# Leyla Weighs In: Morning Coffee and Supplements—What Not to Mix

written by Leyla Muedin MS, RD, CDN | August 21, 2026

Did you know your morning coffee might be blocking vitamin and mineral absorption? “Leyla Weighs In” with tips on optimizing your nutrition intake without giving up your caffeine fix. Learn to tweak your breakfast routine for better health. Check it out!