LiveGood Creatine + HMB: Loading, Water Weight & Common Questions

LiveGood: Fitness & Recovery · https://coachluke.com/docs/livegood-creatine-hmb-loading-water-weight-common-questions/

Quick reference for LiveGood Creatine + HMB. The full review covers the complete label and the evidence in depth.

How do I take it?

One scoop in water or any drink, once a day, training day or not. Consistency beats timing. On training days, LiveGood suggests taking it after your workout with some carbohydrates. Each tub holds 30 scoops, a month at one a day.

What's in it?

Just two things: 5 g of creatine monohydrate and 3 g of calcium HMB per 8 g scoop, which also supplies 390 mg of calcium. There are no flavors, sweeteners, or fillers. It's vegan, keto friendly, gluten free, sugar free, caffeine free, non-GMO, and third-party tested.

Do I need to do a loading phase?

No. LiveGood offers an optional loading phase of four scoops a day for five days, which saturates your muscles faster, but one scoop a day gets you to the same place in about a month. If you do load, that week brings about 1,560 mg of calcium a day and your tub lasts about 15 days, so factor that in if you already take a calcium supplement.

Will it make me bloated?

A pound or two of water weight in the first weeks is normal. That water goes into your muscles, not under your skin, and it's part of how creatine works.

What does it taste like?

It's unflavored, and some reviewers find it slightly bitter. Many mix it with Essential Aminos or a flavored drink.

Who should check with a doctor first?

Talk with your doctor first if you have **kidney concerns** or take medication that affects your kidneys, and skip it if you're pregnant or nursing. Drink plenty of water while you take it.

How long until it works?

Strength gains typically show over four to six weeks of consistent training, or sooner if you use the loading phase. 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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