LiveGood Super Greens: Daily Scoop, Caffeine & Common Questions

LiveGood: Everyday Wellness · https://coachluke.com/docs/livegood-super-greens-daily-scoop-caffeine-common-questions/

Quick reference for LiveGood Organic Super Greens. The full review covers the complete label and the evidence in depth.

How do I take it?

Mix one scoop (about 11.7 g) into water or a smoothie at least once a day. Each tub holds 30 scoops, so one a day lasts a month. Timing does not matter much; consistency does. The powder settles, so keep stirring or shaking as you drink.

What is in it?

There are 28 organic ingredients, every dose on the label. The biggest are alfalfa (2,600 mg), wheatgrass (1,755 mg), spirulina (1,600 mg) and agave inulin fiber (1,200 mg), plus apple cider vinegar, chlorella, moringa, berries, mushrooms, kelp, dulse and 100 mg of KSM-66 ashwagandha. One scoop has 35 calories, 2 g fiber and 2.6 mg iron.

It is sweetened with stevia and monk fruit, with organic raspberry flavor, and carries vegan, keto-friendly, gluten-free and dairy-free badges. The label lists wheat (wheatgrass) and tree nuts (coconut water) as allergens.

Does it have caffeine?

A little. It contains 160 mg of organic matcha green tea powder, which brings a small amount of natural caffeine, far less than a cup of coffee. If you are very caffeine-sensitive, take it in the morning.

How much does it cost per serving?

With a LiveGood membership on Subscribe and Save it is $18.95, about 63 cents a serving. The member price is $19.95 and retail is $34.95, about $1.17 a serving. LiveGood also sells it with Super Reds as a Greens and Reds Pack. For a head-to-head with AG1, see the Super Greens vs AG1 comparison.

Who should check with a doctor first?

Check with your doctor first if you take **thyroid medication** or have a thyroid condition (kelp and dulse are naturally iodine-rich, and ashwagandha can affect thyroid levels), take **blood thinners** (greens contain vitamin K), are pregnant or nursing, or take any prescription medication.

How long until I notice anything?

Members who notice a difference usually describe steadier energy or easier digestion after one to three weeks of daily use. People who already eat plenty of vegetables may feel little. Results vary, and a greens powder supports a good diet rather than replacing vegetables.

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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