

Vit D3 Spray (1000iu)

Scientifically formulated to support healthy bones & your immune system



(Vit D3 Spray (1000iu) is the new name for Vitashine Vitamin D3 Spray)

Receive the benefits of sunlight without the exposure. Created from lichens, an organic plant source, our exclusive, vegan Vitamin D3 ensures optimum absorption to support healthy bones, muscles, and your immune system.

★★★★★ 28 reviews

£9.85

150 Sprays

30 day supply

Buy More & Save

Qty: 1 £9.85 each

Qty: 3 £7.88 each

Qty: 6+ £6.90 each

Quantity: 1

This is enough for a 30 day supply

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Repeat Subscription

Only £6.90 per unit

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Free Worldwide shipping with orders over £70

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Musculoskeletal maintenance

Maintenance of normal bones, teeth, and muscle function



Immunity protection

Normal function of the immune system



Calcium regulation

Normal blood calcium levels

Ingredients without impact

Vitamin D3 sourced from lichens

Most Vitamin D supplements are derived from animals, with Vitamin D3 often extracted from animal skin exposed to pesticides or from the lanolin in sheep's wool on their way to slaughter. So, we decided to find a vegan alternative. Our exclusive, vegan Vitamin D3 comes from lichens: unique, organic plants that are packed with nutrients and produced without harmful pesticides, solvents or harming animals.

Did you know?

Most of us feel happier and more healthy when we spend time in the sun, but why is that, and why does it have the power to lift our mood and renew our energy? The answer lies in the Vitamin D which our skin produces in reaction to UV exposure from the sun.

[Find Out More](#)



Planet-friendly packaging

- Your order will be packed in a recyclable cardboard box.
- Your supplements will come in a bottle made with eco-plastic from sugar cane which is CO2 neutral and will fully biodegrade within 10 years. However we recommend that you recycle this bottle as you would with conventional plastic.
- We use a special, 100% biodegradable starch compound instead of plastic. They break down completely within a very short space of time. You can dispose of the packing chips in the recycling bin or standard waste bin. If you put one of the packing chips into water, you will see they dissolve!

[Discover](#)



100% vegetarian and vegan approved



100% free from fish and animal products.



Free from gluten wheat and sugar



Non-GMO

Product Information

Who is this for?

- Suitable for people of all ages.
- Perfect for children and individuals that prefer not to take tablets.
- Suitable for those following a vegetarian or vegan diet.

Recommended Dosage

Supplement Nutritional Facts

AMOUNTS PER SERVING		% EU NRV
Vitamin D3 (5 sprays)	25µg (1000iu)	500%
Vitamin D3 (1 spray)	5µg (200iu)	100%

Ingredients

Medium Chain Triglycerides (Coconut), Cholecalciferol, D-Alpha Tocopherol.

Storage

Store in a cool dry place, in original packaging, out of sight and reach of children.

Warnings and Other Information

- If you are taking any prescribed medication or have any medical conditions always consult your doctor or pharmacist before taking vitamins or supplements.
- Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle
- If you experience an adverse reaction, stop taking the supplement and seek medical advice
- We're all different. Sometimes a supplement will suit one person but not another. If a product doesn't suit you, stop taking it and we'll be happy to help you find an alternative
- We offer a 30-day, money-back guarantee. That means, if you don't like the product, you can send it back to us for a refund within 30 days

Your Questions Answered

1 Bonjour quel podologie de spray D3. Pour une personne âgé de 70 ans ? Merci

Bonjour, Pour les 70 ans, nous recommandons 1000iu par jour (5 pulvérisations)

2 Is the sublingual spray dosage lower than the 2500IU tablets because of it gets absorbed better and would therefore be similar in efficacy? Would it be best to combine both (say 3500IU)?

Hi, the Spray is lower dose (200iu per individual spray, dosed to a recommended 5 x sprays per day for 1000iu) in order to offer flexibility for the whole family. The tablets absorb very well too, so for higher doses it is absolutely fine to just use the tablets. 2500iu is a very good (and high yet safe) daily intake.

3 What is the process in which you extract and purify the vitamin D3 and turn it into an ingestible tablet? Is it a similar process to how lanolin is extracted from wool, with washing, and UV exposure?

Hi, we create an oily extract and either use this in the Oral Spray (which is an Oil) or spray dry the oil in order to use it in tablet forms. The Lanolin process is different whereby UV treatment to chemically-convert sterols takes place.

4 Is either the Vitashine tablets or the spray sugar and oil free? I am on a special diet and can not have any added fats or sugar.

Hi, the Vitamin D3 Spray contain Medium Chain Triglyceride (MCT) as the carrier oil. The Vitamin D3 tablets don't have any added fat or sugar as such. The Vitamin D3 itself is however spray-dried and a tiny amount of Sucrose (and residual MCT from the Vitamin D3 initial oil form) are present but the levels are miniscule. The tablets should be absolutely fine for any diet.

5 For my two year old, am I right to give her two sprays? We live in the UK so I think it's different from the USA recommendations. Also I wondered about the Iodine in the pregnancy vitamin.

Hi, for a 2 year old we recommend 1-2 sprays per day. This fits with UK / European recommendations. We use a bladderwrack extract as the source of Iodine, which already has good inherent stability and bioavailability.

6 I am wondering if your Vit D3 spray is still effective without the K2 added (I note you mention many customers use additional supplementation with K2 in)? I am flexitarian and am looking for a D3 spray that does not contain artificial sweeteners or ascorbic acid like the Better U brand. I have a chronic sensitive bladder problem, so unable to tolerate most multivitamin tablet oral supplements. Thank you

Hi, yes Vitamin D3 is effective without added Vitamin K2. It is correct that the ideal combination is D3 + K2 + some calcium, however for everyday use there is typically sufficient Vitamin K and Calcium within the diet to allow effective absorption of Vitamin D3. We're confident you will be pleased with the Spray as an option. It is 200iu per individual spray, dosed to 5 x sprays per day for the 1000iu level. At the 1000iu dose, a bottle lasts 1 month. We dosed this way to allow family flexibility so e.g. 1-2 x sprays per day for children, 3-5 for adults.

[See more](#)

Have a question you don't see answered? Get in touch.

[Ask a question](#)

TrustPilot Reviews

Vit D3 Spray (1000iu)

★★★★★ 4.8 / 5 · 28 reviews

Trustpilot

Marta 6 January
★★★★★
easy use D vit for kids
Verified, collected by Vegetology

Bárbara 14 November
★★★★★
Perfect for children as its easy to take.
Verified, collected by Vegetology

Elien 12 November
★★★★★
It is just great that there is a good vegan Vitamin D out there on the market like yours!
Verified, collected by Vegetology

Shelly 12 November
★★★★★
First I will mention that I am very glad that you have vegan options, there are few companies that provide vegan supplements. The products arrived to me quickly, packed really nicely. Already Otto is putting out another invitation lol.
Verified, collected by Vegetology



Customers also love



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The Vegetology Vit D3 Range
The Vegetology Omega-3 Range
Planet-Friendly Packaging
The Vegetology Foundation
Refer A Friend

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