LiveGood Chlorophyll and Zeolite Detox: Dosage, Copper & Common Questions

LiveGood: Gut & Detox · https://coachluke.com/docs/livegood-chlorophyll-and-zeolite-detox-dosage-copper-common-questions/

Quick reference for LiveGood Chlorophyll and Zeolite Detox. The full review covers the complete label and the evidence in depth.

How do I take it?

Take 2 dropperfuls (2 ml) under the tongue or mixed into water, once or twice a day. LiveGood suggests before bed works well. The 2-ounce bottle holds 30 servings: a month at one serving a day, or about two weeks at two.

What's in it?

Each 2 ml serving has 100 mg of chlorophyll as sodium copper chlorophyllin from organic mulberry leaves and 100 mg of zeolite clinoptilolite, in purified water and organic glycerin. LiveGood lists it as vegan, non-GMO, gluten free, preservative free and third-party tested, including heavy metals.

Why does the label list copper?

Chlorophyllin carries copper, so one serving gives 4 mg, 445% of the daily value. Two servings is 8 mg, and the adult upper limit is 10 mg a day from all sources. If you also take a multivitamin with copper, one serving a day is the sensible ceiling.

Can I take it with magnesium?

Yes, but not at the same time. LiveGood says to keep it at least an hour away from magnesium, such as Ultra Magnesium Complex, because the zeolite could bind to it. Give medications the same spacing.

Does it detox my body?

Your liver and kidneys do that work. Chlorophyllin and zeolite are modest supporting ingredients, and human research at these doses is limited, so treat this as a gentle daily add-on rather than a cleanse.

Who should check with a doctor first?

Skip it if you have **Wilson's disease or have been told to limit copper**. Talk with your doctor first if you are pregnant or nursing, manage a medical condition, or take **prescription medication**, since binding minerals can affect absorption.

How long until I notice anything?

This is quiet background support, so do not expect dramatic effects. Judge it over several weeks of consistent use. Results vary from person to person.

What if it doesn't work for me?

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

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