Leyla Weighs In: Enhancing Strength—Vitamin C & E's Role in Muscle Health for Seniors

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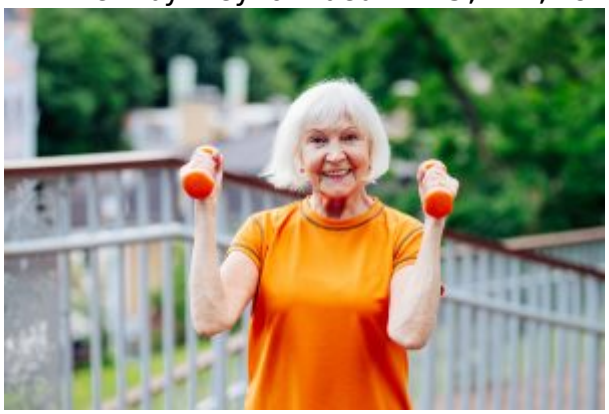

Does your hand grip strength say something about your longevity? "Leyla Weighs In" on how a combo of Vitamin C & E can improve muscle mass and strength. Learn how to boost your muscle health with insights from a groundbreaking study.