well before every use. Carefully spray into your mouth, ideally onto the inside of your cheek, and hold for a few seconds. 3. Replace the cap after use.

Legal Disclaimer

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Compare with similar items

				
	This item BetterYou Boost Vegan Vitamin B12 Oral Spray Organic Daily Vitamin Spray Supplement for Energy Boost 1,200 IU Vitamin B12 25ml (192 Sprays)	Garden of Life B12 Vitamin - mykind Organic Whole Food B-12 for Metabolism and Energy, Raspberry, 2oz Liquid	(Extra Strength-60 Day) Organic Vitamin B12 (Methyl) Liquid Sublingual Spray by MaryRuth's Energy Boost - Sugar Free - Non GMO Vegan - Gluten Free - Paleo - Bariatric, Celiac Glass Bottle 1oz-3000 mcg	GIVOL Vegan Methylcobalamin- Vitamin B12 Liquid Mist 5,000mcg
	Add to Cart	Add to Cart	Add to Cart	Add to Cart
Customer Rating	★★★★☆ (1755)	★★★★☆ (5476)	★★★★☆ (2913)	★★★★☆ (482)
Price	\$15 ⁹⁵	\$13 ²⁹	\$23 ⁹⁵	\$18 ⁹⁰
Shipping	FREE Shipping on your first	FREE Shipping on your first	FREE Shipping on your first	FREE Shipping on your first

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Sold By	BetterYou - USA	Amazon.com	MaryRuth Organics, LLC	GIVOL

Products related to this item

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\$15.95 ✓prime



BetterYou Vegan Vitamin D3 Oral Spray | Natural Organic Vitamins for Immune System ...
★★★★☆ 53
\$15.95 ✓prime



BetterYou Turmeric Oral Spray Vegan Turmeric Curcumin Supplement | Daily Multivitamin...
★★★★☆ 253
\$19.95 ✓prime



(Extra Strength-60 Day) Organic Vitamin B12 (Methyl) Liquid Sublingual Spray by...
★★★★☆ 2,913
\$23.95 ✓prime

Customer questions & answers

- ▲ 0 votes ▼

Question: [Is this product enough when you have lack of b12? Or it's dor prevention?](#)

Answer: Hi, it's enough to replenish your B12 levels to an optimum level.
By Natural Juices & Vitamins [SELLER](#) on April 10, 2019
- ▲ 0 votes ▼

Question: [Does this contain caffeine?](#)

Answer: Hi, Leticia!

As the Boost spray contains green tea extract it does contain a natural form of caffeine, however, this is a very small amount, with just 0.5mg per four sprays. ... [see more](#)

By BetterYou - USA [SELLER](#) on June 19, 2020

▼ See more answers (1)
- ▲ 0 votes ▼

Question: [Is it gluten free?](#)

Answer: Hi, the manufacturers website states the following:
Is the Boost B12 spray suitable for those with special dietary requirements?
Yes it is completely vegan and officially approved by the Vegetarian Society. It is also suitable for those following a coeliac or diabetic diet, as well as those with digestive issues such a... [see more](#)

By Natural Juices & Vitamins [SELLER](#) on January 5, 2017
- ▲ 0 votes ▼

Question: [What form of b12 is this?](#)

Answer: BetterYou site says ingredients are: Purified Water, Xylitol, Natural Apricot Flavour, Citric Acid, Methylcobalamin (B12), Preservative: Potassium Sorbate, Green Tea Extract, Chromium Chloride.

By GuyWhoGetsStuffOnAmazon on August 31, 2016

▼ See more answers (1)

Customer reviews

★★★★☆ 4.5 out of 5

1,755 global ratings



▼ How are ratings calculated?

Top reviews ▼

Top reviews from the United States



Dorothy Evans

★★★★★ Love it!

Reviewed in the United States on December 1, 2018

Verified Purchase

I saw improvements in my neurological symptoms after just three weeks of use! I'll never go without it again!

13 people found this helpful

Helpful | Comment | Report abuse

By feature


Flavor  5.0
Easy to use  3.6
Value for money  3.6

Review this product

Share your thoughts with other customers

Write a customer review

 Kim

 **Good Flavor, Absorbs Well, Will Reorder...**

Reviewed in the United States on December 7, 2017

Verified Purchase

Very pleased with the flavor, I was happy about that, and am beginning to feel better with it's use. I had to stop using a different product bc of how it made me feel, so far I'm good with this. Anyone with a lot of stress (and/or those of you who maybe drink a little more than others;), bc alcohol depletes the Vit Bs quickly) can usually benefit from some extra Vit Bs, and this delivery system is a good way to go for absorption.


As an aside, I had odd issues with my local postal service (I'm in a big city, but they can be rather obtuse sometimes), and want to thank the seller for staying in contact and going the extra mile to make sure I received this.

10 people found this helpful

Helpful

| Comment

| Report abuse

 A. Lammers

 **Frustrated and disappointed -- spray pump breaks!**

Reviewed in the United States on July 6, 2019

Verified Purchase

I would love to give this product a good review, for flavor and quality. But I've had bad luck with three different orders, so I'm giving up on it. The first time I used it, a friend (a homeopath) gave it to me. That was great! The spray pump continued to work until the tube was empty. Then I began ordering online. With each successive order, the pump has stopped working when the tube was still full. This last time, the spray mechanism worked twice, but the third morning, it blocked. Why, or how, I'd love to know! Nothing I do can make it work again. It's stationary. Even turning it upside down and banging it brings only a little spatter. Finito. And there was no paperwork in the order, to tell me how to return it.

From now on, I'm buying a different B-12 spray at a local health food store. There, I can at least return the product for a refund if it breaks.


4 people found this helpful

Helpful

| Comment

| Report abuse

 DM

 **Use this regularly - easy absorption under tongue - Recommend**

Reviewed in the United States on June 10, 2020

Verified Purchase

I use this oral spray regularly under my tongue for easy absorption of B12 as I find absorption not so good with tablet forms.

5 people found this helpful

Helpful

| Comment


| Report abuse

 Ms. F. Archer-wrigh

 **Great stufff**

Reviewed in the United States on August 19, 2020

Verified Purchase

This product has boosted my B12 count shown in my blood  work done here in UK and I have been told this has made all the difference and if you feel tired get this and wake up to emery


5 people found this helpful

Helpful

| Comment

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 Alyson Miller

 **Excellent product!**

Reviewed in the United States on November 19, 2018

Verified Purchase


Great product. Highly recommended. I have Lyme disease and take about 30 pills a day, so it is so great to do this spray instead of swallowing a tablet, and it tastes good as well. The company is great as well, and the delivery was really quick. Thank you!

6 people found this helpful

Helpful

| Comment

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 Casey

★★★★★ **I took my b12 today**

Reviewed in the United States on January 5, 2019

Verified Purchase

Easier to remember to take my b12. tastes good. Great on the go!

4 people found this helpful

Helpful

Comment

Report abuse



jackie

★★★★★ **Great product**

Reviewed in the United States on April 8, 2016

Verified Purchase

Great flavor. Magen I start to feel dizzy this makes me feel better. Just two squirts on each cheek and you are done. I like better than lozenges and feel the liquid works better and quicker. It lasted me 6 months using 4 times per week. Lasted longer than expected. Highly recommend.

7 people found this helpful

Helpful

Comment

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Top reviews from other countries



Jennifer

★★★★★ **Best B12 spray!!! Best value on Amazon!**

Reviewed in the United Kingdom on December 30, 2018

Verified Purchase

This B12 spray is amazing!! I had severe anemia and dangerously low B12 due to having had a medical condition and this is really helping me with energy and memory along with taking other important supplements. It's high dose so it recommends to take up to 4 sprays a day if you want to. This is my second purchase of it and it lasts about 2 months taking it daily! It tastes great of cranberry flavour and it's suitable for vegans and vegetarians. I think my next blood test will definitely show that my B12 level has greatly improved thanks to this spray. And it's so easy to take, a quick spray inside the mouth and absorbs fast into the bloodstream! Easy to remember to take because it's so convenient, rather than big pills which I don't like.

I'm not being paid to write this review I just love this product so so much!!!

78 people found this helpful

Report abuse



Kate

★★★★★ **Working well, regular blood tests show great improvement**

Reviewed in the United Kingdom on January 26, 2017

Verified Purchase

This works well for me, I have part of my bowel removed that resulted in not being able to absorb b12 through digestion. Blood tests showed a significant rise in my levels and my overall energy increased so much that I no longer need to nap to get through the day.

41 people found this helpful

Report abuse



Ms. K. Williams

★★★★★ **I was felt like c*** after the euphoria had worn off**

Reviewed in the United Kingdom on October 5, 2016

Verified Purchase

OMG, having a baby recently, I was felt like c*** after the euphoria had worn off, but this stuff is amazing. I'm not exaggerating when I write, I don't know where I'd be without it and I can feel and notice a big difference on the days I forget.

45 people found this helpful

Report abuse



LeeLee

★★★★★ **Great for energy and focus!**

Reviewed in the United Kingdom on December 7, 2018

Verified Purchase

I've been using this for about a week and I can feel a difference, definitely more energy and focus! I have been more productive at getting things done and actually feel a little calmer. Item arrived very promptly, ordered late in the day and it was here the following morning. Would recommend that most people try B12 if struggling with fatigue, brain fog, pain, tingling etc. Tastes pleasant too

16 people found this helpful

[Report abuse](#)



Shelly Tate

★★★★★ **It works**

Reviewed in the United Kingdom on February 20, 2019

Verified Purchase

Bought this due to being ill, my b12 count was at 296. UK gps don't treat b12 until under 150. After 2 months if taking this my b12 is at 697. Very impressed.

16 people found this helpful

[Report abuse](#)

[See all reviews >](#)

Top trending products related to this item



Omni Drops Diet Drops
with Vitamin B12 - 4 oz
with Program Guide

★★★★☆ 530

\$90.85

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