LiveGood Hydration Amplifier: How to Take It, Sodium & Common Questions

LiveGood: Fitness & Recovery · https://coachluke.com/docs/livegood-hydration-amplifier-how-to-take-it-sodium-common-questions/

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

How do I take it?

Mix one stick into 16 ounces of water, any time of day. It fits best on training days, hot days, travel days and long sweaty jobs outside. Each box holds 30 sticks, a month at one stick a day. On quiet desk days, plain water and food usually cover you.

What's in it?

Each 4.7 g stick has 1,000 mg of sodium from Himalayan pink salt, 200 mg of potassium, 60 mg of magnesium glycinate and 100 mg of vitamin C from acerola. It is sugar free and sweetened with organic stevia, in Lemonade or Watermelon. LiveGood lists it as vegan, allergen free, gluten free, keto friendly, heavy-metal tested and third-party tested.

Why does it taste salty?

Because it carries a real sodium dose, about the same as LMNT and roughly double a classic Liquid IV stick. Several reviewers say the taste grew on them within a few days. Mixing it with Essential Aminos or E3 softens it.

Does it have caffeine or sugar?

Neither. It has no caffeine and no sugar, so it will not act like an energy drink. Any lift people feel comes from being properly hydrated.

Who should check with a doctor first?

Each stick is 43% of the daily value for sodium. Talk with your doctor first if you are on a **sodium-restricted diet** or manage **blood pressure, heart or kidney conditions**, take medications that affect sodium or potassium, or are pregnant or nursing.

How long until I notice anything?

Many people feel more refreshed within an hour on a sweaty day, but it only works alongside actually drinking water. 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.

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.