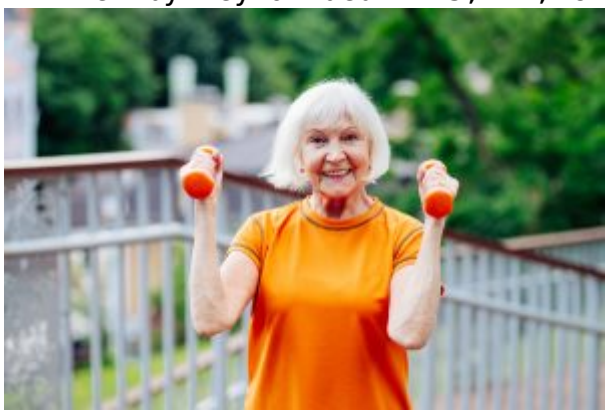
# Leyla Weighs In: Enhancing Strength—Vitamin C & E's Role in Muscle Health for Seniors

written by Leyla Muedin MS, RD, CDN | December 5, 2025



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.