Q&A Special Edition: Inside Our Cabinets—The Supplements we Rely On

written by Dr. Ronald Hoffman | January 2, 2025

In this special New Year’s edition Q&A Dr. Ronald Hoffman and Nutritionist Leyla Muedin share their personal supplement regimens for 2025. They discuss the variety of supplements they take, including multivitamins, specific minerals, omega-3s, anti-inflammatories, probiotics, and immune-supportive nutrients. They also emphasize the importance of personalized nutrition and caution listeners against directly mirroring their supplement routines. The episode includes advice on seasonal adjustments to supplementation, the benefits of different nutrient combinations, and general tips for maintaining a balanced approach to supplement intake. Dr. Hoffman and Leyla also touch on their personal health goals and the rationale behind their choices, offering listeners insights into optimizing their own supplement strategies.