LiveGood Factor4: Dosage, Timeline & Medication Interactions

LiveGood: Everyday Wellness · https://coachluke.com/docs/livegood-factor4-dosage-timeline-medication-interactions/

Quick reference for LiveGood Factor4. The full review covers the complete label and the ingredient evidence in depth.

How do I take it?

One softgel twice daily, with food, swallowed whole. Taking it with meals helps absorption of the fat-soluble ingredients. If you notice a fishy aftertaste, keep the bottle in the refrigerator. Each bottle holds 60 softgels, a month at two a day.

What's in it?

Four core ingredients, formulated by an immunologist to support a healthy inflammatory response and recovery: omega-3 fish oil (400 mg EPA and 200 mg DHA per softgel, so 1.2 g a day at two softgels), turmeric extract with black pepper extract to help absorption, CoQ10 (50 mg), and garlic extract (50 mg).

Is Factor4 vegetarian?

No. The fish oil comes from anchovy, and the softgel is made from bovine gelatin.

How long until it works?

Give it four to eight weeks of consistent use before judging results. Inflammatory-response support builds gradually. This isn't a painkiller, and it won't feel like one on day three.

Who should NOT take Factor4?

Skip it if you're pregnant, nursing, or **allergic to fish or shellfish**. Talk with your doctor first if you take blood-thinning or blood pressure medication, since fish oil and garlic can enhance the effects of both.

Who is it best suited for?

People over 35 looking for joint support, easier recovery from workouts, and less stiffness. The CoQ10 makes it particularly relevant past 40, when natural CoQ10 production declines.

What if it doesn't work for me?

Every order carries LiveGood's 90-day money-back guarantee, long enough to complete the full four-to-eight-week trial and decide.

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.