# LiveGood PEAK Coffee Enhancer: How to Use It, Caffeine & Common Questions

LiveGood: Weight & Energy · https://coachluke.com/docs/livegood-peak-coffee-enhancer-how-to-use-it-caffeine-common-questions/

Quick reference for LiveGood PEAK Coffee Enhancer. The full review covers the complete label and the evidence in depth.

## How do I use it?

Add one scoop (about 3 g) to hot or iced coffee, then stir or blend. Blending or frothing for a few seconds gives the creamiest texture. LiveGood suggests using it in the morning or before a busy day. Each container holds 30 scoops, so one a day lasts a month.

## What's in it?

Per scoop: 2.2 g of organic coconut milk powder, 100 mg of organic Ceylon cinnamon, and 50 mg of organic green tea extract standardized to 98% L-theanine (about 49 mg). It has 10 calories, 0.5 g of fat, and 2 g of carbohydrate, with organic vanilla for flavor. It's USDA Organic, non-GMO, dairy free, and vegan friendly.

## Does it have caffeine or sugar?

PEAK doesn't list any caffeine; the caffeine comes from the coffee you add it to, so it works in decaf too. There is no added sugar. The sweetness comes from organic stevia leaf extract and monk fruit extract, so if you dislike the taste of stevia, start with a partial scoop.

## Can I use it with LiveGood Organic Coffee?

Yes. PEAK works in any coffee, including LiveGood Organic Coffee. Just remember the caffeine in your cup still counts toward your daily total.

## Who should check with a doctor first?

Check with your doctor first if you're pregnant or nursing, or if you take **medication for blood pressure or blood sugar, or a sedative**, since L-theanine and cinnamon are worth a quick check. Skip it if you have a **coconut allergy**.

## How long until I notice anything?

The taste is immediate. For focus and how smooth your mornings feel, give it two to three weeks of normal use. The L-theanine dose is modest, so think of PEAK as a better creamer rather than a focus supplement. Results vary.

## 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, or browse all guides at coachluke.com/docs.

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