

Sprayology reinvents the vitamin!

Vitamins are nutrients the body does not make. Nutrients are essential as an energy source, to heal, build, and repair tissue, to sustain growth, to help transport oxygen to cells, and to regulate bodily functions.

You need to replace the nutrients your body has used. Many nutrients can be replaced by eating a healthy diet and some, like vitamin D3 can be absorbed from the sun on the skin. If you do not wear sun screen or have dark skin.

If you take medications (top 5 below) drink alcohol or caffeine regularly, smoke and/or have a high stress lifestyle your body may need additional vitamins.

The top 5 medication classes that deplete nutrients

- PPI (Proton Pump Inhibitors) Omeprazole (Prilosec) .
- Opioids. Oxycodone, Hydrocodone, Morphine, Hydromorphone, etc.
- Psychotropic Medications. Antidepressants (Prozac, Paxil, Nortriptyline, Bupropion, Buspar, etc.)
- Antibiotics.
- Blood Pressure medications.

Are spray vitamins better?

Yes, spray vitamins absorb up to 90% of the nutrients they come in contact with compared to about 10% in pill form. When you take sublingual vitamins, they bypass your gut and go straight into your bloodstream. This allows your body to use them faster and more effectively. In other words, the sublingual method is a “shortcut” for vitamin intake. Spray vitamin absorb faster, at higher levels and there are no pill or pill coating to swallow.

We suggest reading this article, What You Need to Know about Sublingual Vitamins

<https://www.psychologytoday.com/us/blog/food-junkie/201810/what-you-need-know-about-sublingual-vitamins>

Sprayology offers 3 outstanding sublingual spray vitamins. They are all natural, made in our US GMP certified lab, are non-GMO, vegan, gluten free, soy free, lactose free and even taste great.

EveryDay Multi

EveryDay Energy

EveryDay Sunshine

EveryDay Multi - The nutrients in this citrus-berry flavored formula are listed below.

Vitamin A is important for normal vision, the immune system, reproduction, and growth and development. Vitamin A also helps your heart, lungs, and other organs work properly.

Vitamin C is an antioxidant that helps protect your cells against the effects of free radicals — molecules produced when your body breaks down food. Free radicals might play a role in heart disease and cancer.

Vitamin D3 is important for bone and muscle strength and immune function. It may help prevent depression, inflammatory disease, and heart disorders.

Vitamin E is a nutrient that's important to vision, reproduction, and the health of your blood, brain and skin. Vitamin E also has antioxidant properties.

Vitamin B1 helps the cells in the body convert food into energy.

Riboflavin (B2) works to reduce oxidative stress and inflammation of nerves, which are contributors to migraine headaches.

Niacin (B3) is a B vitamin that's made and used by your body to turn food into energy. It helps keep your nervous system, digestive system and skin healthy.

Vitamin B-6 (pyridoxine) is important for normal brain development and for keeping the nervous system and immune system healthy.

Folate (vitamin B-9) is important in red blood cell formation and for healthy cell growth and function. The nutrient is crucial during early pregnancy to reduce the risk of birth defects of the brain and spine.

Vitamin B-12 plays an essential role in red blood cell formation, cell metabolism, nerve function and the production of DNA, the molecules inside cells that carry genetic information.

Biotin is a B vitamin found in food. It helps the body convert food into energy and plays many other important roles in health. Biotin boosts the health of the hair and nails, supports a healthy pregnancy, and helps manage blood sugar levels,

Pantothenic Acid In addition to playing a role in the breakdown of fats and carbohydrates for energy, vitamin B5 is critical to the manufacture of red blood cells, as well as sex and stress-related hormones produced in the adrenal glands, small glands that sit atop the kidneys.

Zinc is a trace mineral, meaning that the body only needs small amounts, and yet it is necessary for almost 100 enzymes to carry out vital chemical reactions. It is a major player in the creation of DNA, growth of cells, building proteins, healing damaged tissue, and supporting a healthy immune system.

Selenium benefits, include boosting immune function, improving hair and nail health, and supporting a healthy thyroid. Selenium is an essential component of various enzymes and proteins, called selenoproteins, that help to make DNA and protect against cell damage and infections; these proteins are also involved in reproduction and the metabolism of thyroid hormones. Studies have also show that selenium may be helpful in reducing risk of certain cancers and cancer deaths.

EveryDay Energy

The nutrients in this green apple flavored formula are listed below. EveryDay Energy combines the methylcobalamin form of B-12 and Folate derived from lemon peel in a super yummy.

Folate (vitamin B-9) is important in red blood cell formation and for healthy cell growth and function. The nutrient is crucial during early pregnancy to reduce the risk of birth defects of the brain and spine.

Vitamin B-12 helps naturally boost energy and plays an essential role in red blood cell formation, cell metabolism, nerve function and the production of DNA, the molecules inside cells that carry genetic information.

Folate or Folic Acid? Folate and folic acid are different forms of vitamin B9. While there's a distinct difference between the two, their names are often used interchangeably. Folate is the naturally occurring form of vitamin B9. Folic Acid is a synthetic form of B9 and most people have trouble absorbing it.

Methylcobalamin or Cyanocobalamin? Which is better the less expensive artificial (cyanocobalamin) or naturally occurring (methylcobalamin). Methylcobalamin is the most bio-available type of Vitamin B12 which means the body absorbs it more easily. Many people have trouble absorbing Cyanocobalamin.

EveryDay Sunshine

The nutrients in this orange-mango flavored formula are listed below.

Vitamin D3 is important for bone and muscle strength and immune function. It may help prevent depression, inflammatory disease, and heart disorders.

Vitamin K2 is a fat-soluble vitamin that plays a vital role in blood clotting, bone health, and heart health. When you take Vitamin K2, it helps your body to produce more of the protein needed for blood clotting. It also helps to keep your bones healthy by keeping calcium in your bones and out of your arteries. This powerful nutrient plays an essential role in many aspects of your health. In fact, some think that vitamin K2 may be the missing link between diet and several chronic diseases. K2 has Anti-cancer Properties and researchers have found that vitamin K2 may slow or stop cancer cell activity.

Many people have never heard of Vitamin K2. However, K2 deficiency is common among Americans who eat a low-fat diet and increases over the age of 40. Vitamin K2 is found in fatty animal proteins, egg yolks, organ meats, fermented foods, and full-fat dairy products, which Americans are told to avoid to improve their heart health and cholesterol levels. Ironically, this can lead to low levels of K2, which is one of the leading causes of heart disease and many other chronic illnesses. K2 helps draw calcium away from your soft tissues and helps deposit it into your bones and teeth, where it is needed.

Vitamin D3 should always be taken in combination with vitamin K2. These two vitamins work together synergistically and ensure that calcium obtained from food is deposited in the bones and not in the arteries.