LiveGood Black Seed Oil: Daily Dose, Thymoquinone & Common Questions

LiveGood: Everyday Wellness · https://coachluke.com/docs/livegood-black-seed-oil-daily-dose-thymoquinone-common-questions/

Quick reference for LiveGood Black Seed Oil. The full review covers the complete label and the evidence in depth.

How do I take it?

Take 2 softgels daily with a glass of water, ideally with food, as LiveGood directs. Each bottle holds 60 softgels, or 30 servings, so it lasts a month at the label dose. Taking it with a meal helps avoid oily burps or a heavy stomach.

What is in it?

Each 2-softgel serving has 1,000 mg of cold-pressed black cumin seed oil (Nigella sativa) standardized to 5% thymoquinone, about 50 mg of thymoquinone. Other ingredients are gelatin, glycerin and purified water. Label badges: soy free, non-GMO, gluten free, dairy free, made in a GMP-compliant facility.

Why does 5% thymoquinone matter?

Thymoquinone is the compound most black seed research focuses on, and many oils do not list it at all. A published 5% standard tells you how much of it each serving delivers. Studies have mostly used 1 to 3 g of oil a day, so 1,000 mg is a modest, everyday dose.

Is it vegetarian?

No. The softgels are made with gelatin, which is animal-derived. If you avoid gelatin, you would need a liquid black seed oil instead.

How much does it cost per serving?

With a LiveGood membership on Subscribe and Save it is $14.20, about 47 cents a serving. The member price is $14.95 and retail is $34.95, about $1.17 a serving. LiveGood compares it with Approved Science at $49.99 and Research Verified at $48.00.

Who should check with a doctor first?

Skip it if you are pregnant or nursing. Talk to your doctor first if you take **blood thinners, blood pressure or blood sugar medication**, since black seed may add to their effects, or if you have surgery coming up or any ongoing condition.

How long until I notice anything?

Black seed oil is a background staple, judged over weeks and months rather than days. Give it at least six to eight weeks of daily use. Results vary, and it does not replace medical care for any condition.

What if it does not work for me?

Every LiveGood order carries a 90-day money-back guarantee. See the 90-day money-back guarantee explained for how returns work.

I am an independent LiveGood affiliate, and I may earn a commission if you buy through my links, at no extra cost to you. This is not medical advice.