LiveGood Multi-Vitamin for Women: Dosage, Iron & Common Questions

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

Quick reference for LiveGood Multi-Vitamin for Women. 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. LiveGood suggests the morning, since the active B12 can feel energizing, and a meal helps the fat-soluble nutrients absorb. 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, 551 mcg DFE L-methylfolate, 25 mg P-5-P B6, 1,000 mcg biotin and 18 mg iron as ferrous bisglycinate. A small blend adds marigold extract (5 mg lutein, 2 mg zeaxanthin), 50 mg cranberry and 30 mg L-glycine. The label shows vegan, gluten free and soy free.

Why does it have iron, and what if I do not need it?

Women of menstruating age lose iron every month, so the women's formula includes 18 mg, 100% of the Daily Value, in a gentler chelated form. If you are post-menopausal or your doctor says you do not need iron, the Multi-Vitamin for Men has no iron.

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 are pregnant or nursing, have an **iron overload condition**, or take **thyroid medication**, which iron can interfere with. The 1,000 mcg of **biotin can skew some lab tests**, including thyroid and heart panels, so tell your doctor before blood work. Keep iron supplements away from children.

How long until I notice anything?

A multivitamin is quiet insurance, not a quick fix. If your diet had gaps, steadier energy within a few weeks is the most common thing people mention. 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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