LiveGood Probiotic Gut Support: Dosage, Strains & Common Questions

LiveGood: Gut & Detox · https://coachluke.com/docs/livegood-probiotic-gut-support-dosage-strains-common-questions/

Quick reference for LiveGood Probiotic Gut Support. The full review covers the complete label and the evidence in depth.

How do I take it?

Take 2 delayed-release capsules a day with a glass of water, or as your healthcare professional directs. Each bottle holds 60 capsules, which is 30 servings or one month. Taking it at the same time each day makes it easier to stay consistent.

What's in it?

60 billion CFU at manufacture from 10 strains (6 billion each), a 200 mg complex of 9 digestive enzymes, and a 150 mg organic prebiotic complex from blue agave inulin and Jerusalem artichoke. It also has 500 mg L-glutamine and 100 mg each of licorice root, marshmallow root and slippery elm, plus 50 mg aloe vera extract.

LiveGood lists it as vegan, sugar free, dairy free, gluten free, non-GMO and third-party tested, made in an FDA-registered, GMP-certified facility.

Why do I feel gassy at first?

The prebiotics are inulin-type fibers, and new probiotics can bring a few days of extra gurgling or gas. It usually settles within the first week or two. If you are sensitive or follow a low-FODMAP diet, try one capsule a day for a few days before moving up to two.

Do I still need fiber?

Yes. The 150 mg of prebiotic is small next to the fiber your gut bacteria get from food. Vegetables, fruit, beans, oats and fermented foods do the heavy lifting, and LiveGood Organic Fiber can help if you fall short.

Who should check with a doctor first?

Talk with your doctor first if you are **immunocompromised or seriously ill**, pregnant or nursing, or managing a diagnosed digestive condition. The licorice root extract is not labeled DGL, so also ask first if you have **high blood pressure or take blood pressure medication**.

How long until I notice anything?

Some people notice smoother digestion and less bloating within one to two weeks. Broader gut changes take a month or more of daily use, alongside a fiber-rich diet. 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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