# LiveGood Shilajit & Sea Moss: Daily Dose, Iodine & Common Questions

LiveGood: Everyday Wellness · https://coachluke.com/docs/livegood-shilajit-sea-moss-daily-dose-iodine-common-questions/

Quick reference for LiveGood Himalayan Shilajit & Organic Sea Moss. The full review covers the complete label and the evidence in depth.

## How do I take it?

Take 2 capsules daily with a glass of water, ideally on an empty stomach, as LiveGood directs. Each bottle holds 60 capsules, or 30 servings, so it lasts a month at the label dose.

## What is in it?

Each 2-capsule serving has 500 mg of shilajit standardized to 50% fulvic acid (about 250 mg fulvic acid) and 500 mg of organic Irish sea moss. The only other ingredients are the vegetable capsule and organic Nu-Flow, a rice-based flow agent. The label shows vegan, soy-free and gluten-free badges.

## Does the sea moss contain iodine?

Yes, sea moss is naturally iodine-rich, but the label does not list an iodine amount, and seaweed iodine varies from harvest to harvest. That matters mainly for people with thyroid conditions; see the doctor section below.

## Is shilajit tested for heavy metals?

Raw shilajit can carry heavy metals, so sourcing matters. LiveGood says its products are third-party tested and publishes certificates of analysis on its site. If this is a priority for you, ask LiveGood support for the report on your lot.

## How much does it cost per serving?

With a LiveGood membership on Subscribe and Save it is $15.15, about 51 cents a serving. The member price is $15.95 and retail is $34.95, about $1.17 a serving. LiveGood compares it with Better Alt and Atlantic Naturals at $24.99 each for a single ingredient.

## Who should check with a doctor first?

Talk to your doctor first if you have a **thyroid condition or take thyroid medication** (because of the iodine), are pregnant or nursing, have iron overload (hemochromatosis), or take **diabetes or blood pressure medication** or any other prescription.

## How long until I notice anything?

Members mostly describe steadier energy. Give it three to six weeks of daily use before judging, and keep sleep, food and training in place underneath it. The research on shilajit is still small, and results vary.

## What if it does not work for me?

Every LiveGood order carries a 90-day money-back guarantee. See the 90-day money-back guarantee explained for how returns work.

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