# Exploring Heart Health: Insights from Kim Bright and Dr. Ronald Hoffman

written by Dr. Ronald Hoffman | June 3, 2025

In today’s Intelligent Medicine podcast, Dr. Ronald Hoffman discusses heart health and cardiovascular prevention. The episode features Kim Bright, founder of Brightcore, who introduces an innovative supplement called Vitality. This formulation combines seven key ingredients, including Coenzyme Q10, Vitamin K2, Grape Seed Extract, Hawthorn Berry, Bilberry, Resveratrol, and Olive Leaf Extract, to support cardiovascular health. They discuss the benefits of each ingredient, their compatibility with medications, and the importance of incorporating natural supplements into cardiovascular care. The episode emphasizes the need for a holistic approach, including diet and lifestyle changes, to maintain heart health.

Exploring Heart Health: Insights from Kim Bright and Dr. Ronald Hoffman PT 1

Exploring Heart Health: Insights from Kim Bright and Dr. Ronald Hoffman PT 2