LiveGood Whey Protein Isolate: Timing, Lactose & Common Questions

LiveGood: Fitness & Recovery · https://coachluke.com/docs/livegood-whey-protein-isolate-timing-lactose-common-questions/

Quick reference for LiveGood Whey Protein Isolate. The full review covers the complete label and the evidence in depth.

How do I take it?

Mix one scoop with water or blend it into a smoothie. LiveGood notes that many studies support protein within 30 minutes of exercise, but post-workout, breakfast, or an afternoon snack all work; the best time is the one you will stick with. Each bag holds 30 scoops, a month at one shake a day.

What's in it?

Each 26 g scoop has 100 calories, 20 g of grass-fed whey protein isolate, 1 g of sugar, and about 8.8 g of essential amino acids, including 2.2 g of leucine. LiveGood adds grass-fed bovine colostrum and a digestive enzyme blend (amylase, lactase, lipase, protease); the label does not list those amounts. It is chocolate flavored with organic cacao and sweetened with organic stevia and monk fruit. Gluten free, soy free, non-GMO, and keto friendly.

Is it lactose-free?

No. Whey isolate is naturally low in lactose and this one adds lactase, which many people with mild sensitivity tolerate well, but it contains milk. If you have a **dairy allergy**, skip it and use LiveGood Plant-Based Protein instead.

Can I mix it with other LiveGood products?

Yes. Members often blend it with Collagen Peptides, and some add Creatine + HMB or Super Reds to the same shake.

Who should check with a doctor first?

Anyone pregnant, nursing, or taking medication. Each scoop also has 230 mg of sodium, so count it if you are on a **low-sodium diet**.

How long until I notice anything?

Protein works by helping you hit your daily target, so judge it over several weeks of consistent use alongside strength training, not by any single shake. 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.

Disclosure: Coach Luke is an independent LiveGood affiliate and may earn a commission on purchases made through links on this site, at no extra cost to you. This is not medical advice.