Leyla Weighs In: Creatine for Muscle and Cognitive Health

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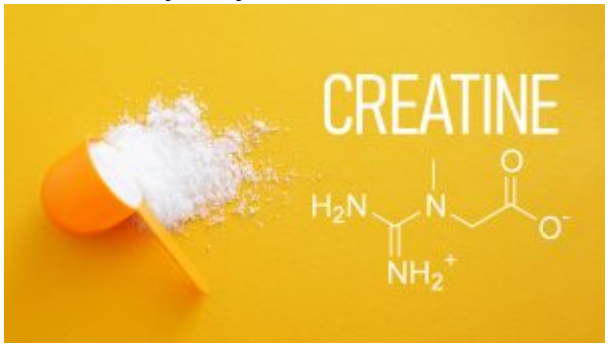

Did you know creatine can benefit you without hitting the gym? “Leyla Weighs In” on findings from Texas A&M that creatine supports muscle growth and cognition, even with limited exercise. Listen now to uncover the science.