ENCORE: Leyla Weighs In With an Essential Guide for Navigating Supplements

written by Leyla Muedin MS, RD, CDN | December 26, 2025



Ever wondered why your supplements are giving you a bright yellow surprise in the bathroom? “Leyla Weighs In” on the secrets to effective supplementation. She breaks down the myths and truths of vitamins & supplements and shares how custom supplement plans can support your unique needs.