LiveGood CBN Sleep Gummies: Dosage, Drug Tests & Common Questions

LiveGood: Sleep & Calm · https://coachluke.com/docs/livegood-cbn-sleep-gummies-dosage-drug-tests-common-questions/

Quick reference for LiveGood CBN Sleep Gummies. The full review covers the complete label and the evidence in depth.

How do I take it?

LiveGood's directions: start with one gummy about 30 minutes before bed and adjust as needed. The label serving is two gummies. Each bottle holds 60 gummies, which lasts a month at two a night or two months at one.

How much CBN is in each gummy?

7.5 mg per gummy, so 15 mg in the two-gummy label serving. Each serving also has 50 mg of L-theanine, 50 mg of L-tryptophan, 15 mg each of Panax ginseng and astragalus root, and 5 mg of chamomile, plus 20 calories and 4 g of added sugar. They are vegan (made with pectin, not gelatin), gluten free, soy free, and non-GMO.

Will these get me high?

No. CBN is non-psychoactive, and LiveGood third-party tests its products for purity and potency, including heavy metals. If you feel anything beyond relaxed and sleepy, stop taking them and talk with your doctor.

Can CBN affect a drug test?

It can. Some standard THC screening tests can react to CBN, so if you are drug tested for work or sport, check with your employer or doctor before taking them.

Who should check with a doctor first?

Skip them if you are pregnant or nursing, and talk with your doctor first if you take **sleep medication, sedatives, or any prescription**, since cannabinoids can interact. Do not combine them with alcohol at bedtime, and do not drive after taking them until you know how they affect you.

How long until I notice anything?

Give it a week or two of consistent nights, alongside a regular bedtime, before judging. Research on CBN for sleep is still early, and effects vary a lot between people.

What if they don't 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.