LiveGood E3: Caffeine, Timing & Who Should Skip It

LiveGood: Fitness & Recovery · https://coachluke.com/docs/livegood-e3-caffeine-timing-who-should-skip-it/

Quick reference for LiveGood E3. The full review covers the complete label and the evidence in depth.

How do I take it?

One scoop in water. LiveGood says it's best early in the day and before exercise, about 20 to 30 minutes ahead. Each tub holds 30 scoops.

How much caffeine is in it?

125 mg per scoop from organic tea, about a cup of coffee, paired with L-theanine for smoother focus. Count it toward your daily caffeine, use it in place of a coffee rather than on top of one, and keep it at least six hours away from bedtime.

What's in it?

Energy (caffeine, L-theanine, B6, B12, betaine), endurance (1.6 g beta alanine, 1 g beet root, 3 g of all nine essential amino acids), electrolytes (225 mg sodium, 225 mg potassium, 50 mg magnesium), and focus ingredients (L-tyrosine, alpha-GPC, Huperzine A, and the BetaPrime adaptogen blend). It's sweetened with stevia and is vegan, gluten free, and keto friendly.

Why does my skin tingle?

That's the beta alanine. A harmless tingling on your skin in the first sessions is normal and usually fades with regular use.

Can I take it with LEAN?

E3 has 800 mcg of chromium per scoop, and LEAN adds more. That's fine for most healthy adults, but mention it to your doctor if you take blood sugar medication.

Who should skip it?

Skip it if you're pregnant or nursing, avoiding caffeine, or sensitive to stimulants, and talk with your doctor first if you take any medication.

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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