LiveGood Multi-Vitamin for Men: Dosage, Iron-Free Formula & Common Questions

LiveGood: Vitamins & Hormones · https://coachluke.com/docs/livegood-multi-vitamin-for-men-dosage-iron-free-formula-common-questions/

Quick reference for LiveGood Multi-Vitamin for Men. The full review covers the complete label and the evidence in depth.

How do I take it?

Take 2 capsules once a day with food, ideally in the morning. A meal helps the fat-soluble nutrients absorb, and LiveGood suggests mornings because the active B12 can feel energizing. Each bottle holds 60 capsules, which is 30 servings, a one-month supply.

What is in it?

Per 2 capsules: 20 vitamins and minerals in bio-active forms, including 200 mcg methylcobalamin B12, 348 mcg DFE L-methylfolate, 25 mg P-5-P B6, 15 mg zinc, 100 mcg selenium and 1,000 mcg biotin. A small blend adds marigold extract (5 mg lutein, 2 mg zeaxanthin), 30 mg L-glycine and 10 mg lycopene. The label shows vegan, gluten free and soy free.

Why is there no iron?

Men do not lose iron monthly, and extra iron they do not need tends to build up rather than help. If a blood test shows you are low, your doctor will recommend a targeted dose. Women who need iron should look at the Multi-Vitamin for Women.

What does it not include?

There is no vitamin D, vitamin K, calcium or magnesium. LiveGood points to its D3-K2 for D and K, and the Ultra Magnesium Complex covers magnesium.

Who should check with a doctor first?

Talk with your doctor first if you take prescription medication or have a health condition. The 1,000 mcg of **biotin can skew some lab tests**, including thyroid and heart panels, so tell your doctor before blood work. If you also take a B-complex or pre-workout, add up the B6.

How long until I notice anything?

A multivitamin is a floor, not a rocket. If your diet had gaps, steadier energy over a few weeks is what members mention most. Give it six to eight weeks before judging. Results vary.

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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