LiveGood Hormonal Balance for Women: Dosage, Herb Cautions & Common Questions

LiveGood: Vitamins & Hormones · https://coachluke.com/docs/livegood-hormonal-balance-for-women-dosage-herb-cautions-common-questions/

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

How do I take it?

Take 2 capsules daily with a glass of water. Morning works best for most women, since the maca and Siberian ginseng can feel energizing. Each bottle holds 60 capsules, which is 30 servings, a one-month supply.

What is in it?

Per 2 capsules: 15 mg vitamin E, 250 mg organic maca, 200 mg each of milk thistle, dong quai and white peony, 150 mg DIM, 100 mg each of chasteberry, wild yam and Siberian ginseng, 50 mg soybean extract (40% isoflavones) and 40 mg black cohosh. The label says it contains soy.

Is it hormone replacement?

No. It contains no hormones and is not a substitute for HRT or any prescribed treatment. It is an herbal formula meant to support your own cycle and the menopause transition.

Who should check with a doctor first?

Skip it if you are pregnant, nursing, trying to conceive, or allergic to soy. Talk with your doctor first if you use **hormonal birth control or hormone therapy**, take **blood thinners**, have liver problems, or have a **hormone-sensitive condition** such as a history of breast cancer or endometriosis. Stop and call your doctor if you notice dark urine or yellowing skin.

How long until I notice anything?

Think in cycles, not days. Give it one to two full cycles, or four to eight weeks in the menopause years, and judge it by your hardest week. Results vary from woman to woman.

What if it does not 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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