LiveGood Collagen Peptides: Dosage & Common Questions

LiveGood: Everyday Wellness · https://coachluke.com/docs/livegood-collagen-peptides-dosage-common-questions/

Quick reference for LiveGood Collagen Peptides. The full review covers the complete label and the evidence in depth.

How do I take it?

One scoop at least once a day in water, coffee, or a smoothie; warm liquid helps it mix without clumping. There's an optional loading phase: two scoops daily for the first 30 days, then back to one. Each bag holds 30 scoops, so during the loading phase your first bag lasts about two weeks.

What's in it?

Each 13 g scoop has 11 grams of hydrolyzed type I and III collagen from grass-fed, pasture-raised cattle, plus 50 mg of hyaluronic acid and three patented boosters: Velositol (2 g, to support muscle protein synthesis when paired with protein), ApresFlex (100 mg of boswellia extract for joint comfort), and Polynol (100 mg of sugarcane polyphenols). It's gluten free, sugar free, dairy free, non-GMO, and keto friendly.

Does it count toward my daily protein?

Only partly. Each scoop has 10 g of protein, but collagen is missing the amino acid tryptophan, so it isn't a complete protein like whey, eggs, or chicken. Keep your regular protein at every meal and treat collagen as the extra layer.

Is it vegan?

No. It's made from bovine collagen, so skip it if you avoid animal-derived ingredients.

Who should check with a doctor first?

Anyone pregnant, nursing, or taking medication should talk with their doctor before starting.

How long until I see results?

Collagen works gradually. Nails and hair tend to respond first, often within four to six weeks, while skin and joint comfort take longer, so plan on two to three months of daily use before judging. That timeline is also why the 90-day guarantee fits: you can complete a fair trial and still be covered.

Does it matter if the coffee is hot?

No. Hydrolyzed collagen dissolves in hot or cold liquid without losing effectiveness. Many people stir it into their morning LiveGood Organic Coffee.

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.