LiveGood Vitality Men’s Hormone Support: Dosage, Niacin Flush & Common Questions

LiveGood: Vitamins & Hormones · https://coachluke.com/docs/livegood-vitality-mens-hormone-support-dosage-niacin-flush-common-questions/

Quick reference for LiveGood Vitality Men's Hormone Support. The full review covers the complete label and the evidence in depth.

How do I take it?

Take 3 capsules daily with a glass of water, ideally with a meal. Each bottle holds 90 capsules, which is 30 servings, a one-month supply.

What is in it?

Per 3 capsules: 30 mg niacin (nicotinic acid), 15 mg zinc, 300 mg each of tongkat ali, horny goat weed and fenugreek, 250 mg tribulus, 200 mg saw palmetto, 100 mg each of pygeum and DIM, and 6 mg boron, in a vegetable capsule with organic rice hulls.

Why does my skin feel warm and red after taking it?

That is likely the niacin flush. Nicotinic acid can cause a harmless warm, red, tingly feeling for 15 to 30 minutes, especially on an empty stomach. Taking it with food usually prevents it. If it is severe or comes with dizziness, stop and talk with your doctor.

Is it testosterone or TRT?

No. It contains no hormones. It is a botanical and nutrient formula meant to support your body's own healthy production. If you think your levels are clinically low, get bloodwork and talk with your doctor first.

Who should check with a doctor first?

Skip it if you are under 21. Talk with your doctor first if you take **blood thinners, diabetes medication or blood pressure medication**, since fenugreek and horny goat weed can add to their effects, or if you have a heart, prostate, liver or hormone-sensitive condition, or are trying to conceive.

How long until I notice anything?

Energy and drive tend to respond first, often within three to eight weeks, while body composition changes take months alongside training, sleep and protein. Results vary from man to man.

What if it does not 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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