



LIVINGGOOD DAILY
MAGAZINE

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//MISSION

At Livingood Daily, our mission is to equip 10 million people to live good daily with REAL health solutions. Every day we lead people out of sick care to experience REAL health through all-natural health supplements, trainings, Challenges, and a Lifestyle to live good.

//GUARANTEE

At Livingood Daily, we only source the highest quality nutrients in the safest and most effective forms.

We stay up to date on the latest science and complete regular, rigorous, third-party testing in order to bring you a superior product that provides superior results. You'll also find thoughtful and unique product combinations allowing you to get more out of each dose, while also providing you with cost savings.



// A NOTE FROM DR. LIVINGOOD

So excited for you to browse the Livingood Daily Magazine! This simple resource highlights the movement, Lifestyle, and supplements of Livingood Daily. Have a seat, grab a nice DLG coffee (recipe on page 9), and browse through the movement's purpose, all that is included (that you may have missed) in the Livingood Daily Lifestyle, or read up on all the quality ingredients and benefits of your favorite supplements.

It's an honor to be on this journey with you to experience real health and Live Good. I hope you find this as fun to go through as I did! I felt like a kid with a marker and a Sears catalog circling what I wanted for Christmas! I look forward to continuing this journey with you and helping you make progress over this next month and quarter to live your best life. Make it a great day! You might as well, you'll never get it back!

Live Good!

Dr. Livingood

HEALTH CARE OR SICK CARE?



100 million Americans take a prescription drug each month.



70% of US adults and 25% of US children take a drug each day.



Seven out of ten Americans die of largely preventable chronic diseases.



Five out of six Americans get heart disease or cancer during their lifetime.



Our life expectancy as a country is 53rd in the world. You could live in 52 other countries and live a longer, happier, healthier life.



WE ARE LIVINGGOOD DAILY

Livingood Daily leads people to be their own solution—to get to the cause instead of treat the symptom. We are a movement full of millions of people experiencing real health. We take life-changing information, apply it through Challenges and Coaching, and create new habits for a Livingood Daily Lifestyle. The support, community, resources, and supplements make living good convenient and achievable for all. Together, we are the solution.

When we take responsibility for being the problem that created our health situation then we can finally decide to also be the solution. We just need a delta. A change. The universal symbol for change is the triangle. And the three sides of the triangle make up the Livingood Daily Lifestyle...

COMMUNITY

Your life matters to your family, career, and purpose, and we CARE about that. You matter to us. Not in a cheesy “nice tagline” kind of way but in a virtual hug, fix your problem, and give you real answers from real people kind of way. All the solutions and support we create originate from what we ourselves, our families, and our children do to succeed.

Each day our community engages with us through live shows, books, blogs, masterclasses, and through our large Facebook groups and Members Area. Walking a journey with other like-minded people that can support you, help you, cry with you, and motivate you to keep going is essential to achieving a Livingood Daily Lifestyle.

ACCOUNTABILITY

People perish for lack of knowledge, not information. We live in the information age. Knowledge is the application of information. We challenge ourselves every 30 days to make progress on our health. If we lose health, every other area of our life suffers, so there should not be a season that we do not focus on it.

One percent progress each day for 30 days leads to a 30% improvement in that area of health. Coaching, live support, community, and ongoing Challenges provide the accountability.

RESOURCES

The more convenient your health habits are, the easier it is to turn it into a Lifestyle. We don't believe in dieting and programs. Programs and diets are short term and have end dates. We believe in lifetime habits and our resources support those. The next six pages describe in detail what makes the Livingood Daily Lifestyle realistic to live out.

We believe in making food and nutrients simple. Then, we can supplement to fill in the gaps. That's why we follow eating guidelines that work for all healthy eating preferences with basic ingredients. We believe in following the science to combine nutrients in the right form to create our supplements. We only source the highest quality ingredients in the safest forms, and we combine them so you get more out of one dose and save money.

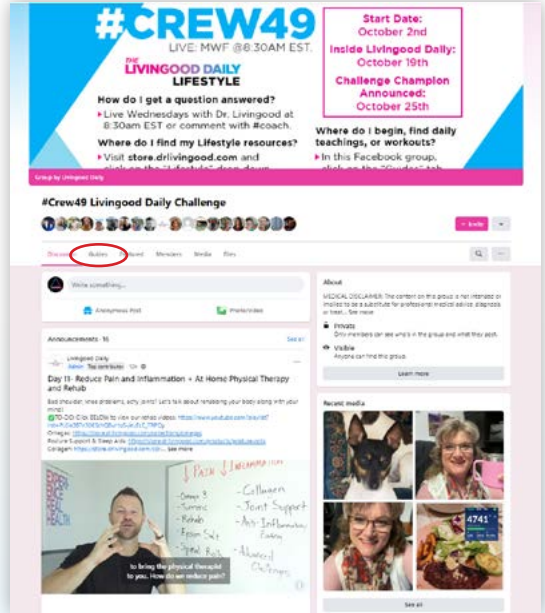
THE LIVINGOOD DAILY CHALLENGE

INCLUDED IN THE LIFESTYLE

The Challenge is a big part of the Lifestyle. Live Challenges take place in a private Facebook group, establishing a community where everyone can help each other, offer support, and provide encouragement. The Challenge consists of a 28-day health regimen which acts as the vehicle to jump start REAL health.

Challenges occur LIVE every month and are the foundation for turning good health habits into a Lifestyle. Once a strong foundation has been set one can then try out advanced Challenge workbooks and tracks.

The Guides section at the top of the Facebook page is your starting point. The Facebook group stays open for 28 days to supply members with next steps in the fourth week. Members receive a digital workbook and meal-plan calendar.



COACHING

Within every Livingood Daily Challenge, you'll receive LIVE Coaching directly from Dr. Livingood and the Livingood Daily Coaching Team. Our team of dedicated and caring coaches are there to help you achieve your health goals through the Livingood Daily Lifestyle and Challenges.

We know that no journey, especially a health journey, is easy. We all experience road blocks, uncertainty, and lack of confidence when it comes to embarking on something new.

Join the Live Ask DLG Show on your favorite social channel every Wednesday at 8:30 a.m. EST.

It makes it a lot easier and more enjoyable when you have a guide who has been on that journey before to help you overcome those roadblocks, conquer that uncertainty, and inspire confidence within you so you can complete your journey. That is exactly what the Livingood Daily Coaching Team is here to do—to be your guide so you can achieve your health goals with ease!

INCLUDED IN THE LIFESTYLE



Janet Kemp Knorp
52m
Good morning #crew49. I have been living this lifestyle since crew 41. I have lost 25lbs and 26inches from my body. I am off all prescription medications (anxiety, depression, migraine, cholesterol). I am no longer on stat and hormone replacement therapy. I no longer live in daily pain from fibromyalgia and I haven't had 1 fibromyalgia flare since starting the program in February. Am I living this lifestyle perfectly, no. I do my 10 minute exercises 4-5 days a week. I try to get in some steps but I work a sedentary job. I do not eat sugar or any bad -ose sugar substitutes. I do not eat gluten. I take Dr. Livingood supplements. Here is my list: collagen plus, greens (berry), ACV, metabolism plus, de-stress, mood support, Omega plus, thyroid, Vit D, and electrolytes plus. Thank you #coach and #DLG for all you do. Pics are from one year ago and yesterday.



Kellie McKie
1st picture - SickCare 2019, 325lbs 6 toxic medications, including (opioids) for 12+ years!
2nd picture: age 59
3rd picture: age 60 (today) No Makeup!
WOW what a difference in my complexion!
I've been off all 6 medications since Sept. 2020. Still maintaining my original 75 lb. weight loss and although I feel healthier than ever looking at my complexion and feeling like I am reversing the signs of aging with the Livingood Daily lifestyle along with DLG Supplements, since CREWS, January 13, 2000!
But it's time to get back to my 7% daily Lifestyle, because I really need to shed more pounds!



Cynthia Marie Smith
Hi all! I just wanted to introduce myself and share a photo I took I have lost 20 pounds and look forward to losing much more. I used the LIVINGOOD coffee to jumpstart my weight loss. Also found energy using the living good products I do thank God every day for the LIVINGOOD family and the mission to help us get out of our sick care system. I look forward to seeing more great results in my health and my family



HEALTHY RECIPES

INCLUDED IN THE LIFESTYLE



At Livingood Daily we strongly believe that health is simple and we bring that same philosophy to the kitchen. A big part of the Livingood Daily Lifestyle is nutrition. While a lot of programs and services will tend to overcomplicate nutrition with complex recipes and expensive ingredients, we strive to keep things easy and inexpensive.

Each recipe was handcrafted in the Livingood household where generous amounts of time for cooking and baking isn't always present. That's why you'll see that every Livingood Daily recipe is simple, easy-to-make, inexpensive, and delicious! As a preview, here is Dr. Livingood's favorite:

Dr. Livingood's Coffee

Serves 1 | 10 Minutes

Put everything into a blender and blend until it's frothy. Pour into a cup and sprinkle with desired toppings.

12-16 oz. [Livingood Daily Coffee + Moringa](#)

1 Tbsp coconut oil

1 Tbsp butter (organic, grass fed)

1/4 scoop [Livingood Daily Collagen + Multi Vanilla](#)

Optional Toppings: cinnamon powder + sea salt

Want a Simple Version?

The [Livingood Daily Collagen + Coffee](#) is a **pre-made** powder version of this recipe.



INCLUDED IN THE LIFESTYLE



SCAN ME

MEAL PLANS

Meal plans are available to all Lifestyle members. Besides the meal plans that are included in the Challenge Workbook, the following meal plans are also available:

- ✓ Bonus Meal Plan
- ✓ Summer Meal Plan
- ✓ Fall/Winter Meal Plan
- ✓ Vegan Meal Plan

In addition to recipes and meal plans, knowing what to buy and what ingredients to avoid are also important. A grocery store tour video helps guide you as you walk down the aisles of the grocery store. Dr. Livingood makes switching and upgrading your food easier to understand and explains why you should do it.



Get 100+ healthy & easy-to-make recipes in the Make Food Simple book

RE LIVINGGOOD DAILY

INCLUDED IN THE LIFESTYLE



DR. LIVINGOOD

10-MINUTE WORKOUT

120 10-Minute Workouts are available to Lifestyle members. These work in conjunction with the Challenge meal plan to help you jump start your health journey. Remember, you have to breathe hard to burn fat, and intensity is king. Each workout has two to three levels of difficulty for you to choose from.

Along with the exercises, you can find stretching and flexibility videos as well as ab bonuses.



COURSES

Full, in-depth knowledge and instruction including:

- ✓ Heart Health
- ✓ Make Food Simple
- ✓ Dash Dot Kickoff
- ✓ Livingood Daily Experience
- ✓ Immune You
- ✓ Metabolism Hacking

REAL HEALTH GUIDES

Easy-to-follow guides for:

- ✓ 3-Day Juice Cleanse
- ✓ Ab & Pelvic Exercises
- ✓ Blood Work Secrets
- ✓ Breathing Exercises
- ✓ Collagen Cleanse
- ✓ Flu Prevention Protocol
- ✓ Inflammation Cheat Sheet
- ✓ Make Detox Simple
- ✓ Virus Guide
- & more!**

TRAININGS AND WORKBOOKS

Bite-size trainings with pdf guides for specific conditions. Popular trainings include:

- ✓ Blood Pressure, Cholesterol, & All Four Heart Types
- ✓ Metabolism, Hormone, & Liver
- ✓ Thyroid and Detox
- ✓ Sleep and Energy
- ✓ Basic and Advanced Gut Reset
- ✓ Inflammation & Pain
- & more!**



INCLUDED IN THE LIFESTYLE



THE LIVINGGOOD DAILY LIFESTYLE



Get full access to over 120 10-Minute Workouts and all Masterclasses when you join the Lifestyle!

Tired of your weight being high? Confused by all the nutrition and diet fads out there? Sick of drugs and how they make you feel? Scared of chronic diseases you face or will face in the future? If you answered yes to any of these, then the Livingood Daily Lifestyle is for you!

In the Lifestyle, we reveal to you the five healing secrets—the five fixes—that have enabled 200,000+ people to live a drug-free Lifestyle, lose the weight, and gain energy. Your health is your responsibility, and you do not get health until you build it.



JOIN THE LIVINGOOD DAILY LIFESTYLE TODAY!



NOT SURE IF THE LIFESTYLE IS RIGHT FOR YOU?

We offer a **TWO-WEEK TRIAL**, so try it out today!

Simply sign up for the trial [here](#), scan, or click the QR code.



Included in the Livingood Daily Lifestyle paid plan are:

- ✓ Monthly Challenges
- ✓ Live Coaching
- ✓ 5+ Meal Plans
- ✓ 10+ Healthy Recipe Guides
- ✓ 120 10-Minute Workouts
- ✓ 27+ Trainings on health conditions

Details on each category can be found on **pages 7-12**.

After 8 months of this Lifestyle, I have to say I just became a WINNER. I'm down 56 pounds, off all meds, no joint pain since February...I had to stand and wait before I could start walking and now I feel like I'm 20 again. This is the best feeling ever!! I AM THE SOLUTION!!

—Pamela H.,
Livingood Daily Customer

SUPPLEMENT LINES

BASICS

QUALITY SUPPLEMENTS
AT LOWER PRICES.



PLUS

MULTIPLE PREMIUM
SUPPLEMENTS ALL-IN-ONE.



SUPPORT

SPECIFIC SUPPORTING
PREMIUM SUPPLEMENTS.



WWW.LIVINGOODDAILY.COM

BASICS

Quality supplements at lower prices.

We understand that some people just want a supplement at a lower price without all the extras. Livingood Daily Basics are simplified versions of Livingood Daily Plus supplements, without sacrificing the quality of ingredients.

PLUS

Multiple premium supplements all-in-one.

Livingood Daily Plus supplements can contain upwards of six premium supplements in just one! You'll find unique product combinations allowing you to get more out of each dose, while also providing you with cost savings.

SUPPORT

Specific supporting premium supplements.

Livingood Daily Support supplements are designed to help support healthy function. They contain multiple premium ingredients to help all aspects of the organ, area, or health—all in one bottle.

LIVINGOOD DAILY BASICS

Quality supplements at lower prices.



BASICS

BEST SELLER!

APPLE CIDER VINEGAR CAPSULES

1 TBSP OF APPLE CIDER VINEGAR PER SERVING

Livingood Daily ACV Capsules are powerhouses for multiple health benefits.†



KEY INGREDIENTS

- 1 Apple Cider Vinegar**
A powerhouse at supporting normal metabolism function.†
- 2 Probiotic Blend**
This Probiotic blend has 600 million CFU per serving to support the lining of your intestines, assist your body with digestion, and support the relief of indigestion symptoms.†
- 3 Potassium**
Research shows most people get too much salt and too little potassium—an important heart supporter and electrolyte. Apple Cider Vinegar can inhibit the body's ability to absorb potassium, so it is crucial ACV is taken with potassium.†

PRODUCT FACTS

Type: Capsule
Serving Size: 3 Capsules
Servings Per Container: 30
Total Count: 90 Capsules



“ I've been taking the ACV Pills and my Dr told me my A1C went from 10 to 7 I was so happy.
—Gwendolyn H., Livingood Daily Customer

For how to use and free resources, scan or click the code!

BEST SELLER!

MAGNESIUM

7 FORMS OF MAGNESIUM IN 1

Livingood Daily Magnesium is the ultimate form of magnesium to support multiple body functions at once. It has SEVEN forms of bioavailable magnesium in each serving and chicory root to maximize absorption and use.†



KEY INGREDIENTS

- 1 Magnesium Oxide**
May be supportive to those with migraines, constipation, blood pressure, blood sugar, and anxiety issues.†
- 2 Magnesium Citrate**
Best source on the digestive tract and can help ease constipation.†
- 3 Magnesium Malate**
Improves mood, exercise performance, and supports healthy joints.†
- 4 Magnesium Aspartate**
Positive effects on fatigue, muscle creation, energy, and recovery.†
- 5 Magnesium Taurinate**
Promotes healthy blood sugar levels.†
- 6 Magnesium Bisglycinate Chelate**
Supports normal inflammatory response and a healthy response to anxiety, depression, stress, and insomnia.†
- 7 Magnesium Amino Acid Complex**
Very bioavailable and provides amino acids along with magnesium. Helps with muscle soreness and enhances focus.†

PRODUCT FACTS

Type: Capsule

Serving Size: 2 Capsules

Servings Per Container: 30

Total Count: 60 Capsules



“ I really love the combination of different forms of magnesium in the ease in one capsule. I have noticed a positive energy shift throughout the day and have been sleeping better at night!

—Emma, Livingood Daily Customer

For how to use and free resources, scan or click the code!

BEST SELLER!

MULTI VITAMIN

ALL OF YOUR ESSENTIAL VITAMINS AND MINERALS PACKED INTO ONE SUPPLEMENT

Helps build health and supports your body's defense against illness and disease. This daily multivitamin contains optimal amounts of many nutrients not easily obtained in most diets in order to provide a strong foundational multivitamin/multimineral in a convenient two-per-day formula.



KEY INGREDIENTS

- 1 B Vitamins**
Positively impacts energy levels, brain function, cell metabolism, and immune health[†]
- 2 Iron**
Helps to form hemoglobin which provides oxygen to our muscles for a properly functioning body[†]
- 3 Selenium**
Supports cognitive function and a healthy immune system, oxidative stress, and can improve fertility[†]
- 4 Zinc**
Supports your immune system and your senses of taste and smell[†]
- 5 Iodine**
A vital nutrient that makes our body's thyroid hormones which control our metabolism. Iodine is also important for healthy brain development[†]

PRODUCT FACTS

Type: Capsule
Serving Size: 2 Capsules
Servings Per Container: 30
Total Count: 60 Capsules



ff *With two young kids and working full-time I don't always do a great job of getting a well-rounded diet. I use this multivitamin to help me fill in the gaps where my food can sometimes be lacking.*

—Travis, Livingood Daily Customer

For how to use and free resources, scan or click the code!

B VITAMINS

11 FORMS OF B VITAMINS IN 1

Livingood Daily B Vitamins is a complete profile of non-synthetic B Vitamins, including methylated bioactive B12 and folate. In addition, it provides three rare nutrients that function like B Vitamins: inositol (B8), PABA (B10), and choline.†



KEY INGREDIENTS

1 11 Forms of B Vitamins

Maintain overall health by supporting various bodily functions. They help convert food into energy, support proper brain function, and aid in the production of red blood cells. Additionally, B vitamins are essential for maintaining healthy skin, hair, and eyes, making them essential nutrients for overall well-being.†

PRODUCT FACTS

Type: Capsule

Serving Size: 1 Capsule

Servings Per Container: 30

Total Count: 30 Capsules



“ I have so much more energy! Love that I am getting in methylated and non-synthetic forms of b vitamins with this supplement.

—Richard, Livingood Daily Customer

For how to use and free resources, scan or click the code!

COLLAGEN POWDER

AN EASY WAY TO GET A DOSE OF ULTRA-CLEAN PROTEIN, ALL WITHOUT SPIKING BLOOD SUGAR LEVELS

Livingood Daily Collagen Powder is the perfect choice to complement any meal that may be lacking in calories and nutrients, or as a quick, convenient, protein-dense snack. As a complete protein powder, it provides all 20 amino acids in each scoop. It has a delicious taste with simple clean ingredients like grass-fed collagen, and sea salt, and is naturally sweetened with stevia (Unflavored) so it doesn't spike blood sugar levels.†



KEY INGREDIENTS

- 1 Grass-Fed Complete Protein**
Support muscle growth, repair tissues, and maintain a healthy immune system. Contains collagen types I and III.†
- 2 Amino Acids**
Amino acids are the building blocks of proteins, essential for various bodily functions, including muscle growth, repair, and the synthesis of enzymes and hormones. They are involved in immune system support, neurotransmitter production, and the transportation of nutrients throughout the body.†
- 3 Vitamin C**
Vitamin C is the precursor to collagen which supports strong nails, hair, and skin. Vitamin C is also extremely powerful when it comes to supporting your immune system.†

PRODUCT FACTS

Type: Powder
Serving Size: 1 Scoop
Servings Per Container: 30-32
Net Weight: Varies

Available Flavors

Chocolate

Vanilla

Unflavored



“Wow! Tastes just like the Collagen + Multi only, with no multivitamin! This is so perfect for my second scoop or during those times my toddler has already taken her multi-vitamin but wants a special treat!

—Kevin, Livingood Daily Customer

For how to use and free resources, scan or click the code!

ELECTROLYTES POWDER

FILL YOUR BODY WITH A POWERFUL & HEALTHY SOURCE OF ELECTROLYTES

Livingood Daily Electrolytes replenish and energize the body with essential minerals including sodium, potassium, magnesium, and chloride.†



KEY INGREDIENTS

1 Magnesium

Most Americans are deficient in magnesium. It increases nitric oxide in the body which can aid in lowering blood pressure and relaxing your muscles.†

2 Potassium

Potassium helps reduce blood pressure and water retention, protect against stroke and prevent osteoporosis and kidney stones.†

3 Sea Salt

Help replenish lost electrolytes after strenuous physical activity or excessive sweating, aiding in the prevention of dehydration.†

PRODUCT FACTS

Type: Powder

Serving Size: 1 Scoop

Servings Per Container: 30

Net Weight: Varies

Available Flavors

Lemon Lime

Strawberry
Lemonade

Berry Frost

Unflavored



ff No added sugar or high sodium amounts, non-GMO and gluten-free. Clean as the blue waters.

—Sylvia J., Livingood Daily Customer

For how to use and free resources, scan or click the code!

GREENS POWDER

10 NUTRITIOUS GREENS, FULL SERVING OF VEGGIES CUCUMBER, LEMON, CELERY, & MORE

Livingood Daily Greens is the simple way to ensure you take in your much needed veggies each day. It is packed with powerhouse greens while still tasting great!



KEY INGREDIENTS

1 Nutritious Greens

10 nutritious ingredients loaded with antioxidants, which can support a healthy inflammatory response and lower the risk of chronic disease.†

PRODUCT FACTS

Type: Powder

Serving Size: 1 Scoop

Servings Per Container: 30

Net Weight: 165g (0.36 lbs)

Available Flavors

Original



“Getting my kids to eat greens is a never-ending battle. That battle is made easier with this powder! It tastes great and is a perfect addition to smoothies.

—Saka, Livingood Daily Customer

For how to use and free resources, scan or click the code!

GREENS CAPSULES

10 NUTRITIOUS GREENS, FULL SERVING OF VEGGIES CUCUMBER, LEMON, CELERY, & MORE

Livingood Daily Greens Capsules are a simple way to ensure you take in your much-needed veggies each day. It is packed with powerhouse greens!†



KEY INGREDIENTS

1 Nutritious Greens

10 nutritious ingredients loaded with antioxidants, which can support a healthy inflammatory response and lower the risk of chronic disease†

PRODUCT FACTS

Type: Capsule

Serving Size: 4 Capsules

Servings Per Container: 30

Total Count: 120 Capsules



“ Love these capsules when I am on the go and don't always have time to blend up a smoothie in the morning! Having it in capsule form also makes it easier to transport when traveling through the airport!

—Elijah, Livingood Daily Customer



For how to use and free resources, scan or click the code!

OMEGAS

HIGH-DOSE OMEGA-3, EPA & DHA, WILD-CAUGHT FISH

Livingood Daily Omegas is a high-dose omega-3 with EPA and DHA extracted from high quality ultimate TG fish oil.†



KEY INGREDIENTS

1 Omega 3

Researchers found that fish-eating communities had very low rates of heart-related diseases.† This is linked to omega-3 consumption. Omega-3 fatty acids have been tied to numerous benefits for heart health.†

2 EPA

Shown to support healthy inflammatory response in the body, which can help alleviate symptoms of conditions like arthritis and inflammatory bowel disease.†

3 DHA

Plays a crucial role in maintaining and promoting healthy brain function throughout life, potentially reducing the risk of cognitive decline and neurodegenerative diseases.†

PRODUCT FACTS

Type: Softgels

Serving Size: 2 Softgels

Servings Per Container: 30

Total Count: 60 Softgels

ff *I have been looking for a better way to get my Omega 3s up. I'm not a huge fan of eating fish. So this helped out a lot and they are easy to implement into my routine.*

—Daniel, Livingood Daily Customer



For how to use and free resources, scan or click the code!

LIQUID OMEGAS

HIGH DOSE OMEGA-3, EPA, DHA, AND NATURALLY FLAVORED WITH ORANGE

Livingood Daily Liquid Omegas is a high-dose omega-3 with EPA and DHA extracted from high-quality, ultimate TG fish oil. This tasty liquid is great for kids and adults alike and promotes a normal inflammatory response, helps maintain healthy cardiovascular functions, and supports brain health.†



KEY INGREDIENTS

1 Omega 3

Researchers found that fish-eating communities had very low rates of heart-related diseases.† This is linked to omega-3 consumption. Omega-3 fatty acids have been tied to numerous benefits for heart health.†

2 EPA

Shown to support healthy inflammatory response in the body, which can help alleviate symptoms of conditions like arthritis and inflammatory bowel disease.†

3 DHA

Plays a crucial role in maintaining and promoting healthy brain function throughout life, potentially reducing the risk of cognitive decline and neurodegenerative diseases.†

4 Monk Fruit

A natural sweetener that is virtually calorie-free and does not significantly affect blood sugar levels, making it a suitable option for those seeking to reduce their sugar intake, including individuals with diabetes.†

PRODUCT FACTS

Type: Liquid

Serving Size: 1 tsp, 1/2 tsp

Servings Per Container: 40, 80

Net Weight: 200mL



ff *I love taking the Omegas this way! The flavor is excellent. Thank you for making liquid form!*

—Heidi, Livingood Daily Customer

For how to use and free resources, scan or click the code!

SILVER SERUM

A QUICK AND EASY ANTI-MICROBIAL SPRAY FOR CUTS, SCRAPES, & BACTERIAL INFECTIONS

Livingood Daily Silver Serum is a highly effective serum composed of pure colloidal silver that helps support the body's natural immune defense. The patented technology delivers 10ppm of silver permanently distributed into the structure of water so it will not fall out of the solution. Livingood Daily Silver Serum is designed to help support a healthy immune system and studies show it to be up to 10x more effective than products containing up to 3,000ppm silver.†



KEY INGREDIENT

1 Purified Silver

Purified Silver is a pure form of colloidal silver where the silver has permanently become a part of the water molecule so it will not fall out of the solution or suspension

PRODUCT FACTS

Type: Liquid

Serving Size: 10 Sprays

Servings Per Container: 24

Net Weight: 4oz (118mL)



“ I am a near fatal asthmatic who has chronic sinus issues. The silver serum from DLG is amazing. I ditched my Flonase and haven't looked back.

—Amy B., Livingood Daily Customer

For how to use and free resources, scan or click the code!

LIVINGOOD DAILY

PLUS+

Multiple premium supplements all-in-one.



PLUS+

BEST SELLER!

COFFEE + MORINGA

2 IN 1: METABOLISM BOOSTING, ENERGY BOOSTING, DETOX

Livingood Daily Coffee + Moringa is a high-antioxidant, metabolism-boosting coffee perfect for your Dr. Livingood Coffee! Made with organic coffee to ensure no pesticides or chemicals were used during production. The first of its kind to mix functional ingredients without toxins or preservatives!



KEY INGREDIENTS

1 Organic Coffee

Coffee offers a multitude of benefits, such as increased alertness and improved concentration. It contains antioxidants that may contribute to overall health.†

2 Moringa

Moringa is rich in essential vitamins, minerals, and antioxidants.†

PRODUCT FACTS

Type: Ground/Whole Bean

Serving Size: 2-2.5 Tbsp

Servings Per Container: 20

Net Weight: 12 oz

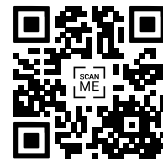
Available Roasts

Medium Ground

Medium
Whole Bean

Swiss Water
Decaf

COMING SOON



“ *This coffee does exactly what he says! You will notice after just a few days. All your food cravings especially sweets are gone right away!*

—Annie V., Livingood Daily Customer

For how to use and free resources, scan or click the code!

BEST SELLER!

COLLAGEN + MULTI

SUPPORT HEALTHY SKIN, HAIR AND NAILS, AND SUPPORT NORMAL BLOOD SUGAR ALL WITH A DELICIOUS SHAKE

Livingood Daily Collagen + Multi is the perfect all-in-one meal replacement or add on to a morning coffee, smoothie, or midday drink. It is a complete blend of skin, hair, nail, and gut-friendly, grass-fed collagen + vitamin C boosting absorption + a full bottle of multivitamins and minerals + the liver protection and detoxification of milk thistle.†



KEY INGREDIENTS

- 1 Grass-Fed Complete Protein**
Support muscle growth, repair tissues, and maintain a healthy immune system. Contains collagen types I and III.†
- 2 Liver Support**
Antioxidant properties that help protect liver cells from damage caused by toxins, alcohol, and certain medications.†
- 3 Glucomannan**
Known for its ability to promote weight loss and improve satiety. Also helps to reduce appetite and calorie intake.†
- 4 Complete Multivitamin**
Provides a convenient and comprehensive way to support your immune system, maintain healthy skin, hair, and nails, and help optimize various bodily functions.†

PRODUCT FACTS

Type: Powder

Serving Size: 1 Scoop

Servings Per Container: 30

Net Weight: Varies



Available Flavors

Chocolate

Vanilla

Unflavored

Vanilla Sweets
(Seasonal)

Chocolate Sweets
(Seasonal)

Pumpkin Spice
(Seasonal)

PRO TIP: Upon opening, remove the scoop, put the lid back on, gently turn the container over a few times to loosen the powder as it becomes extremely condensed in transit. Each time you go to use it, scoop, dump out the powder and then gently scoop. This helps prevent you from scooping compacted servings which can cause you to use it faster.

“DLG Collagen is the best! My skin looks amazing now! I have a shake every morning!”
—Syl, Livingood Daily Customer



For how to use and free resources, scan or click the code!

BEST SELLER!

OMEGAS + TURMERIC

4 IN 1 HIGH ABSORPTION FORMULA: COMPLETE OMEGAS 3, 6, 7, + 9, COMPLETE DOSE OF EMULSIFIED TURMERIC, EPA & DHA, WILD-CAUGHT FISH

Livingood Daily Omegas + Turmeric is complete with omegas 3, 6, 7, and 9. It is formulated to enhance high bioavailability of proprietary extracted turmeric. This ultimately promotes a normal inflammatory response, helps maintain healthy cardiovascular functions, supports joint health, and provides relief from aches and pains.†



KEY INGREDIENTS

- 1 Omega 3**
Fatty acids have been tied to numerous benefits for heart health.†
- 2 Omega 6**
Improves heart health, supports healthy cholesterol levels, promotes a normal inflammatory response, and increases healthy function of cells and organs.†
- 3 Omega 7**
Supports healthy cholesterol levels, metabolism, and aids in fat burning.†
- 4 Omega 9**
Monosaturated fats lessen inflammation and supports better insulin sensitivity.†
- 5 Emulsified Turmeric**
This ultimately promotes a normal inflammatory response as well as helps fight oxidative stress.†
- 6 EPA**
Shown to support healthy inflammatory response in the body, which can help alleviate symptoms of conditions like arthritis and inflammatory bowel disease.†
- 7 DHA**
DHA plays a crucial role in maintaining and promoting healthy brain function throughout life, potentially reducing the risk of cognitive decline and neurodegenerative diseases.†

PRODUCT FACTS

Type: Softgels

Serving Size: 2 Softgels

Servings Per Container: 30

Total Count: 60 Softgels



“Livingood Daily Omegas [+ Turmeric] are awesome. No burps, taste, smell, or anything fishy going on. They are the best! Worked great at reducing inflammation for me.

—Amy S., Livingood Daily Customer

For how to use and free resources, scan or click the code!

BEST SELLER!

ELECTROLYTES + ENERGYZE

4 IN 1: REVITALIZE WITH ELECTROLYTES, ENERGY, IMMUNE, AND HEART SUPPORT

Livingood Daily Electrolytes + Energyze is the perfect synergy of electrolytes, energy, immune, and heart support. The electrolytes' sodium, potassium, magnesium, and chloride are a complete and balanced blend to help promote hydration especially after excessive sweating. The Energyze enhancers add focus and non-caffeine energy support through L-theanine and tyrosine. Taurine, carnitine, and D-ribose help support the heart and its electrical activity. Finally, the vitamin C, quercetin, and bioflavonoids add a strong immune boost to this 4 in 1 supplement!†



KEY INGREDIENTS

1 Immune Boost

Ingredients such as vitamin C and quercetin, when taken together or as part of a balanced diet, can promote overall immune health and resilience.†

2 Heart Support

Taurine supports cardiovascular health by promoting healthy blood pressure and cholesterol levels.†

3 Focus Enhancer

L-Tyrosine and other ingredients support mental alertness, cognitive function, and mood enhancement, particularly in situations of stress or fatigue.†

4 Energy Boost

Ingredients such as D-ribose play a crucial role in the production of adenosine triphosphate (ATP), the primary energy currency of cells.†

PRODUCT FACTS

Type: Powder

Serving Size: 1 Scoop

Servings Per Container: 30

Net Weight: Varies

Available Flavors

Lemon Lime

Strawberry
Lemonade

Berry Frost



ff *I love Energyze! It is delicious and refreshing. Since beginning this morning process, I can definitely tell a difference in my energy levels.*

—Jean V., Livingood Daily Customer

For how to use and free resources, scan or click the code!

BEST SELLER!

GREENS + SUPERFOODS

15+ POWERFUL SERVINGS OF FRUITS AND VEGETABLES IN EVERY SCOOP

Livingood Daily Greens + Superfoods combines the nutrients of a full dose of green veggies and fruits with the antioxidant power of 50+ superfoods. This daily mix combines super greens + vegetables + antioxidant fruit + fiber + digestive enzymes + probiotics + digestive support + detox all in one![†] No juicing + No blending + No mess + No groceries. Easily get your daily dose of fruits and vegetables all with GREAT taste![†]



KEY INGREDIENTS

1 Probiotics

Support the lining of your intestines and assist your body with digestion and support relief of symptoms of indigestion.[†] Supports reducing the overgrowth of harmful bacteria while increasing the healthy bacteria.[†]

2 Digestive Enzymes

This blend includes the top 5 enzymes: Amylase, Cellulase, Lactase, Lipase, and Protease which are major supporters in resetting or repairing your gut.[†] Supports the body break down of food and in turn relieving symptoms such as gas, constipation, and nausea.[†]

3 Vegetables + Fruit

Includes 15+ servings of vegetables and fruit![†]

4 Detox Support

Incorporates a range of components aimed at aiding in detoxifying the body and purifying the system.[†]

PRO TIP: Upon opening, remove the scoop, put the lid back on, gently turn the container over a few times to loosen the powder as it becomes extremely condensed in transit. Each time you go to use it, scoop, dump out the powder and then gently scoop. This helps prevent you from scooping compacted servings which can cause you to use it faster.

PRODUCT FACTS

Type: Powder

Serving Size: 1 Scoop

Servings Per Container: 30

Net Weight: Varies

Available Flavors

Chocolate

Berry

Original

Unflavored



“ Love the Berry flavored Greens, most of us don't get the recommended daily requirements of vegetables or fruits so this is a delicious all organic way to get them.

—Debbie, Livingood Daily Customer

For how to use and free resources, scan or click the code!

BEST SELLER!

HIGH DOSE VITAMIN C

BOLSTER A STRONG IMMUNE SYSTEM WITH A HIGH DOSE OF VITAMIN C DURING COLD & FLU SEASON

A delicious way to take your vitamin C. You'll love the sweet orange taste with antioxidant and immune protective bioflavonoids. This is an extremely powerful supplement when it comes to supporting immune health, helping to prevent chronic disease, and is also a great precursor to collagen production in the body.†



KEY INGREDIENTS

- 1 Quercetin**
Supports healthy inflammatory levels and immune health.†
- 2 Bioflavonoids**
Supports normal blood flow and immune support.†
- 3 Rutin**
Powerful antioxidant properties, supports your body in manufacturing collagen and utilizing vitamin C, and supports the function of blood vessels.†

PRODUCT FACTS

Type: Powder
Serving Size: 1 Scoop
Servings Per Container: 30
Net Weight: 124g (4.37 oz)



“ I use [the High Dose Vitamin C] supplement to keep my immune system boosted when I am feeling run down I just put it in water or a smoothie, it taste great . It has helped to recover quicker from a cold .

—Sandy M., Livingood Daily Customer



For how to use and free resources, scan or click the code!

BEST SELLER!

VITAMIN D + IMMUNE COMPLEX

THE #1 SUPPLEMENT FOR SUPPORTING A TITANIUM-STRONG IMMUNE SYSTEM YEAR ROUND

Livingood Daily Vitamin D + Immune Complex is one of the most powerful Vitamin D supplements on the market for its utilization of vitamin D3, vitamin K2, fat-soluble vitamins, healthy fats, probiotics, and magnesium in our ultra-absorption formula.†



KEY INGREDIENTS

- 1 Vitamin D3**
Known for its bone-building and strengthening powers, it also supports immune health.†
- 2 Vitamin A**
Maintains a clear cornea and helps you to see in low light conditions.†
- 3 Vitamin E**
Acts as an antioxidant, scavenging loose electrons that can damage cells.†
- 4 Magnesium**
Helps contribute to increased bone density and also helps promote bone health, bone maintenance, and prevent bone loss.†
- 5 Zinc**
Maintains a healthy metabolism and immune system. It is important for wound healing and your senses of taste and smell. †
- 6 Probiotic Blend**
Five billion CFU per serving combines four strands of lactobacillus probiotics to support the lining of your intestines and assist your body with digestion and relief of indigestion.†
- 7 Vitamin K2**
Helps maintains bone strength and prevents bone breakdown.†

PRODUCT FACTS

Type: Capsule

Serving Size: 1 Capsule

Servings Per Container: 60

Total Count: 60 Capsules



“ I took prescription vitamin D for over a year. My levels stayed critically low. I started Dr. LIVINGOOD VITAMIN D and with in 6 weeks my levels were normal. Love his products.

—Sheila, Livingood Daily Customer

For how to use and free resources, scan or click the code!

COLLAGEN + COFFEE

9G OF COLLAGEN PROTEIN, COFFEE, MCT OIL, AND GRASS FED BUTTER IN EVERY SCOOP

Livingood Daily Collagen + Coffee is a ready to drink fat burning protein + coffee created by Dr. Livingood. His staple morning blend of antioxidant rich coffee includes brain + metabolism supporting MCT oil + grass fed butter + a complete blend of all essential amino acids + gut and skin friendly collagen + pea protein making this an on-the-go easy-to-use solution for a meal replacement or dirty fasting.† Get your nutrients with a pick-me-up cup of warm or cold brew!



KEY INGREDIENTS

1 Organic Coffee

High in antioxidants and linked to a reduced risk of many conditions such as dementia, depression, and liver disease. Coffee can also enhance brain function and boost metabolism.†

2 Collagen

Improves skin health, wrinkles and dryness.† Collagen also supports muscle mass, healthy bones, and aids in the relief of joint pain.†

3 MCT Oil

MCT oil is extracted from coconut oil, as more than 50% of the fat in coconut oil comes from MCTs. It is used to help reduce body fat, increase fullness, and potentially improve your gut environment.†

PRODUCT FACTS

Type: Powder

Serving Size: 1 Scoop

Servings Per Container: 30

Net Weight: 14.5g/0.51 oz

Available Flavors

Vanilla



PRO TIP: Upon opening, remove the scoop, reseal the bag, gently turn the container over a few times to loosen the powder as it becomes extremely condensed in transit. Each time you go to use it, scoop, dump out the powder and then gently scoop. This helps prevent you from scooping compacted servings which can cause you to use it faster.

“ This Is the BEST thing that I have ever tasted, I have been out forever and I will not go without it again!!!! Great taste, makes Your Morning Coffee Enjoyable and Grand!!!

—Gina H., Livingood Daily Customer



For how to use and free resources, scan or click the code!

LIVINGOOD DAILY BARS

ENJOY A HEALTHY CANDY BAR PACKED WITH METABOLISM AND IMMUNE-BOOSTING INGREDIENTS

Livingood Daily Bars are a delicious, nutrition-packed functional food bar. It is made up of a dark chocolate coating and a delicious filling. The healthy fats and the ideal amount of prebiotic fiber create a tasty gut-friendly bar with metabolism-boosting properties.† You can now enjoy a candy bar without the guilt!



KEY INGREDIENTS

- 1 Unsweetened Chocolate**
A source of powerful antioxidants.†
- 2 Sea Salt**
Promotes hydration by providing the body with proper vitamins and minerals and supports healthy blood pressure levels.†
- 3 Natural Rosemary Extract**
Supports healthy brain function and emotional wellness.†
- 4 Prebiotic Fiber**
Nourishes the beneficial bacteria (probiotics) in the gut. It helps maintain a balanced and diverse gut microbiome, which is crucial for digestive health and a strong immune system.†

PRO TIP: These bars can get soft in the heat. Just pop them in the fridge for a bit to cool them down and you'll be all set. Or store your bars in the fridge for a refreshing treat!

“The bars are wonderful! They remind me of a Mounds bar! If you ate a few almonds with it you would be reminded of an Almond Joy candy bar! I highly recommend them for treating yourself!

—Cheryl, Livingood Daily Customer

PRODUCT FACTS

Type: Snack

Serving Size: 1 Bar

Servings Per Container: 15

Total Count: 1 Box = 15 Bars

Available Flavors

Coconut Joy

Peanut Butter Cup



For how to use and free resources, scan or click the code!

PLANT COLLAGEN + GREENS

10G OF PLANT PROTEIN AND GREENS IN EVERY SCOOP

Livingood Daily Plant Collagen + Greens is an all-in-one nutritious source of superfoods that boost your body's ability to make it's own collagen.† Enjoy the full amino acid profile of pea and pumpkin proteins + the antioxidant power of spirulina and chlorella greens + collagen-boosting vitamins and minerals! All with an irresistible taste for an easy breakfast or afternoon snack.†



KEY INGREDIENTS

1 Vitamin C

Vitamin C is the precursor to collagen, which helps support strong nails, hair, and skin. Vitamin C is also extremely powerful when it comes to supporting your immune system.†

2 Chlorella

Packed with vitamins, minerals, and antioxidants and is also known for detoxifying the body.†

3 Spirulina

A type of blue-green algae that grows in both salt and fresh water. It may be one of the most nutrient-dense foods on earth.†

4 Pea + Pumpkin Seed Protein

Supports muscle growth and contains dietary fiber, vitamins, and minerals, which can contribute to overall health, digestive regularity, and immune function when incorporated into a balanced diet.†

5 Essential Amino Acids

Crucial building blocks for the synthesis of proteins in the body, which are essential for tissue repair, muscle growth, and overall health.†

PRODUCT FACTS

Type: Powder

Serving Size: 1 Scoop

Servings Per Container: 30

Net Weight: Varies

Available Flavors

Chocolate

Vanilla



“ I LOVE the plant collagen! its so hard to find a clean plant protein powder for vegans/vegetarians nowadays.

—Chloe E., Livingood Daily Customer

For how to use and free resources, scan or click the code!

PRE + PRO + POST BIOTICS BLEND

PREBIOTICS, PROBIOTICS, AND POSTBIOTICS HAVE BEEN LINKED TO A WIDE RANGE OF HEALTH BENEFITS.

Livingood Daily Pre + Pro + Post Biotics Blend is a unique blend of all three forms of beneficial gut flora for the entire GI tract.†



KEY INGREDIENTS

- 1 Prebiotic (Organic Blue Agave Inulin)**
Organic Blue Agave Inulin decreases the number of fat cells in the blood. It has cholesterol health benefits, and improves digestive and intestinal health.†
- 2 Probiotic Complex**
A soil-based complex that contains 25 Billion CFU/Serving‡. It improves oxygen consumption by aerobic metabolism to help boost other anaerobic bacteria, especially lactic acid bacteria. This metabolism can also produce more organic acids to compete with and help to inhibit pathogens from forming.† The Probiotic complex is water soluble and dairy free.†

- 3 Postbiotic Complex**
Contains 11 Billion Cells/Serving‡. It features health benefits that include lower digestive tract and colon support, immune improvement, and pathogenic microorganisms' inhibition. They also support enzyme production, boost friendly bacteria growth, and improve digestion.†

† At Time of Manufacture

“ My digestive issues have significantly improved. I no longer experience bloating or gas and am more regular. I also noticed that my immune system has become stronger, and I have not gotten sick as often as I used to.

—Susan, Livingood Daily Customer

PRODUCT FACTS

Type: Powder

Serving Size: 1.8g/0.06oz

Servings Per Container: 30

Net Weight: 56g (1.97oz)



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LIVINGOOD DAILY SUPPORT

Specific supporting premium supplements.



SUPPORT

BEST SELLER!

BLOOD PRESSURE SUPPORT

SUPPORT HEALTHY BLOOD PRESSURE LEVELS AND VASCULAR TONE

Livingood Daily Blood Pressure Support contains nutrients that address various mechanisms to promote healthy blood pressure and maintain vascular tone. It also helps prevent sugar-induced rises in blood pressure, sodium-sensitive blood pressure changes, and renin abnormalities.†



KEY INGREDIENTS

- 1 Beet Root**
Packed with essential vitamins that improve blood flow, and reduces blood pressure.†
- 2 Pomegranate**
Supports normal healthy cholesterol and blood pressure levels.†
- 3 Hawthorn**
Full of bioflavonoids, supports healthy blood pressure, triglycerides, and cholesterol.†
- 4 Magnesium**
Increases nitric oxide which calms and relaxes your muscles.†
- 5 Taurine**
Regulates cellular electrolyte flow and reduces the toxins in your body.†

PRODUCT FACTS

Type: Capsule
Serving Size: 4 Capsules
Servings Per Container: 30
Total Count: 120 Capsules



ff *I am 100% sold! ...I've been taking [Dr. Livingood's] supplements for only a week and today my BP was 128/66!... I've spent literally thousands on naturopathic doctors, meditation practice and countless supplements promising help. Thanks to you I am now living good!*

—Carol M., Livingood Daily Customer



For how to use and free resources, scan or click the code!

ALLERGEN SUPPORT

NATURAL IMMUNE SUPPORTERS THROUGHOUT THE YEAR

Livingood Daily Allergen Support features high-quality ingredients that work together to help support and counteract some of the main symptoms and immune reactions associated with environmental allergies and the changing of seasons.†



KEY INGREDIENTS

- 1 Vitamin C**
Supports your immune system and promotes strong nails, hair, and skin.†
- 2 Quercetin**
Supports normal inflammatory response and immune health.†
- 3 Nettle Leaf**
Antimicrobial, antioxidant, and pain relieving properties.†
- 4 Zinc**
Supports your immune system and your senses of taste and smell.†
- 5 Tinospora**
Helps alleviate allergy symptoms by modulating the immune system's response to allergens, reducing histamine release.†

PRODUCT FACTS

Type: Capsule
Serving Size: 4 Capsules
Servings Per Container: 30
Total Count: 120 Capsules



“ I noticed my allergies getting better and better until one day I was wondering what happened to my allergies... they were gone! Now I don't have to waste my money on buying Claritin D every week.

—Devyn, Livingood Daily Customer



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BEST SELLER!

CHOLESTEROL SUPPORT

SUPPORTS A HEALTHY INFLAMMATORY RESPONSE AND PROMOTES HEALTHY LIPID PRODUCTION

Livingood Daily Cholesterol Support is an all-in-one formula exclusively designed to support factors that impact healthy lipid levels.†



KEY INGREDIENTS

1 CoQ10

Acts as an antioxidant, protecting cells from oxidative damage, and generates energy within our cells.†

2 Garlic

Highly nutritious, cholesterol-supporting properties that can potentially reduce the risk of heart disease.†

3 Plant Sterols

Helps in the reduction of cholesterol levels by setting a limit on the amount of cholesterol that enters the body.†

4 Bergamot

Assists in lowering cholesterol levels due to its high content of compounds called polyphenols, which have been shown to reduce LDL, or “bad” cholesterol. These compounds also raise HDL cholesterol, often known as “good” cholesterol, leading to a more favorable lipid profile.†

PRODUCT FACTS

Type: Capsule

Serving Size: 2 Capsules

Servings Per Container: 30

Total Count: 60 Capsules



“ I added this supplement and the blood pressure one to my daily vitamins and within 6 months my doctor agreed I don't need cholesterol medication any longer. It works!

—Sheri S., Livingood Daily Customer

For how to use and free resources, scan or click the code!

COLLAGEN + JOINT SUPPORT

SUPPORT YOUR JOINTS IN FEELING VIBRANT AND LUBRICATED WITH POWERFUL JOINT-FOCUSED INGREDIENTS

Livingood Daily Collagen + Joint Support is designed to help support healthy joint function and long-term joint health. It features four collagen types (I, III, V, and X) in a capsule form for skin, joint, and digestive support.†



KEY INGREDIENTS

- 1 Collagen I, III, V, and X**
Improves skin health by reducing wrinkles and dryness and increases muscle mass, improves bone health, and supports joint function.†
- 2 Methylsulfonylmethane (MSM)**
Creates collagen and glucosamine, and improves the effectiveness of glucosamine.†
- 3 Glucosamine**
Responsible for supporting the health of your cartilage and can be used to support joint health and function.†
- 4 Hyaluronic Acid**
A substance naturally produced in the body that keeps your tissues moisturized and promotes a healthy pain response.†

PRODUCT FACTS

Type: Capsule
Serving Size: 4 Capsules
Servings Per Container: 30
Total Count: 120 Capsules



ff *Over the years I have wasted a lot of money on other vitamins and products that did nothing. Now with these products I feel such a difference and also feel like I have control over my own health.*

—Vicky B., Livingood Daily Customer

For how to use and free resources, scan or click the code!

BONE SUPPORT

SAFELY PROMOTES THE STRENGTHENING OF BONES

Livingood Daily Bone Support was designed to be a top-quality, all-in-one formula for the nutritional support of bones. The essential vitamins, minerals, and other nutrients work synergistically to provide a premium bone product in just two capsules a day.†



KEY INGREDIENTS

- 1 Vitamin K2**
Maintains bone strength and prevents bone breakdown.†
- 2 Calcium**
Prevents bone loss and osteoporotic fractures. It provides strength and structure and helps manage weak bones and promotes bone growth.†
- 3 Magnesium**
Contributes to increased bone density which helps reduce the risk of osteoporosis.† It also helps promote bone health, bone maintenance, and prevent bone loss.†
- 4 Bone-Strengthening Herbs**
An ideal combination of herbs such as, Winged Treebine and Horseradish Tree Leaf Powder, designed to support and enhance bone strength.†

PRODUCT FACTS

Type: Capsule
Serving Size: 2 Capsules
Servings Per Container: 30
Total Count: 60 Capsules



“ I'm on my second bottle. I feel very confident that this is a good product. My nails are already becoming stronger!

—Candy, Livingood Daily Customer

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DETOX MORNING/EVENING

FULLY DETOX YOUR CELLS, INSIDE & OUT WITH A GENTLE TWO-STEP PROCESS

Livingood Daily Detox Morning enhances intracellular detox to support the removal of the toxins that reside deep in the organs and cells. Detox Morning boosts glutathione, the body's "street sweeper," along with other powerful detoxifying nutrients.† Livingood Daily Detox Evening enhances extracellular detox by supporting removal of the toxins outside of the cells and organs, such as those in the bloodstream and the digestive system. Detox Evening supports complete removal of the toxins pulled out in the Detox Morning phase for a complete two-step detox and avoidance of retoxification.†



KEY INGREDIENTS

- 1 Glutathione**
The body's 'master' antioxidant, protects cells from oxidative damage and toxicity.†
- 2 Dandelion**
Supports digestive health, viral infections, and skin health, and is also effective in liver detoxification and preventing UTIs.†
- 3 Milk Thistle**
An inflammation fighting herb known for its powerful liver regenerating properties.†
- 4 Activated Charcoal**
Increases elimination of substances before gastrointestinal absorption and cleanses mold and toxins from our bodies.†
- 5 Broccoli Sprouts**
Can aid in the elimination of harmful toxins from the body. Broccoli is also rich in fiber and antioxidants, contributing to overall detoxification and improved health.†
- 5 Organic Spirulina**
Often used to support detoxification and contains antioxidants and phytonutrients that can reduce oxidative stress and inflammation.†

PRODUCT FACTS

Type: Capsule

Serving Size: 3 Capsules

Servings Per Container: 30

Total Count: 90 Capsules

ff *My husband and I love these products. Our gut health has improved and we have more energy. My husband had to stop taking them for a short while and noticed that he didn't feel as good as before. Once he started to take them again, he felt better.*

—Nicole, Livingood Daily Customer

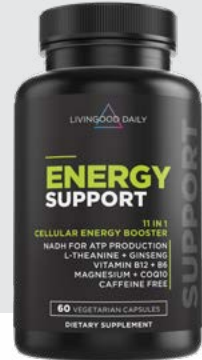


For how to use and free resources, scan or click the code!

ENERGY SUPPORT

11 IN 1 CELLULAR ENERGY BOOSTER

Livingood Daily Energy Support is the only supplement designed to address the seven main causes of energy loss. It features NADH to support ATP and clean energy production along with ten other energy supporting nutrients.†



KEY INGREDIENTS

- 1 Vitamin B6**
Plays a vital role in brain health and producing serotonin to balance mood.†
- 2 Vitamin B12**
Helps to prevent fatigue and maintain mental alertness.†
- 3 Ginseng**
Increases adenosine triphosphate (ATP), a molecule that stores and transports energy within cells.†
- 4 L-Theanine**
Maintains sustained energy and concentration throughout the day.†
- 5 Magnesium**
Adequate magnesium levels help optimize muscle and nerve function, reducing fatigue and promoting physical endurance.†
- 6 CoQ10**
Essential for energy production in cells, as it is a key component of the electron transport chain in mitochondria.†
- 7 NADH**
Improves cognitive function, cellular energy, increases endurance, switches “off” aging genes, and protects brain cells.†

“ I have never been a coffee or energy drink fan because the caffeine made me jittery. I often found myself struggling to get through my busy days, feeling tired and sluggish even after a full night’s sleep. Since I started taking this Energy Support, I have noticed a significant increase in my energy levels throughout the day. I am able to stay focused and productive for longer periods of time, without experiencing any crashes or jitters.

—Steve, Livingood Daily Customer

PRODUCT FACTS

Type: Capsule

Serving Size: 2 Capsules

Servings Per Container: 30

Total Count: 60 Capsules



For how to use and free resources, scan or click the code!

EYE SUPPORT

13 IN 1 EYE HEALTH FORMULA

Livingood Daily Eye Support was designed to be a top-quality, all-in-one formula for the nutritional support of eye health. The essential vitamins, minerals, and other nutrients work synergistically to provide a premium eye product in just two capsules a day.†



KEY INGREDIENTS

1 Vitamin A

Maintains a clear cornea. This vitamin is also a component of rhodopsin, a protein in your eyes that allows you to see in low light conditions.†

2 Astaxanthin

A carotenoid with antioxidant and anti-inflammatory properties, and may help in the prevention of several ocular diseases and against oxidative stress.†

3 Maqui Berry

The Maqui Berry supports eye health while relieving and preventing dry eyes by increasing tear fluid production.†

4 Lutein + Zeaxanthin

Naturally derived from the Aztec Marigold flower. It helps with prolonged blue light exposure from digital devices.†

5 Lycopene

Helps protect the eyes from oxidative damage caused by free radicals, reducing the risk of age-related macular degeneration and cataracts.†

PRODUCT FACTS

Type: Capsule

Serving Size: 2 Capsules

Servings Per Container: 30

Total Count: 60 Capsules



Shout out to Livingood Daily Eye Support supplements! About 6 months ago I found out that the gel in my eyes were pulling on my retina. I have one tiny tear in my retina, a dot of vision loss but the gel released. I told the doctor I started taking the supplements but he didn't believe that they would help with macular degeneration. Today that dr said my eyes are healing on there own and I won't need shots or surgery.

—Deanna D., Livingood Daily Customer



For how to use and free resources, scan or click the code!

GI SUPPORT

SUPPORT A HEALTHY DIGESTIVE SYSTEM

Livingood Daily GI Support offers an array of herbs and digestive supporters for optimum gastrointestinal health and function. It also helps enhance proper gut permeability so it can absorb nutrients and rid itself of toxins.†



KEY INGREDIENTS

1 Methylsulfonylmethane (MSM)

Known to reduce inflammation, creates collagen and glucosamine, and improves the effectiveness of glucosamine.†

2 L-Glutamine

A powerful amino acid that supports immune cell activity in the gut and promotes healing of gut lining.†

3 Digestive Blend

Includes the top five enzymes, Amylase, Cellulase, Lactase, Lipase, and Protease which repair your gut, and relieves gas, constipation, and nausea.†

4 Probiotic Blend

Supports the lining of your intestines, assists your body with digestion, and supports relieving symptoms of indigestion all while increasing healthy bacteria.†

5 Aloe Vera

May help ease pain and discomfort and soothes the symptoms associated with inflammatory gut disorders.†

PRODUCT FACTS

Type: Capsule

Serving Size: 4 Capsules

Servings Per Container: 30

Total Count: 120 Capsules

“GI Support has a solid combination of probiotics, digestive enzymes, and gut healing ingredients. I like how these are all combined into one supplement, and it works great!

—Abbey, Livingood Daily Customer



For how to use and free resources, scan or click the code!

IMMUNE SUPPORT

IMMUNE DEFENSE FORMULA

Livingood Daily Immune Support is the perfect addition to your arsenal for immune defense. This 4 in 1 combo harnesses the power of high dose lauric acid, oregano oil in a rare powdered form, L-lysine, and quercetin for a complete immune boost.†



KEY INGREDIENTS

1 Oregano Oil

A powerful agent with a plethora of benefits including its ability to help yeast infections, support healthy cholesterol, improve gut health, and even relieve pain.†

2 Monolaurin

Derived from coconut oil and is known to support the body during bacterial, fungal, and viral infections.†

3 L-Lysine

An essential amino acid that plays a significant role in supporting the immune system by aiding in the production of antibodies, which are essential for fighting infections.†

PRODUCT FACTS

Type: Capsule

Serving Size: 4 Capsules

Servings Per Container: 30

Total Count: 120 Capsules

“ This highly absorbable form of oregano oil is easy to swallow and is a part of my daily health routine. It is a great antimicrobial, antiviral and natural antibiotic product for your wellness cabinet.

—Elizabeth W., Livingood Daily Customer



For how to use and free resources, scan or click the code!

LIVER + GALLBLADDER SUPPORT

17 IN 1 COMPLETE FORMULA

Livingood Daily Liver + Gallbladder Support is an all-in-one formula exclusively designed to support the liver and gallbladder—your body’s main detoxers—and support better fat digestion.†



KEY INGREDIENTS

- 1 Milk Thistle**
Helps protect liver cells from damage and supports their regeneration.†
- 2 NAC**
Supports the production of glutathione, a powerful antioxidant.†
- 3 Bile Salts**
Supports digestion and absorption of fats by providing exogenous bile acids.†
- 4 Digestive Enzymes**
Improves digestion of fats, proteins, and carbs.†
- 5 Berberine**
Alleviates liver inflammation and improves liver function by lowering elevated liver enzyme levels and stimulating bile production.†
- 6 Lemon Juice**
Contains citric acid which support the liver’s natural detoxification processes. Also contains anti-oxidants that help protect the liver from oxidative stress.†
- 7 Artichoke**
Contains compounds which support liver function and aid in detoxification.†
- 8 Black Radish**
Glucosinolates and antioxidants aid the liver’s detoxification processes.†
- 9 Choline**
Helps with fat metabolism in the liver.†

PRODUCT FACTS

Type: Capsule

Serving Size: 4 Capsules

Servings Per Container: 30

Total Count: 120 Capsules



“ I started taking this natural liver supplement after a period of drinking and poor diet. It’s helped me get my liver health back on track, and I’m feeling better than ever.

—Mark T., Livingood Daily Customer

For how to use and free resources, scan or click the code!

MEN'S HORMONE SUPPORT

13 IN 1 COMPLETE MEN'S FORMULA

Livingood Daily Men's Hormone Support is specially formulated to help support healthy male hormone levels and promote overall well-being in adult men.†



KEY INGREDIENTS

- 1 DIM**
Promotes a healthier estrogen-to-testosterone ratio and leads to improved muscle mass and strength.†
- 2 Horny Goat Weed**
Supports increased levels of testosterone, enhanced libido, and improved sexual function.†
- 3 Ashwagandha**
Aids in reducing stress and cortisol levels, and supports energy levels and overall vitality in men.†
- 4 Maca Root**
Promotes optimal testosterone levels, leading to enhanced libido, increased fertility, and improved energy and stamina levels.†
- 5 Saw Palmetto**
Aids in urinary symptoms associated with BPH, improving overall quality of life for men dealing with this condition.†

“As I've gotten older, I felt like my energy and drive were diminishing. This supplement has turned things around for me. My confidence is back, and I feel like a younger, more vibrant version of myself.”

—Donald P., Livingood Daily Customer

PRODUCT FACTS

Type: Capsule
Serving Size: 4 Capsules
Servings Per Container: 30
Total Count: 120 Capsules



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METABOLIC SUPPORT

15 IN 1 COMPLETE METABOLIC FORMULA

Livingood Daily Metabolic Support is an all-in-one formula exclusively designed to support factors that enhance metabolic function.†



KEY INGREDIENTS

- 1 Decaffeinated Green Tea**
Speeds up metabolism, helps the body break down excess fat, and helps burn more calories per day.†
- 2 Gymnema Sylvestre**
Supports healthy weight management and promotes digestive well-being.†
- 3 Garcinia**
Curbs appetite and promotes lean body mass and can halt an enzyme that turns sugar into fat.†
- 4 Ginseng**
Influences insulin sensitivity and glucose metabolism, potentially benefiting individuals with diabetes or those at risk of metabolic disorders.†
- 5 Mangosteen**
Aids in weight management by inhibiting the formation of fat cells and reducing fat accumulation.†

PRODUCT FACTS

Type: Capsule

Serving Size: 4 Capsules

Servings Per Container: 30

Total Count: 120 Capsules



“After using this particular product for a few weeks, I’ve noticed a significant improvement in my energy levels and overall weight management.

—Amanda I., Livingood Daily Customer



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MICROBE CLEANSE

HEALTHILY DETOX YOUR GI TRACT AND BALANCE GOOD & BAD GUT MICROFLORA

Livingood Daily Microbe Cleanse is a powerful combination of nutrients and herbs that supports G.I. tract microflora balance and detoxification functions.†



KEY INGREDIENTS

- 1 Caprylic Acid**
Known for its antibacterial and antimicrobial properties.†
- 2 Berberine**
An effective immune supporting antioxidant.†
- 3 Betaine HCL**
Helps aid the digestive process, promotes a healthy stomach pH, reduces uncomfortable digestive symptoms, and fights candida and other harmful gut microbes.†
- 4 Black Walnut Hulls**
Improves cardiovascular health, protects against cancer, promotes healthy skin, and supports parasite elimination.†

PRODUCT FACTS

Type: Capsule
Serving Size: 4 Capsules
Servings Per Container: 30
Total Count: 120 Capsules



“...I have tried everything including very expensive detoxing over the last few years. This product has calmed down my gut, less bloating, my clothes fit better and I most of all feel better... I love this product.

—Cheryl K., Livingood Daily Customer



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MOOD SUPPORT

14 IN 1 CALMING + MOOD BOOSTING FORMULA

Livingood Daily Mood Support contains a perfect blend of minerals, herbs, and amino acids. Together, these ingredients can help you feel more relaxed and calm, while also promoting a positive mood.†



KEY INGREDIENTS

- 1 Bacopa**
It may help boost brain function and reduce stress and anxiety.†
- 2 Lemon Balm**
Calms negative emotions and supports mental alertness and memory.†
- 3 GABA**
Helps support sleep and emotional stability.†
- 4 Saffron**
Eliminates mood swings associated with PMS and can improve mood.†
- 5 L-Theanine**
Increases the production of serotonin and dopamine, which lead to an improved mood.†
- 5 5-HTP**
Increases serotonin levels, potentially leading to improved mood and reduced symptoms of depression and anxiety.†

PRODUCT FACTS

Type: Capsule
Serving Size: 2 Capsules
Servings Per Container: 30
Total Count: 60 Capsules



“I’m very thankful for the product. It has been so beneficial for my autistic son with his behavior, thank you Dr. Livingood!”

—Kenya D., Livingood Daily Customer

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SLEEP SUPPORT

10 IN 1 CALMING REST FORMULA

Livingood Daily Sleep Support optimizes your system for restful and recharging sleep. It has melatonin, chamomile, GABA, valerian root, and more. This is your all-in-one to promote a great night's rest.†



KEY INGREDIENTS

- 1 Valerian Root**
Helps individuals fall asleep faster, experience deeper sleep, and reduce nighttime awakenings.†
- 2 Chamomile**
Commonly used to alleviate anxiety and stress, which often contribute to sleep disturbances, leading to a more restful night's sleep.†
- 3 Tryptophan**
An amino acid that produces serotonin and melatonin, two neurotransmitters essential for regulating sleep-wake cycles.†
- 4 GABA**
Improves symptoms of stress, anxiety, fatigue, and depression, and improves insomnia and emotional stability.†
- 5 Melatonin**
A hormone that tells your body when it is time for sleep. Helps regulate feelings that come with stress and supports a good night's sleep.†

PRODUCT FACTS

Type: Capsule
Serving Size: 2 Capsules
Servings Per Container: 30
Total Count: 60 Capsules



“ LOVE it. Though, I only need one capsule. No sugars and it works. I actually stay asleep longer than anything else I've tried. Thanks Doc!

—Eileen S., Livingood Daily Customer

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STRESS SUPPORT

12 IN 1 DE-STRESS FORMULA

Livingood Daily Stress Support is a combination of standardized adaptogenic herbs and nutrients including the powerful root, Ashwagandha, which is known to contribute to rejuvenating the adrenals. It is designed to help support healthy cortisol levels, hypothalamic and pituitary function, and catecholamine production.†



KEY INGREDIENTS

- 1 Ashwagandha**
An adaptogen that can help your body manage stress.†
- 2 Reishi Mushroom**
Helps the brain to relax during times of high anxiety and stress.†
- 3 Magnesium**
Adequate magnesium levels can help relax muscles and calm the nervous system, contributing to a sense of relaxation that facilitates falling asleep.†
- 4 Adaptogenic Herbs**
These herbs can help balance the production of stress hormones like cortisol, promoting a state of calm and relaxation conducive to falling asleep.†

PRODUCT FACTS

Type: Capsule
Serving Size: 2 Capsules
Servings Per Container: 30
Total Count: 60 Capsules



“This product is great! I am currently under a great deal of stress as three of my family members are dealing with cancer and I am taking care of my Mother. This has helped with calmness and sleep. I highly recommend.”

—Tonette W., Livingood Daily Customer



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THYROID SUPPORT

16 IN 1 COMPLETE THYROID FORMULA

Livingood Daily Thyroid Support was designed to be a top-quality, all-in-one formula for the nutritional support of thyroid function. The essential vitamins, minerals, and other nutrients work synergistically to provide a premium thyroid product in just two capsules a day.†



KEY INGREDIENTS

1 Adaptogenic Herbs

Help balance the production of stress hormones like cortisol, promoting a state of calm and relaxation conducive to falling asleep.†

2 Iodine (as Kelp Stipe & Fronds)

Supports healthy function of the Nervous and Endocrine systems which in turn support improving thyroid function.†

3 Selenium

Protects the thyroid against oxidative stress while assisting with the production of thyroid hormones. Supports mental health and immune health.†

4 Mushroom Extracts

Assists in regulating thyroid hormone levels and promoting thyroid gland function.†

5 Catalase Antioxidants

Protect thyroid cells from oxidative stress and damage caused by free radicals.†

PRODUCT FACTS

Type: Capsule

Serving Size: 2 Capsules

Servings Per Container: 30

Total Count: 60 Capsules



“I was on Thyroid meds for 30 years and after following the Lifestyle and using the thyroid support I am off the thyroid meds and have normal bloodwork!

—Colleen, Livingood Daily Customer

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WOMEN'S HORMONE SUPPORT

14 IN 1 COMPLETE WOMEN'S FORMULA

Livingood Daily Women's Hormone Support is specially formulated to help support healthy female hormone levels and promote overall well-being in adult women.†



KEY INGREDIENTS

- 1 DIM**
Aids in metabolism of estrogen, promotes healthy estrogen-to-testosterone levels, and helps support healthy cycles.†
- 2 Maca Root**
Supports hormone balance, increased energy levels, and enhanced mood. Manages menstrual irregularities and menopausal symptoms.†
- 3 Chaste Tree Berry**
Supports hormonal balance and supports healthy cycle symptoms and a healthy mood.†
- 4 Fenugreek Seed Powder**
Supports lactation and breast milk production in breastfeeding mothers. Helps regulate menstrual cycles, reduce menstrual discomfort, and alleviate symptoms of menopause.†
- 5 Black Cohosh**
Supports healthier menopause symptoms. †
- 6 DHEA**
Dehydroepiandrosterone (DHEA) is a hormone produced by the adrenal glands that can be converted into estrogen. Used for hormonal imbalances.†

PRODUCT FACTS

Type: Capsule
Serving Size: 4 Capsules
Servings Per Container: 30
Total Count: 120 Capsules



“I was looking for a natural way to support my hormonal health, and this supplement has exceeded my expectations.

—S., Livingood Daily Customer

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Featured

Sleep Support Bundle



Save More With A Bundle

Get both: Livingood Daily Sleep Support and Livingood Daily De-Stress!

► SLEEP SUPPORT

Optimize your system for restful and recharging sleep. Your all-in-one supplement to promote a good night's rest.

► STRESS SUPPORT (DE-STRESS)

Combination of adaptogenic herbs, minerals and roots known to contribute to rejuvenating the adrenals. Designed to help support healthy cortisol levels, hypothalamic and pituitary function, and catecholamine production.

SHOP NOW



Need help with nighttime anxiety?

Add on Livingood Daily **Mood Support** for lemon balm and other calming ingredients, or get the [Better Sleep Bundle](#).

BOOKS

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LIVINGOOD DAILY BOOK

Learn about nutrition and experience real health.



MAKE FOOD SIMPLE BOOK

Includes 100+ healthy recipes to make meals easier!



CHALLENGE WORKBOOK

Keep track of your progress during the Challenge.

MERCHANDISE

VIEW ALL



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16oz with two lids.



SHAKER CUP

A versatile, double walled stainless steel shaker with a screw-top lid.



WATER BOTTLE

32oz glass bottle with a silicone sleeve for easy gripping!



POSTURE SUPPORT AND SLEEP AIDS

Improve posture and circulation, and prevent inflammation and pain from prolonged sitting.



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The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet, and in the cause and prevention of disease."

—Thomas A. Edison (1847-1931)

LIVINGGOOD DAILY



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This product is not intended to diagnose, treat, cure, or prevent any disease.

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