LiveGood Essential Aminos: Dosage, Taste & Aminos vs Protein

LiveGood: Fitness & Recovery · https://coachluke.com/docs/livegood-essential-aminos-dosage-taste-aminos-vs-protein/

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

How do I take it?

One scoop in water, up to twice a day. LiveGood suggests 30 minutes before a workout and again during the day as a refreshment, and it's best taken every day, rest days included. Each tub holds 30 scoops: a month at one a day, or about two weeks at two.

What's in it?

About 3.7 g of all nine essential amino acids per scoop, including 2.4 g of BCAAs led by 1.5 g of leucine, plus 3 g of L-citrulline, 500 mg each of L-arginine and L-carnitine tartrate, and a little glutamine. It also has three electrolytes (100 mg sodium, 100 mg potassium, 30 mg magnesium). No sugar and no caffeine; it's sweetened with stevia and is vegan, gluten free, non-GMO, and keto friendly.

Do I still need protein powder?

Protein comes first. Whole food and a shake like LiveGood Whey Protein or Plant-Based Protein bring aminos plus everything else. Essential Aminos is a light top-up around training or between meals, not a meal replacement.

Which flavor should I get?

It comes in Fruit Punch and Lemon Lime. Reviewers especially love the Lemon Lime. One found the Fruit Punch sour, so try it ice cold or mixed into juice.

Who should check with a doctor first?

If you have a condition that affects protein metabolism, such as **kidney or liver concerns**, talk with your doctor before adding amino supplements. Skip it if you're pregnant or nursing unless your doctor approves.

How long until I notice anything?

You'll know whether you like the taste right away. Give recovery a few weeks of daily use before judging it; strength and lean-mass support builds over months alongside training. 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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