LiveGood Super Reds: Dosage, Ingredients & Common Questions

LiveGood: Everyday Wellness · https://coachluke.com/docs/livegood-super-reds-dosage-ingredients-common-questions/

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

How do I take it?

One scoop in water or a smoothie, at least once a day; you can take two servings a day. Many people take it before a workout or as an afternoon lift in place of a second coffee. LiveGood suggests pairing it with Essential Aminos (Fruit Punch) as a pre-workout. Each tub holds 30 scoops, a month at one a day.

What's in it?

Every ingredient is organic. The headliner is 1,650 mg of beet root for natural nitrates, backed by pomegranate, a red berry blend (aronia, maqui, cranberry, goji, tart cherry, acai), grape seed extract, and hawthorn berry.

It also has a greens base with a full gram each of alfalfa, barley grass, and wheat grass, plus spinach and oat grass, and small amounts of reishi, cordyceps, and ginseng. Each scoop has 30 calories, 1 g of sugar, and 90 mg of vitamin C, sweetened with stevia.

Is it caffeine free and gluten free?

Yes to both. The wheat and barley grass are young grass leaves, and the product is labeled gluten free. It's also vegan, non-GMO, and keto friendly.

Does it replace fruits and vegetables?

No. Whole produce brings fiber and food synergy no scoop can match. Super Reds is extra insurance for the nutrients most diets run short on, not a replacement.

Who should check with a doctor first?

Skip it if you're pregnant or nursing, and talk with your doctor first if you take medication, **especially blood pressure or blood-thinning medication**, since supporting circulation can add to what those drugs already do.

How long until I notice anything?

Some people feel steadier energy within the first week or two. Give it four to eight weeks of daily use for a fair verdict. 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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