LiveGood Liver Support: Dosage, Timing & Common Questions

LiveGood: Gut & Detox · https://coachluke.com/docs/livegood-liver-support-dosage-timing-common-questions/

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

How do I take it?

Take 2 capsules a day with a glass of water, ideally with food and earlier in the day. You can split them, one with breakfast and one with lunch. Each bottle holds 60 capsules, which is 30 servings or one month.

What's in it?

Per 2 capsules: 500 mg NAC, 500 mg milk thistle extract (80% silymarin), 100 mg alpha lipoic acid, 50 mg TUDCA, 50 mg grass-fed ox bile, 25 mg each of turmeric extract and dandelion root, plus 10 mg choline, 11 mg zinc and 100 mcg selenium. LiveGood lists it as gluten free, dairy free, soy free, non-GMO and third-party tested.

Will it detox my liver?

No supplement detoxes your liver; your liver does that work itself. A formula like this aims to support it, mainly through NAC and milk thistle. Moderating alcohol, managing weight and eating real food matter far more than any capsule.

Is it vegan?

No. It contains grass-fed ox bile, which is animal-derived. If you want a plant-based option, look at Chlorophyll Detox or Black Seed Oil.

Who should check with a doctor first?

Talk with your doctor first if you have a **diagnosed liver or gallbladder condition**, elevated liver enzymes, or diabetes, or if you take **regular prescription medication**, since NAC and alpha lipoic acid can interact with some drugs. The same goes if you are pregnant or nursing.

If you also take a multivitamin, add up your zinc and selenium; this formula alone gives 182% of the daily value for selenium.

How long until I notice anything?

Liver support is quiet, so most people do not feel a dramatic change. Give it 60 to 90 days of consistent use alongside healthy habits. 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.