Leyla Weighs In: Oolong Tea, Supplement Absorption, and How Gut Signals Shape Memory

written by Leyla Muedin MS, RD, CDN | September 11, 2026



Is your morning tea affecting your health? “Leyla Weighs In” on the pros and cons of drinking tea with supplements. She also has fascinating insights on how nutrient-rich foods impact memory formation. Check it out!