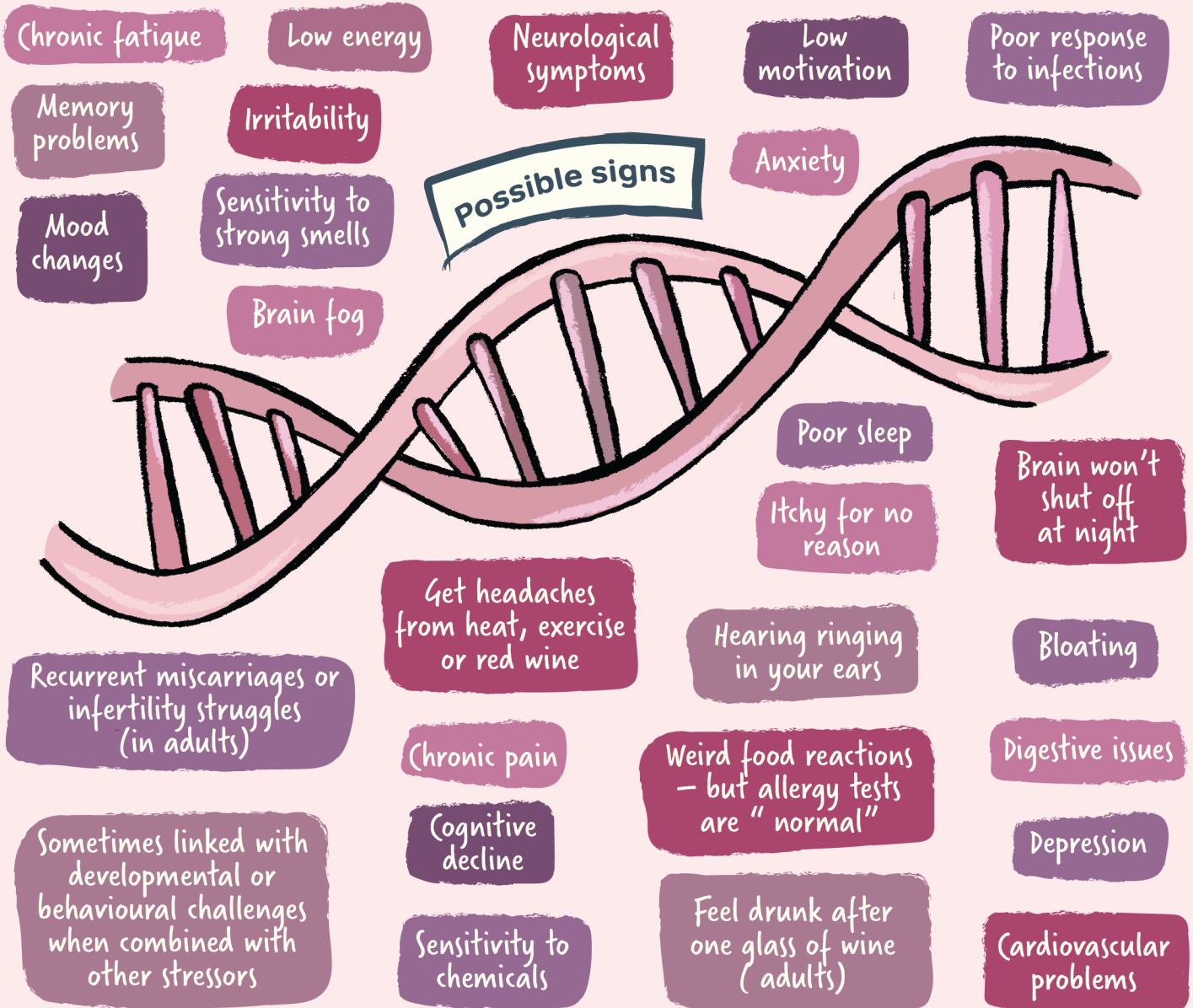


MTHFR

- Methylentetrahydrofolate Reductase - it's a gene that helps your body convert folate (vitamin B9) into it's active form used in methylation
- This process supports methylation, which is how the body makes neurotransmitters, repairs DNA and clears toxins
- Some people have MTHFR gene variants (mutations) that make this process less efficient to make energy, balance mood, clear toxins and support brain and immune function
- In simple terms the MTHFR is a gene that affects how our bodies use certain vitamins (B9 & B12)
- When the gene is not working efficiently, it can cause a wide range of symptoms that vary from person to person
- Common variants include C677T and A1298C



How to test: Simple blood or saliva test for MTHFR

Having an MTHFR gene variant doesn't mean you will develop health problems - it just means your body may need some extra nutritional support