



Trick or treatment?

Vitamins you spray in your mouth

Stateside technology is poised to eliminate the vitamin junkie's ritual of washing down pebble-sized pills with gallons of water.

Colloidal Nutrisprays – vitamins and nutrients in oral spray form – are now available in Britain. Biotech Neutriceuticals claims that most vitamin pills take more than an hour to dissolve, but sprays enter the bloodstream nine times faster.

The Energy Formula includes ginseng and Royal Jelly, though the label won't tell you how much exactly. The lurid plastic vials may sit snugly alongside the Goldspot in your pocket, but a quick blast with the strangely vanilla-flavoured Antioxidant Formula, £8, suggests that a large glass of water will still be needed. For details and stockists call 0800 0260220.