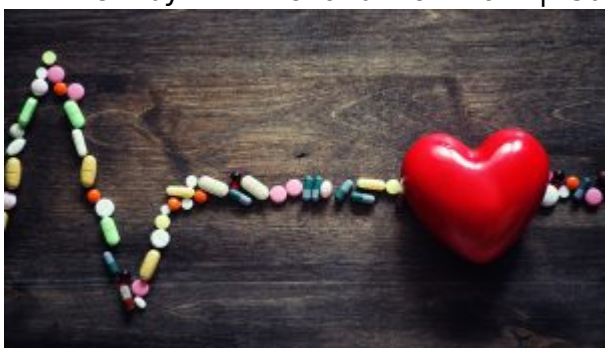
# Heart Matters: Essential Supplements for Cardiovascular Protection

written by Dr. Ronald Hoffman | July 1, 2026



Neil Levin from Protocol For Life Balance details cardiovascular protection beyond cholesterol-lowering drugs. Discover the benefits of nattokinase, vitamin K2, and much more for heart protection.