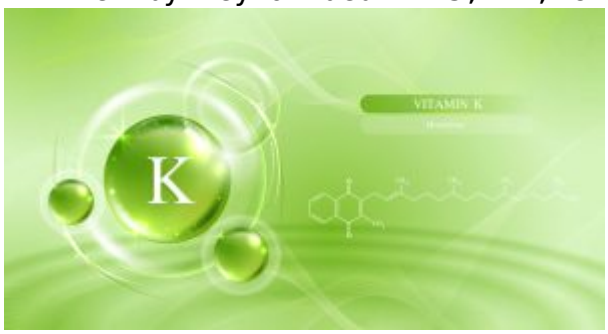
Leyla Weighs In: The Essential Guide to Vitamin K and Folate for Heart Health

written by Leyla Muedin MS, RD, CDN | March 13, 2026



It’s not all about cholesterol. Low levels of Vitamin K2 and folate are linked to hidden cardiovascular risks. “Leyla Weighs In” on the science behind these crucial nutrients and shares actionable tips for mitigating your risk. Don’t miss it!