LiveGood Plant-Based Protein: How to Take It, Label Facts & Common Questions

LiveGood: Fitness & Recovery · https://coachluke.com/docs/livegood-plant-based-protein-how-to-take-it-label-facts-common-questions/

Quick reference for LiveGood Organic Complete Plant-Based Protein. The full review covers the complete label and the evidence in depth.

How do I take it?

Mix one scoop in water or blend it into a smoothie, at least once daily. LiveGood notes many studies support protein within 30 minutes of exercise, but before a workout or as an afternoon snack works too; the best time is the one you will stick with. Each tub holds 30 scoops, a month at one scoop a day.

What's in it?

Each scoop (about 29 g) has 101 calories, 20 g of protein, 0 g of sugar and 1.35 g of fiber. The protein blend is 25.6 g of organic pea protein plus 100 mg of organic hemp, so it is essentially a pea protein. It also carries 24 vitamins and minerals, including B12, iron, iodine, vitamin D3 from lichen and zinc.

It is vanilla flavored and sweetened with organic stevia. LiveGood lists it as organic, vegan, gluten free, soy free, nut free, keto friendly, non-GMO and third-party tested.

Is it a complete protein?

Yes. Pea protein contains all nine essential amino acids and is rich in lysine and the BCAAs, though it runs a little lower in methionine than whey. Over a day of normal eating, that gap is easy to cover.

Can I take it with a multivitamin?

You can, but note the overlap: one scoop already covers 100% or more of the daily value for vitamins C, D3, E, B12, zinc and selenium. If you take the Women's or Men's Multi, space them out or alternate days. Dairy-tolerant? Compare the Whey Protein.

Who should check with a doctor first?

Anyone pregnant, nursing or taking medication. Each scoop has 349 mg of sodium, so count it if you are on a **low-sodium diet** or watching blood pressure. People with **kidney concerns** should ask about extra protein and minerals first.

How long until I notice anything?

Protein works by helping you hit your daily target, so judge it over several weeks of consistent use alongside strength training, not by any single shake. 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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