LiveGood LEAN: How to Take It & Who Should Avoid It

LiveGood: Weight & Energy · https://coachluke.com/docs/livegood-lean-how-to-take-it-who-should-avoid-it/

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

How do I take it?

Two capsules with a full glass of water, 30 to 45 minutes before a meal, every day. The pre-meal timing matters: the glucomannan needs time to expand and support fullness before you eat.

For maximum results, LiveGood recommends two capsules three times a day, before each main meal. Each bottle holds 90 two-capsule servings: three months at once a day, or one month at three times a day.

What's in it?

Per two-capsule serving: 650 mg glucomannan, 200 mg berberine HCl, 100 mg each of green tea extract (50% EGCG), Caralluma fimbriata, CLA powder and L-carnitine, 100 mcg each of vitamin B12 and chromium, and 50 mg each of a 7-enzyme blend, Cha de Bugre, white kidney bean extract and hops extract. Vegetable capsules; vegan, gluten free, non-GMO and third-party tested.

Does LEAN have caffeine?

No caffeine is listed on the label. Green tea extract naturally carries a small amount, so if you are sensitive to caffeine, take your first servings earlier in the day and see how you feel.

What does it cost?

$39.95 retail, $19.95 for members, or $18.95 on Subscribe and Save. A bottle of 90 servings (180 capsules) lasts three months at once a day, or one month at the full three-a-day dose. See how LiveGood pricing and membership work.

Who should NOT take LEAN?

Skip it if you're pregnant or nursing. And talk with your doctor first if you take any medication, especially blood sugar medication, since berberine and chromium can add to its effects.

Will LEAN work without diet changes?

No, and the review is honest about this: LEAN is built to support people already in a calorie deficit with adequate protein and regular strength training, particularly over 35. It supports the plan; it isn't the plan. If you don't have those basics yet, start with the Calorie Calculator and the free 14-Day Reset first.

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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