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Country: GB

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Better you is an innovative natural health company that specializes in supplementing key nutrients lost through our ever-changing diet and lifestyle.

DESCRIPTION

Better You was founded by Andrew Thomas in 2006, was the first company in the world to develop a topical magnesium and nutritional oral spray and has been a pioneer in product development in this area ever since.

Their commitment to developmental science and absorption research has led them to partner with some of the world's best research institutions, including Cardiff, Ulster and Sheffield Universities, St Mark's Hospital in London and Sandwell and West Birmingham NHS Trust. .

BetterYou specializes in supplementing those nutrients that have been left out due to our modern diets and lifestyles.

Today we understand that traditional supplementation with tablets and capsules is based on a digestive process that has evolved exclusively for food intake, and absorption cannot be universally guaranteed.

Each and every product is developed and formulated to overcome the absorption challenges that traditional methods typically present.

BetterYou offers a variety of nutritional supplements developed in conjunction with Cardiff University's Pharmacy and Pharmacology Research Team, led by Dr. Charles Heard.

BetterYou products maximize nutrient delivery and subsequent absorption into the body, for the greatest benefit.

transdermal magnesium

Transdermal magnesium therapy was developed commercially by biochemist Juan Rosselló and asthmatic Andrew Thomas as a way to reduce dependency on steroid-based inhalers. They found that by applying





magnesium chloride directly to the skin, they were able to quickly and effectively raise cellular levels, without the need for traditional tablet supplementation.





Intraoral spray technology has been used medicinally for many years, but it was absorption research with Dr. Charles Heard and his team at Cardiff University that harnessed it for nutritional supplementation. The result was a fast, effective and convenient delivery mechanism now used by healthcare professionals around the world.




With a focus on results-based counseling and education, BetterYou has partnered with the NHS in the UK to provide the public with an at-home test kit to help identify vitamin D status; the popularity of this kit has allowed it to become one of the leading test methods for personal assessment of vitamin d in the uk.

In response to growing concerns around plastic production and recycling, BetterYou has developed a range of carbon-neutral and recycled packaging solutions that enable us to drastically reduce our impact on the environment.

Since 2019, they have committed to using 100% recycled or carbon negative plastic, all 100% recyclable, across their entire range of products.

PRODUCTS:

	Magnesium Muscle Body Spray 100 ml PVP 24,95€
	Magnesium rest Body Lotion 180 ml PVP 19,50€
	Turmeric Turmeric Oral Spray 25 ml PVP 32,95€
	Vitamin D Oral Spray 15 ml PVP 15,95€

	Magnesium Oil Body Spray 100 ml PVP 24,95€
	Magnesium Skin Body Lotion 180 ml PVP 19,50€
	Vitamin B12 Oral Spray 25 ml PVP 22,50€

