

# Vitamin D supplementation guide

## Birth to 3 years

Average daily requirements **400 IU** per day

| Status            | Vitamin D level | BetterYou recommendations for optimal supplementation                                                                                                                 |
|-------------------|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Severe deficiency | <15nmol/L       | 1 month with DLux Infant, 5 sprays per day (2000 IU)<br>1 month with DLux Infant, 2 sprays per day (800 IU)<br>Maintenance dose DLux Infant, 1 spray per day (400 IU) |
| Deficiency        | 15.1-30nmol/L   | 1 month with DLux Infant, 5 sprays per day (2000 IU)<br>Maintenance dose DLux Infant, 1 spray per day (400 IU)                                                        |
| Insufficiency     | 30.1-50nmol/L   | 1 month with DLux Infant, 3 sprays per day (1200 IU)<br>Maintenance dose DLux Infant, 1 spray per day (400 IU)                                                        |
| Adequate          | 50.1-75nmol/L   | 2 weeks with DLux Infant, 3 sprays per day (1200 IU)<br>Maintenance dose DLux Infant, 1 spray per day (400 IU)                                                        |
| Optimal           | >75.1nmol/L     | Maintenance dose DLux Infant, 1 spray per day (400 IU)                                                                                                                |

Recommended product:  
**DLux Infant**

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# Vitamin D supplementation guide

3 to 8 years

Average daily requirements **600 IU** per day

| Status            | Vitamin D level | BetterYou recommendations for optimal supplementation                                                           |
|-------------------|-----------------|-----------------------------------------------------------------------------------------------------------------|
| Severe deficiency | <15nmol/L       | 2 months with DLux Junior, 5 sprays per day (2000 IU)<br>Maintenance dose DLux Junior, 1 spray per day (400 IU) |
| Deficiency        | 15.1-30nmol/L   | 6 weeks with DLux Junior, 5 sprays per day (2000 IU)<br>Maintenance dose DLux Junior, 1 spray per day (400 IU)  |
| Insufficiency     | 30.1-50nmol/L   | 1 month with DLux Junior, 3 sprays per day (1200 IU)<br>Maintenance dose DLux Junior, 1 spray per day (400 IU)  |
| Adequate          | 50.1-75nmol/L   | 2 weeks with DLux Junior, 3 sprays per day (1200IU)<br>Maintenance dose DLux Junior, 1 spray per day (400 IU)   |
| Optimal           | >75.1nmol/L     | Maintenance dose DLux Junior, 1 spray per day (400 IU)                                                          |

Recommended product:  
**DLux Junior**

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# Vitamin D supplementation guide

8 to 12 years

Average daily requirements **600 IU** per day

| Status            | Vitamin D level | BetterYou recommendations for optimal supplementation                                                                                                             |
|-------------------|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Severe deficiency | <15nmol/L       | 1 month with DLux 1000, 3 sprays per day (3000 IU)<br>1 month with DLux 1000, 2 sprays per day (2000 IU)<br>Maintenance dose DLux 1000, 1 spray per day (1000 IU) |
| Deficiency        | 15.1-30nmol/L   | 1 month with DLux 1000, 3 sprays per day (3000 IU)<br>Maintenance dose DLux 1000, 1 spray per day (1000 IU)                                                       |
| Insufficiency     | 30.1-50nmol/L   | 1 month with DLux 1000, 2 sprays per day (2000 IU)<br>Maintenance dose DLux 1000, 1 spray per day (1000 IU)                                                       |
| Adequate          | 50.1-75nmol/L   | 2 weeks with DLux 1000, 2 sprays per day (2000 IU)<br>Maintenance dose DLux 1000, 1 spray per day (1000 IU)                                                       |
| Optimal           | >75.1nmol/L     | Maintenance dose DLux 1000, 1 spray per day (1000 IU)                                                                                                             |

Recommended product:  
**DLux 1000**

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# Vitamin D supplementation guide

13 years and above

Average daily requirements **600-800 IU** per day

| Status            | Vitamin D level | BetterYou recommendations for optimal supplementation                                                                                                             |
|-------------------|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Severe deficiency | <15nmol/L       | 1 month with DLux 3000, 3 sprays per day (9000 IU)<br>1 month with DLux 3000, 2 sprays per day (6000 IU)<br>Maintenance dose DLux 3000, 1 spray per day (3000 IU) |
| Deficiency        | 15.1-30nmol/L   | 1 month with DLux 3000, 3 sprays per day (9000 IU)<br>Maintenance dose DLux 3000, 1 spray per day (3000 IU)                                                       |
| Insufficiency     | 30.1-50nmol/L   | 1 month with DLux 3000, 2 sprays per day (6000 IU)<br>Maintenance dose DLux 3000, 1 spray per day (3000 IU)                                                       |
| Adequate          | 50.1-75nmol/L   | 2 weeks with DLux 3000, 2 sprays per day (6000 IU)<br>Maintenance dose DLux 3000, 1 spray per day (3000 IU)                                                       |
| Optimal           | >75.1nmol/L     | Maintenance dose DLux 3000, 1 spray per day (3000 IU)                                                                                                             |

Recommended product:  
**DLux 3000**

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# Vitamin D supplementation guide

## Pregnant and breastfeeding

Average daily requirements **600 IU** per day

| Status            | Vitamin D level | BetterYou recommendations for optimal supplementation                                                                                                             |
|-------------------|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Severe deficiency | <15nmol/L       | 1 month with DLux 3000, 3 sprays per day (9000 IU)<br>1 month with DLux 3000, 2 sprays per day (6000 IU)<br>Maintenance dose DLux 3000, 1 spray per day (3000 IU) |
| Deficiency        | 15.1-30nmol/L   | 1 month with DLux 3000, 3 sprays per day (9000 IU)<br>Maintenance dose DLux 3000, 1 spray per day (3000 IU)                                                       |
| Insufficiency     | 30.1-50nmol/L   | 1 month with DLux 3000, 2 sprays per day (6000 IU)<br>Maintenance dose DLux 3000, 1 spray per day (3000 IU)                                                       |
| Adequate          | 50.1-75nmol/L   | 2 weeks with DLux 3000, 2 sprays per day (6000 IU)<br>Maintenance dose DLux 3000, 1 spray per day (3000 IU)                                                       |
| Optimal           | >75.1nmol/L     | Maintenance dose DLux 3000, 1 spray per day (3000 IU)                                                                                                             |

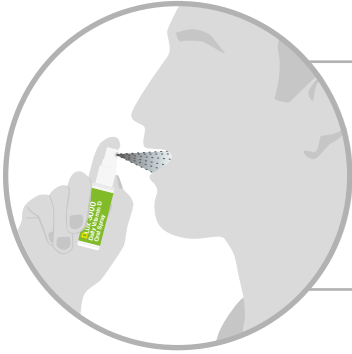
Recommended product:  
**DLux 3000**

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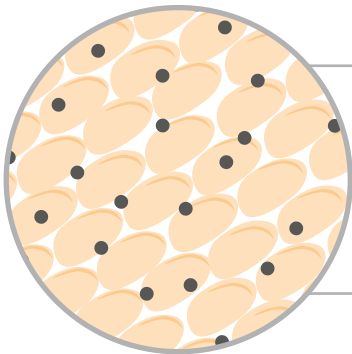


# How intra-oral spray technology works

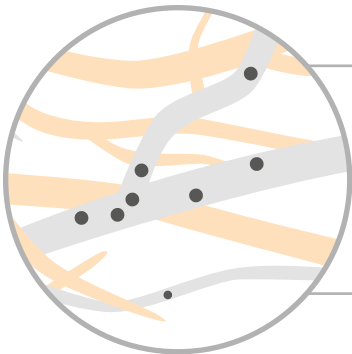
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Each spray delivers tiny droplets into the soft tissue of the mouth.



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



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