LiveGood Organic Coffee: Preparation, Caffeine & Mushroom Questions

LiveGood: Weight & Energy · https://coachluke.com/docs/livegood-organic-coffee-preparation-caffeine-mushroom-questions/

Quick reference for LiveGood Organic Coffee. The full review covers the complete label and the evidence.

How do I prepare it?

Stir a scoop into hot water. It's instant, so no brewing equipment is needed. It works iced too: dissolve it in a little hot water first, then add cold water and ice. Each bag holds 30 servings.

How much caffeine is in it?

About 100 mg of natural caffeine per serving, roughly the same as a regular cup of coffee. LiveGood adds adaptogenic mushrooms and green tea extract to help balance the jitters, but it's still coffee, so count it toward your daily caffeine and keep it at least eight hours away from bedtime.

What are the mushrooms, and what else is in it?

A 1,000 mg blend of six mushrooms (lion's mane, reishi, cordyceps, turkey tail, shiitake, and king trumpet) grown on organic whole oats. The label doesn't list the amount of each one. It also has maca, green tea extract, and green coffee extract, plus 2 g of fiber from organic acacia and guar gum, all for about 5 calories a cup. It's USDA Organic.

Who should check with a doctor first?

Skip it (or get your doctor's approval) if you're pregnant, nursing, or have a mushroom allergy. If you're sensitive to caffeine or take medication, check with your healthcare provider before making it a daily habit.

Can I drink it alongside regular coffee?

You can. Just count the caffeine. If you normally drink two or three cups a day, swapping one for this keeps your total intake in the same range.

What if I don't like it?

Every order carries LiveGood's 90-day money-back guarantee. See the guarantee explained for how it works.

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