LiveGood Osteo Complete: Dosage, Calcium & Common Questions

LiveGood: Vitamins & Hormones · https://coachluke.com/docs/livegood-osteo-complete-dosage-calcium-common-questions/

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

How do I take it?

Take 4 capsules a day with a glass of water. LiveGood suggests splitting the dose and taking it with food to avoid stomach upset, for example two at breakfast and two at dinner. Each bottle holds 120 capsules, which is 30 servings, a one-month supply.

What is in it?

Per 4 capsules: 500 mg of calcium as DimaCal dicalcium malate and calcium hydroxyapatite, 3 mg of boron, 20 mg B6, 150 mcg DFE folate, 50 mcg B12 and 18 mg niacinamide, plus 50 mg each of glycine, betaine, glucosamine sulfate, genistein and bamboo extract (70% silica), and 25 mg of eggshell membrane. It is not vegan.

What does it not include?

There is no vitamin D, vitamin K2 or magnesium. LiveGood's D3-K2 and Ultra Magnesium Complex cover those. The glucosamine and eggshell membrane doses are small, so treat this as a bone formula first.

Who should check with a doctor first?

Ask your doctor first if you have been diagnosed with low bone density, have **kidney stones or kidney disease**, or take **bone medication, thyroid medication or certain antibiotics**, which calcium can block, so they need spacing. Eggshell membrane is egg-derived and glucosamine is often

from shellfish, so check if you have those allergies. Genistein is a plant isoflavone, so ask first if you have an estrogen-sensitive condition.

How long until I notice anything?

Bone changes over months to years, so there is usually nothing to feel. Judge the inputs instead: consistent capsules, strength training two or three times a week, and enough protein. A bone density scan on your doctor's schedule is the honest scoreboard. 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.

Disclosure: Coach Luke is an independent LiveGood affiliate and may earn a commission on purchases made through links on this site, at no extra cost to you. This is not medical advice.