LiveGood Parasite Cleanse: Dosage, Cycling & Common Questions

LiveGood: Gut & Detox · https://coachluke.com/docs/livegood-parasite-cleanse-dosage-cycling-common-questions/

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

How do I take it?

Take 2 capsules a day with a full glass of water, preferably in the morning on an empty stomach; take them with food if your stomach is sensitive. Each bottle holds 60 capsules, which is 30 servings or one month.

How long should I use it?

LiveGood suggests two to three consecutive months the first time, with a one-week break between bottles, then one bottle a quarter for maintenance. It is meant to be cycled, not taken nonstop.

What's in it?

Per 2 capsules: 200 mg each of black walnut hull, clove, oregano extract (10:1), pumpkin seed extract (10:1) and wormwood, plus 100 mg each of artichoke leaf and pau d'arco, 1,200 mg in all. It contains **tree nuts (walnut)**. LiveGood lists it as vegan, gluten free, non-GMO and third-party tested.

Will it get rid of parasites?

These are traditional herbs, and human research on them for parasites is thin. If you suspect an infection because of symptoms, travel or known exposure, see a doctor for a stool test; diagnosed parasites are treated with prescription medicine. Treat this as an occasional gut-routine product, not a treatment.

Who should skip it or check with a doctor first?

Skip it if you are **pregnant or nursing** (wormwood is not for pregnancy), have a **tree nut allergy**, or have a seizure disorder, and do not give it to children. Talk with your doctor first if you have a liver condition or take medications, especially **blood thinners**, since pau d'arco may affect clotting.

What about die-off?

Some people report a few days of mild digestive changes, bloating or tiredness early on. Drink plenty of water and keep your bowels regular. If anything feels genuinely wrong, stop and talk to your doctor rather than pushing through. 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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