LiveGood Organic Fiber: Dosage, Timing & Common Questions

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

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

How do I take it?

Mix one scoop into 6 to 8 oz of water, juice or a smoothie, and drink a full glass of water with it. LiveGood suggests taking it between meals or 30 to 60 minutes before eating. Each tub holds 30 scoops, one month at a scoop a day.

What's in it?

One scoop (about 9.65 g) gives 8 g of fiber and 35 calories. The fiber comes from agave inulin (5,250 mg), psyllium husk (1,500 mg), pea fiber (1,500 mg), baobab (375 mg) and chia (375 mg), plus small amounts of apple cider vinegar, Ceylon cinnamon, lemon, ginger and turmeric. It is USDA Organic, vegan, gluten free and has no sugar added.

Will it make me bloated?

It can if you jump straight in. Most of the scoop is agave inulin, a prebiotic fiber your gut bacteria ferment. Start with half a scoop for the first week, drink water with every serving, and build up. If you eat low-FODMAP or know inulin bothers you, this blend may not suit you.

Can I take it with the Probiotic or LEAN?

Yes. The prebiotic fibers feed the strains in Probiotic Gut Support, and the fullness effect pairs well with LEAN. Keep fiber an hour or two away from any medications you take.

Who should check with a doctor first?

Talk with your doctor first if you have a **digestive condition, trouble swallowing, or a history of bowel blockage**, or if you take **prescription medications**, since fiber can slow their absorption. The same goes if you are pregnant or nursing.

How long until I notice anything?

Regularity often settles within days to a couple of weeks of daily use, and fullness between meals can show sooner. Give it three to four consistent weeks with enough water before judging it. 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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