LiveGood CBD Pain Relief Cream: How to Apply, THC & Common Questions

LiveGood: Sleep & Calm · https://coachluke.com/docs/livegood-cbd-pain-relief-cream-how-to-apply-thc-common-questions/

Quick reference for LiveGood CBD Pain Relief Cream. The full review covers the complete label and the evidence in depth.

How do I apply it?

Pump once into your palm and massage it into the area until it is fully absorbed, up to 3 or 4 times a day. Wash your hands with soap and water right after, and do not touch your eyes, mouth or sensitive areas until they are clean.

What is in it?

Each 4-ounce jar holds 2,000 mg of nano CBD and 100 mg of nano CBG, with 4% menthol, 4% camphor, and 2% each of peppermint oil, wintergreen oil, arnica oil and calendula oil. The base is organic aloe vera gel with plant oils, beeswax and botanical extracts. LiveGood lists it as gluten free, non-GMO, soy free, keto friendly and cruelty free.

Does it contain THC?

The jar carries a THC-free seal, and CBD and CBG are non-intoxicating. A THC-free topical is generally the low-risk choice if you are drug tested, but your employer's policy is the final word.

How long does a jar last?

LiveGood says one 4-ounce jar lasts up to 30 days even at four uses a day, and longer if you only use it now and then.

Who should check with a doctor first?

Wintergreen oil contains methyl salicylate, a relative of aspirin, so talk with your doctor first if you are **allergic to aspirin or take blood thinners**, or if you are pregnant or nursing. Keep it off broken skin, never use it with a heating pad or tight bandage, and keep it away from children. The beeswax means it is not vegan.

How long until I notice anything?

The cooling from menthol and camphor arrives within minutes. Pain that lasts more than a week or keeps coming back deserves a doctor or physical therapist, not just more cream. Results vary.

What if it does not work for me?

Every order carries LiveGood's 90-day money-back guarantee. See the guarantee explained for how it works.

Disclosure: Coach Luke is an independent LiveGood affiliate and may earn a commission on purchases made through links on this site, at no extra cost to you. This is not medical advice.