

MTHFR Gene

What the heck is the MTHFR Gene?

Genes are the body's "instructions" on how to do basically everything — for example, they create instructions for how we look, how we process food/medications, and also can cause us to be more likely to have certain diseases or illnesses. Gene mutations are changes in normal genes are inherited from your parents that affect the instructions provided.

The MTHFR gene is one of the 20,000 genes in your body. It has to do with how folic acid (or folate) is processed in your body. If you have a mutation in this gene, you may have less of an ability to process folic acid, or a very low ability to break it down. Instead you may need to take "methylated" folate — this just means it's pre-processed for your body.

Folate (or Vitamin B9) is important to our nervous system - it is often required in pregnancy to prevent the baby from having spinal bifida or other issues. Folic acid is a form of the vitamin folate. Folic acid is often found in "fortified" foods or "enriched" foods such as flour or cereals. You'll be surprised when you start checking ingredient lists and see how common it is!

If you are not able to process folic acid, you can have a build up of something called "homocysteine" which can cause issues when the body makes too much of it.

In regards to mental health, this gene mutation can contribute to low mood and low energy.

What do I do if my MTHFR Gene comes back as mutated?

If your MTHFR Gene comes back on your test, we recommended the following:

1. Use *METHYLATED* supplements such as:
 - L-methyl folate
 - Methyl-folate (5MTHF)
 - Methylated B12
 - B6 in its active form
2. AVOIDING *FOLIC ACID* recommended
 - Try to avoid foods that are fortified with it
3. Eat foods rich in B-vitamins
 - The highest folate-rich foods include asparagus, romaine lettuce, broccoli, avocado, spinach, kale
 - Foods high in B6 include poultry, seafood, bananas, and leafy greens
 - Foods high in B12 include fish, poultry, and meat

Here are some links to supplements:

[L-MethylFolate 7.5mg](#)

[L-Methylfolate PLUS methyl B12 drops](#)

[Activated B6](#)