LiveGood Energy and Focus Patches: How to Apply, Caffeine & Common Questions

LiveGood: Weight & Energy · https://coachluke.com/docs/livegood-energy-and-focus-patches-how-to-apply-caffeine-common-questions/

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

How do I use them?

Clean and dry a patch of skin with little or no hair, such as the inside of the wrist, hip, shoulder or ankle, then press one patch on. Avoid lotions or oils there first. LiveGood says you should feel it within about 30 minutes. Remove it after 8 hours and do not reuse it. One pouch holds 30 patches, a 30-day supply.

What's in them?

Each patch lists 10 mg of natural caffeine, plus yerba mate (4.8 mg), green tea extract (4 mg), green coffee extract (4 mg), guarana (5 mg), quercetin (5 mg), Panax ginseng (1.6 mg), black maca (0.8 mg), agmatine (0.8 mg), orange fragrance oil and cosmoperine. LiveGood lists them as vegan, non-GMO, gluten free, nut free, soy free and third-party tested.

How much caffeine is in a patch?

The label lists 10 mg, and the plant extracts add a little more, so roughly 10 to 15 mg in total, against about 95 mg in a cup of brewed coffee. How much is absorbed through the skin is not published. If you are caffeine sensitive, wear it early in the day and count it in your total.

Can I use them with the Sleep Patches?

Yes, that is the idea behind LiveGood's AM/PM routine: Energy and Focus in the morning, Sleep Patches at night. Just take the energy patch off well before bedtime.

Who should check with a doctor first?

Anyone pregnant or nursing, **sensitive to caffeine or told to limit stimulants**, managing heart rhythm or blood pressure concerns, or taking medication. Never apply a patch over broken or irritated skin, and remove it if your skin reacts.

How long until I notice anything?

LiveGood says about 30 minutes. Because the doses are small, expect a mild lift rather than a coffee-style jolt, and judge it over a couple of weeks of workdays. Results vary from person to person.

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.