

SonoVive Reviews (Experts Analysis 2026): The Science Behind Its Ear Health Benefits?

Author Name: Dr. Anthony R. Coleman, MD, MPH **Medical Reviewer:**
Board-Certified Clinical Nutritionist **Updated:** February 18, 2026.

If you are reading this, you likely know the frustration of the "muffled world."



Get Started With This Product Today

Official Site • Free Shipping • 60 Day Money Back Guarantee

It starts subtly. You find yourself leaning in closer during conversations. You start relying on subtitles for movies. Or perhaps it is the phantom ringing—the high-pitched whine of tinnitus—that visits you in the quiet of the night, disrupting your sleep and your peace of mind.

In 2026, auditory decline is no longer just an "old person's problem." With the ubiquity of earbuds, urban noise pollution, and high-stress lifestyles, we are seeing signs of cochlear fatigue in adults as young as 45.

For decades, the standard medical response has been binary: either your hearing is "fine," or you need a \$5,000 hearing aid. There was very little offered for the middle ground—for the preservation of the delicate hair cells in the inner ear or the neural pathways that interpret sound.

Enter SonoVive.

Developed by Sam Olsen, a retired medical chemist with over 40 years of experience, SonoVive has emerged as a controversial yet highly popular topic in audiology circles. It claims to bypass the mechanical limitations of the ear and target the *neurological* root of hearing loss.

But does it work?

As a medical doctor, I am naturally skeptical of "miracle cures." However, I am also deeply interested in **Neuro-Nutrition**—the science of feeding the brain to repair the body.

In this comprehensive **2026 Expert Analysis**, we will strip away the marketing hype. We will dissect the SonoVive formula molecule by molecule, analyze the clinical literature behind its ingredients (like Vinpocetine and Huperzine A), and determine if this supplement is a valid tool for your auditory health or just another placebo.

What is SonoVive?

SonoVive is a dietary supplement classified as a **Nootropic-Auditory Hybrid**.

Unlike traditional "ear vitamins" that just supply Zinc or Magnesium, SonoVive is built on a different premise. It operates on the understanding that **hearing is a brain function**.

Your ears are merely the microphone; your brain is the speaker system. If the wire (the auditory nerve) is frayed, or if the amplifier (the auditory cortex) is

underpowered, it doesn't matter how good your ears are—you won't hear clearly.

The "Sam Olsen" Formulation

The formula was created by Sam Olsen, a medical chemist who retired in Philadelphia. Motivated by his own research into natural plant compounds, he sought to create a "synaptic booster" that could keep the connection between the cochlea and the brain firing efficiently.

The Core Proposition: SonoVive aims to support the health of the **Inner Ear Hair Cells** (the sensory receptors) while simultaneously boosting **Cerebral Blood Flow** and **Neurotransmitter Production**.

Manufacturing Standards:

- **Facility:** Produced in an FDA-registered, GMP-certified facility in the USA.
- **Purity:** Non-GMO, stimulant-free, and tested for heavy metals (crucial for any plant-based product).

Get Started With This Product Today

Official Site • Free Shipping • 60 Day Money Back Guarantee

Key Benefits: Beyond Just Volume

Based on the pharmacological profile of its ingredients, SonoVive offers a multi-system approach to health. It is not just about "turning up the volume"; it is about cleaning up the signal.

1. Enhanced Signal Transduction (Clarity)

Many users report that while the *volume* of the world doesn't necessarily get louder, the *clarity* improves. This is likely due to the Nootropic (brain-boosting) ingredients sharpening the brain's ability to process speech frequencies against background noise.

2. Reduction in Tinnitus Severity

Tinnitus is often described as "neural static." It is the brain trying to turn up the gain on a frequency it can't hear. By calming the nervous system (via St. John's Wort and Bacopa), SonoVive may help lower the perceived intensity of this ringing.

3. Cognitive Protection (The "Brain Bonus")

Hearing loss is the #1 modifiable risk factor for dementia. When you can't hear, your brain atrophies from lack of stimulation. SonoVive's ingredients (Huperzine A, Vinpocetine) are potent memory boosters, effectively protecting your mind while they support your ears.

4. Improved Cerebral Circulation

The inner ear is highly vascular—it needs a massive amount of oxygen to function. Ingredients like Ginkgo Biloba are vasodilators, ensuring that nutrient-rich blood actually reaches the microscopic vessels of the cochlea.

How It Works: The "Conduction-Interpretation" Loop

To understand if SonoVive will work for you, you must understand the two types of hearing issues it addresses.

Step 1: Physical Support (The Cochlea)

Sound waves enter your ear and vibrate hair cells. These cells are fragile. Once they die, they (usually) don't grow back.

- **SonoVive's Role:** It provides antioxidants (like Acetyl-L-Carnitine) that protect these remaining cells from **oxidative stress** and inflammation. Think of it as rust-proofing your car. It won't fix a dent, but it stops the rust from spreading.

Step 2: Neural Support (The Synapse)

The hair cells send electrical signals to the brain via the auditory nerve. This signal relies on neurotransmitters like **Acetylcholine**.

- **SonoVive's Role:** It acts as an Acetylcholinesterase Inhibitor (via Huperzine A). This means it stops your body from breaking down Acetylcholine, keeping your neural signals strong, fast, and accurate.
-

Ingredients Breakdown: The Doctor's Analysis

This is the most critical section. A supplement is defined by its ingredients. Let's look at the science (and the safety) of the SonoVive blend.



SONOVIVE REVIEWS

DOES IT WORK?

The image shows three white bottles of SonoVive Dietary Supplement. A large red arrow points from the left towards the bottles. To the right of the bottles is a smiling woman with long red hair, wearing a blue and white striped tank top, with her hand raised to her ear. The background is yellow.

[Check Availability On The Official Site](#)

Official Site • Free Shipping • 60 Day Money Back Guarantee

1. Ginkgo Biloba

- **The Component:** Flavonoids and Terpenoids.
- **The Science:** One of the most studied herbs for tinnitus. A meta-analysis in *Neural Plasticity* suggested that Ginkgo extracts can improve cerebral blood flow and protect neurons from ischemia (lack of oxygen).
- **MD Verdict:** Effective for "vascular" tinnitus (pulsing sound) and general circulation.

2. St. John's Wort

- **The Component:** Hypericin.
- **The Science:** Traditionally a mood stabilizer. In the context of hearing, it serves to reduce the anxiety and stress associated with hearing loss. Stress constricts blood vessels, which worsens hearing; St. John's Wort helps break this cycle.
-  **SAFETY WARNING:** St. John's Wort interacts with *many* medications (blood thinners, antidepressants, birth control). **Consult your doctor if you take prescription meds.**

3. Bacopa Monnieri

- **The Component:** Bacosides.
- **The Science:** An adaptogen used in Ayurvedic medicine. Research shows it improves nerve impulse transmission and repair. It increases the length of nerve dendrites, potentially helping the auditory nerve "reach" better.
- **MD Verdict:** Excellent for cognitive processing speed (understanding rapid speech).

4. Vinpocetine

- **The Component:** A synthetic derivative of the periwinkle plant.
- **The Science:** Widely used in Europe and Japan for cerebrovascular disorders. It specifically targets blood flow to the brain and ears without lowering systemic blood pressure.
- **MD Verdict:** A powerhouse for inner ear circulation. *Note: Not recommended for pregnant women.*

5. Huperzine A

- **The Component:** Extracted from Chinese Club Moss.
- **The Science:** A potent neuroprotector. It prevents the breakdown of Acetylcholine, the "learning neurotransmitter."
- **Why it matters for hearing:** It helps the brain interpret complex sounds (like speech in a crowded room) by keeping the neural pathways "lubricated."

6. Phosphatidylserine

- **The Component:** A fatty substance (phospholipid) that covers cell membranes.
- **The Science:** It acts as the "insulation" for your nerve wires. As we age, this insulation wears thin, leading to slower signal processing. Supplementing restores this cell membrane integrity.

7. Acetyl-L-Carnitine

- **The Component:** Amino Acid.
- **The Science:** Increases cellular energy production (ATP) in the mitochondria. The ear requires massive energy to convert sound to electricity; L-Carnitine provides the fuel.

[Check Availability On The Official Site](#)

Official Site • Free Shipping • 60 Day Money Back Guarantee

Who Should Use SonoVive?

SonoVive is best suited for specific profiles of auditory decline.

The Ideal Candidate:

- **The "Crowded Room" Struggler:** You can hear sounds, but you can't distinguish words when there is background noise.

- **The Mild Tinnitus Sufferer:** You have a low-grade ring or buzz that worsens with stress.
- **The Prevention-Minded:** You are over 50 and want to protect your current hearing levels from further decay.
- **The "Brain Fog" Patient:** You feel your memory and hearing are slipping at the same time.

Who Should AVOID It:

- **Pregnant/Nursing Women:** Due to Vinpocetine.
 - **Those on SSRIs or Blood Thinners: St. John's Wort is a major contraindication.** It can cause Serotonin Syndrome or reduce the efficacy of Warfarin.
 - **Severe Profound Deafness:** If your hair cells are completely gone, no supplement can regrow them. This is for *support* and *preservation*, not resurrection.
-

Pros and Cons: An Honest Medical Assessment

The Pros

- **Dual-Action:** Targets both the ear (blood flow) and the brain (processing).
- **High-Potency Nootropics:** Contains therapeutic grades of Huperzine A and Vinpocetine.
- **Natural Formula:** Chemical-free, non-addictive.
- **60-Day Guarantee:** Low risk for the consumer.
- **Addresses Root Cause:** Focuses on inflammation and neural health rather than just masking symptoms.

The Cons

- **Drug Interactions:** The inclusion of St. John's Wort limits the user base significantly (must check with doctor).
- **Variable Results:** Tinnitus is complex; what works for vascular tinnitus may not work for noise-induced tinnitus.

- **Online Only:** Cannot be found in local pharmacies like CVS or Walgreens.
- **Requires Consistency:** Brain chemistry takes 4-6 weeks to alter; this is not a "quick fix."

Realistic Results & Expectations

If you decide to try SonoVive, here is a medically grounded timeline of what to expect:

1 X BOTTLE 30 Days Supply	6 X BOTTLES 180 Days Supply	3 X BOTTLES 90 Days Supply
		
\$69 /bottle	\$49 /bottle	\$59 /bottle
Total: ~~\$69~~ \$69	Total: ~~\$594~~ \$294	Total: ~~\$297~~ \$177
 Buy Now	 Buy Now	 Buy Now
*FREE Shipping US	*FREE Shipping US	*FREE Shipping US
    	    	    

[Check Current Price And Stock Status](#)

Official Site • Free Shipping • 60 Day Money Back Guarantee

- **Month 1 (The Loading Phase):** You likely won't notice a hearing change yet. However, you may notice increased mental alertness, better focus, and deeper sleep due to the calming herbs.
- **Month 2 (The Neural Phase):** The Acetylcholine levels in your brain stabilize. You may find yourself saying "What?" less often during conversations. Tinnitus volume may begin to fluctuate (good sign of neural adaptation).
- **Month 3 (The Maintenance Phase):** Circulation to the cochlea is optimized. Auditory fatigue decreases—you can listen to conversations longer without getting a headache. Memory and recall are noticeably sharper.

Pricing and Where to Buy

SonoVive maintains strict control over its supply chain to prevent counterfeits. It is **only available on the official website**.

Current 2026 Pricing Structure:

- **1 Bottle (30 Day Supply):** \$69.00 + Free US Shipping.
- **3 Bottles (90 Day Supply):** \$177 (\$59/bottle) + Free US Shipping.
- **6 Bottles (180 Day Supply):** \$294 (\$49/bottle) + Free US Shipping
(**Doctor Recommended for full efficacy**).

Buyer Warning: Do not buy from eBay or Amazon. Third-party sellers often sell expired batches or "copycat" formulas that lack the active Vinpocetine and Huperzine A.

Refund Policy: Every order is backed by a **60-Day, 100% Money-Back Guarantee**. You can return the empty bottles if you are not satisfied.

The Science of Silence (Deep Dive)

To understand why SonoVive works, we must first understand exactly how hearing fails.

As a physician, I often explain to patients that hearing is a "use it or lose it" system. It is a metabolic furnace. The inner ear—specifically the **Stria**

Vascularis—consumes more oxygen per gram of tissue than almost any other part of the body, including the heart.

Why? Because it has to maintain a constant electrical charge (endocochlear potential) to power the hair cells.

The "Energy Crisis" Theory of Hearing Loss

In 2026, leading otolaryngologists are converging on a new theory: **Metabolic Exhaustion**. Before a hair cell dies, it "powers down."

1. **Micro-Circulation Failure:** The tiny capillaries feeding the ear get clogged with plaque or stiffen with age (arteriosclerosis).
2. **Oxygen Starvation:** Without blood flow, oxygen levels drop.
3. **Glutamate Toxicity:** Stressed nerve cells release too much Glutamate (an excitatory neurotransmitter). This "fries" the connecting nerves.
4. **Apoptosis (Cell Death):** The cell eventually gives up and dies.

[Check Current Price And Stock Status](#)

Official Site • Free Shipping • 60 Day Money Back Guarantee

How SonoVive Intervenes: SonoVive is formulated to interrupt this cascade at **Stage 1 and Stage 3**.

- **Stage 1 Intervention:** *Ginkgo Biloba* and *Vinpocetine* act as vasodilators, forcibly opening those micro-capillaries to restore oxygen supply.
- **Stage 3 Intervention:** *Huperzine A* and *Magnesium* (often found in the full diet protocol) act as NMDA receptor antagonists, effectively shielding the nerves from Glutamate toxicity.

Ingredient Spotlight: The "Hidden" Mechanisms

Let's go deeper into the biochemistry of the three most potent ingredients in this formula. Most reviews gloss over this, but this is where the real magic happens.

1. Vinpocetine: The Sodium Channel Blocker

- **Common Use:** Post-stroke recovery.
- **The Auditory Mechanism:** Research suggests Vinpocetine blocks voltage-sensitive **Sodium (Na⁺) channels**. By doing so, it prevents the massive influx of calcium into cells that usually triggers cell death after noise exposure.
- **The 2026 Perspective:** A recent animal study (cited in *Journal of Immunology*) showed Vinpocetine could reduce inflammation in the middle ear and improve bacterial clearance. This makes it a dual-threat: protecting against *infection* and *ischemia*.

2. Huperzine A: The "Noise Filter"

- **Common Use:** Alzheimer's memory support.
- **The Auditory Mechanism:** It is a reversible acetylcholinesterase inhibitor. But more importantly for hearing, it has **NMDA receptor antagonist** properties.
- **Why this matters:** When you hear a loud noise (like a gunshot or concert), your ears are flooded with Glutamate. This causes "excitotoxicity." Huperzine A blocks the receptors that absorb this Glutamate, acting like a pair of "chemical earplugs" for your nerves.

3. Bacopa Monnieri: The Dendrite Builder

- **The Auditory Mechanism:** Hearing loss often involves the retraction of *dendrites* (the tiny fingers that connect neurons).
- **Clinical Evidence:** Studies show Bacopa can stimulate **dendritic arborization**—literally growing new connections between nerves. In the context of the auditory cortex, this helps the brain "re-learn" how to process sound signals that have become weak.

FAQs: Technical Questions

Q: Will this cure my deafness?

A: No. No supplement can cure total sensorineural hearing loss. SonoVive is designed to **optimize residual hearing** and improve the brain's ability to interpret signals.

Q: Can I take this with my hearing aid?

A: Absolutely. In fact, they work well together. The hearing aid amplifies the sound; SonoVive helps your brain process that sound more efficiently.

Q: Why does it contain St. John's Wort?

A: It is included for its anti-inflammatory and nervine (nerve-calming) properties. However, if you are on medication, show the bottle to your pharmacist first.

Q: How do I take it?

A: Take one capsule daily with a meal (preferably breakfast) to maximize absorption of the fat-soluble ingredients.

[Check Current Price And Stock Status](#)

[Official Site](#) • [Free Shipping](#) • [60 Day Money Back Guarantee](#)

Final Verdict: A "Smart" Supplement for Hearing

In my professional opinion, **SonoVive** represents a sophisticated approach to auditory health. It steps away from the simplistic "multivitamin" model and embraces the complex neurology of hearing.

It is particularly strong in its **Nootropic profile**. Even if your hearing improvement is mild, the cognitive benefits—sharper memory, better focus, and increased cerebral blood flow—make it a valuable supplement for anyone over 60.

My Recommendation: If you are struggling with the "mumble" of conversations... If you want to protect your ears from the aging process... And if you are *not* currently taking prescription antidepressants or blood thinners...

Then SonoVive is a scientifically sound, high-potential intervention worth trying.

For Related Product Reviews:

https://www.healthyfoodforliving.com/food-nutrition/is-ghee-healthy-for-you/		https://www.healthyfoodforliving.com/food-nutrition/is-oat-flour-healthy/		https://www.healthyfoodforliving.com/food-nutrition/is-salad-healthy-for-you/		https://www.healthyfoodforliving.com/health/does-mango-contain-sugar/
https://www.healthyfoodforliving.com/health/what-is-a-frappe/		https://www.healthyfoodforliving.com/health/is-guava-good-for-diabetes-benefits-risks-and-tips-for-diabetics/		https://www.healthyfoodforliving.com/food-nutrition/is-iced-green-tea-healthy/		https://www.healthyfoodforliving.com/recipes/breakfast/breakfast-ideas-for-kids/
https://www.healthyfoodforliving.com/health/are-black-beans-good-for-diabetics/		https://www.healthyfoodforliving.com/food-nutrition/does-hummus-have-carbs/		https://www.healthyfoodforliving.com/food-nutrition/benefits-uses-and-everything-you-need-to-know/		https://www.healthyfoodforliving.com/food-nutrition/are-rice-cake-s-healthy/
https://www.healthyfoodforliving.com/health/is-pineapple-a-citrus-fruit/		https://www.healthyfoodforliving.com/food-nutrition/is-oat-flour-gluten-free-what-you-need-to-know/		https://www.healthyfoodforliving.com/recipes/breakfast/is-sausage-pork-healthy/		https://www.healthyfoodforliving.com/food-nutrition/is-cucumber-healthy-for-you/
https://www.healthyfoodforliving.com/how-much-caffeine-is-in-a-celsius/		https://www.healthyfoodforliving.com/canned-corned-beef-and-cabbage-recipe/		https://www.healthyfoodforliving.com/food-nutrition/are-sesame-seeds-healthy/		https://www.healthyfoodforliving.com/food-nutrition/is-lamb-healthy/
https://www.healthyfoodforliving.com/food-nutrition/are-ritz-crackers-healthy/		https://www.healthyfoodforliving.com/food-nutrition/is-matcha-healthy/		https://www.healthyfoodforliving.com/benefits-of-cloves/		https://www.healthyfoodforliving.com/is-coconut-healthy-for-you/
https://www.healthyfoodforliving.com/benefits-of-oregano-oil/		https://www.healthyfoodforliving.com/is-grapefruit-good-for-weight-loss/		https://www.healthyfoodforliving.com/health/does-milk-help-heart-burn/		https://www.healthyfoodforliving.com/egg-roll-vs-spring-roll/
https://www.healthyfoodforliving.com/does-chocolate-have-caffeine/		https://www.healthyfoodforliving.com/food-nutrition/is-beef-tallow-healthy/		https://www.healthyfoodforliving.com/food-nutrition/banana-health-y/		https://www.healthyfoodforliving.com/lifestyle/weight-loss/is-almond-milk-good-for-weight-loss/
https://www.healthyfoodforliving.com/food-nutrition/is-boiling-vegetables-healthy-benefits-drawbacks-and-tips-for-nutrient-preservation/		https://www.healthyfoodforliving.com/health/does-pineapple-juice-help-with-swelling/		https://www.healthyfoodforliving.com/is-cornstarch-gluten-free/		https://www.healthyfoodforliving.com/how-much-protein-is-in-an-ostrich-egg/

https://www.healthyfoodforliving.com/food-nutrition/is-almond-flour-healthy/		https://www.healthyfoodforliving.com/gluten-free-cereal/		https://www.healthyfoodforliving.com/food-nutrition/are-honey-nut-cheerios-healthy/	https://www.healthyfoodforliving.com/lifestyle/how-much-deep-sleep-do-you-need/
https://www.healthyfoodforliving.com/food-nutrition/black-coffee-vs-milk-coffee/		https://www.healthyfoodforliving.com/health/is-tea-acidic-2/		https://www.healthyfoodforliving.com/healthy-pancake-breakfast-ideas-busy-mornings/	https://www.healthyfoodforliving.com/health/does-lemonade-have-caffeine/
https://www.healthyfoodforliving.com/lifestyle/is-rowing-good-for-weight-loss/		https://www.healthyfoodforliving.com/food-nutrition/is-boiling-vegetables-healthy/		https://www.healthyfoodforliving.com/is-onion-healthy/	https://www.healthyfoodforliving.com/food-nutrition/is-peanut-butter-acidic/
https://www.healthyfoodforliving.com/food-nutrition/quail-eggs-vs-chicken-eggs/		https://www.healthyfoodforliving.com/food-nutrition/black-coffee-vs-milk-coffee-which-is-healthier-myths-and-facts-explained/		https://www.healthyfoodforliving.com/food-nutrition/is-semolina-gluten-free/	https://www.healthyfoodforliving.com/recipes/main/shoepeg-corn-recipe/
https://www.healthyfoodforliving.com/lifestyle/is-whiskey-gluten-free/		https://www.healthyfoodforliving.com/food-nutrition/are-pancakes-bad-for-you/		https://www.healthyfoodforliving.com/is-spaghetti-squash-healthy-2/	https://www.healthyfoodforliving.com/health/is-jello-good-for-weight-loss/
https://www.healthyfoodforliving.com/recipes/beverages/does-coke-zero-have-aspartame/		https://www.healthyfoodforliving.com/whole-grain-bread-healthy/		https://www.healthyfoodforliving.com/food-nutrition/are-bananas-acidic/	https://www.healthyfoodforliving.com/food-nutrition/are-pop-tarts-healthy/
https://www.healthyfoodforliving.com/what-do-es-matcha-taste-like/		https://www.healthyfoodforliving.com/food-nutrition/is-banana-bread-healthy/		https://www.healthyfoodforliving.com/food-nutrition/are-tomatoes-acidic/	https://www.healthyfoodforliving.com/health/is-ginger-good-for-acid-reflux/
https://www.healthyfoodforliving.com/food-nutrition/duck-eggs-vs-chicken-eggs/		https://www.healthyfoodforliving.com/food-nutrition/is-canned-tuna-good-for-high-cholesterol/		https://www.healthyfoodforliving.com/quail-eggs-vs-chicken-eggs/	https://www.healthyfoodforliving.com/food-nutrition/is-oxtail-healthy/
https://www.healthyfoodforliving.com/is-sooji-healthy-semolinas-nutrition-benefits/		https://www.healthyfoodforliving.com/breakfast-ideas-for-kids/		https://www.healthyfoodforliving.com/food-nutrition/is-apple-fruit-good-for-diabetics/	https://www.healthyfoodforliving.com/food-nutrition/is-indian-tonic-water-healthy-health-benefits-risks-and-more/
https://www.healthyfoodforliving.com/food-nutrition/does-gatorade-h		https://www.healthyfoodforliving.com/are-bananas-acidic/		https://www.healthyfoodforliving.com/is-canned-tuna-good-for-high	https://www.healthyfoodforliving.com/how-many-carbs-in-a-slice

ave-potassium/			h-cholesterol/		-of-pizza/
https://www.healthyfoodforliving.com/egg-noodles-vs-pasta/		https://www.healthyfoodforliving.com/health/is-bread-bad-for-diabetes/	https://www.healthyfoodforliving.com/recipes/beverages/is-soju-healthy/		https://www.healthyfoodforliving.com/are-tomatoes-acidic/
https://www.healthyfoodforliving.com/health/does-kombucha-have-caffeine/		https://www.healthyfoodforliving.com/food-nutrition/is-mac-and-cheese-healthy/	https://www.healthyfoodforliving.com/food-nutrition/egg-protein-powder/		https://www.healthyfoodforliving.com/recipes/beverages/is-lemonade-good-for-you/
https://www.healthyfoodforliving.com/health/is-apple-juice-good-for-you/		https://www.healthyfoodforliving.com/food-nutrition/is-apple-cider-vinegar-healthy/	https://www.healthyfoodforliving.com/health/is-cheese-bad-for-cholesterol/		https://www.healthyfoodforliving.com/health/is-frying-eggs-healthy/
https://www.healthyfoodforliving.com/lifestyle/weight-loss/is-cabbage-good-for-weight-loss/		https://www.healthyfoodforliving.com/is-deli-turkey-healthy/	https://www.healthyfoodforliving.com/food-nutrition/is-dark-chocolate-healthy/		https://www.healthyfoodforliving.com/is-white-rice-healthier-than-brown-rice/
https://www.healthyfoodforliving.com/health/black-coffee-benefits-side-effects-and-the-best-way-to-drink-it/		https://www.healthyfoodforliving.com/food-nutrition/is-whiskey-gluten-free/	https://www.healthyfoodforliving.com/health/does-dayquil-make-you-sleepy/		https://www.healthyfoodforliving.com/recipes/beverages/does-dr-pepper-have-caffeine/
https://www.healthyfoodforliving.com/lifestyle/weight-loss/is-drinking-black-tea-good-for-weight-loss/		https://www.healthyfoodforliving.com/food-nutrition/are-veggie-straws-healthy/	https://www.healthyfoodforliving.com/food-nutrition/how-much-protein-is-in-an-ostrich-egg/		https://www.healthyfoodforliving.com/uncategorized/is-nnn-healthy-exploring-the-science-and-trends-behind-no-nut-november/