LiveGood NAD+: How to Take the Strips, Absorption & Common Questions

LiveGood: Weight & Energy · https://coachluke.com/docs/livegood-nad-how-to-take-the-strips-absorption-common-questions/

Quick reference for LiveGood NAD+ Dissolvable Strips. The full review covers the complete label and the evidence in depth.

How do I take it?

Place one strip under your tongue or in your cheek, let it dissolve, then swallow. Morning fits most routines. The label does not say how often to take it; at one strip a day, a box of 15 lasts about two weeks, so a month takes two boxes.

What's in it?

Each strip has 100 mg of NAD+ (nicotinamide adenine dinucleotide), with 0 calories. The strip is pullulan and HPMC, flavored with lemon essential oil and sweetened with stevia, plus glycerin, malic and citric acid, gums, sunflower lecithin and quercetin for color. LiveGood lists it as vegan, non-GMO, gluten free, dairy free, soy free and made in the USA.

Does an NAD+ strip actually raise NAD+ levels?

That is the open question. NAD+ is a large molecule, and most human studies raise NAD+ with precursors such as NR or NMN, usually at 250 to 1,000 mg. There is little published research on NAD+ strips specifically, so judge it by how you feel over several weeks.

Can I take it with Methylene Blue?

Some members pair the two strips. If you do, read the Methylene Blue cautions first, especially if you take **antidepressants or other serotonergic drugs**.

Who should check with a doctor first?

Anyone **pregnant or nursing**, managing a medical condition, or taking medication, including **cancer treatment**, should ask a doctor before using NAD+ supplements. Long-term safety data is limited.

How long until I notice anything?

Any effect is subtle and cumulative, not a stimulant buzz. People who respond tend to describe steadier energy over two to six weeks, and some notice nothing. 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.

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