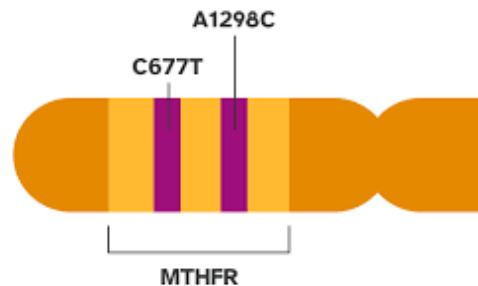


**MTHFR stands for:**

**Methylenetetrahydrofolate**

**Reductase Gene**



>50% of people have at least one of these variants

**The 2 common variants are:**

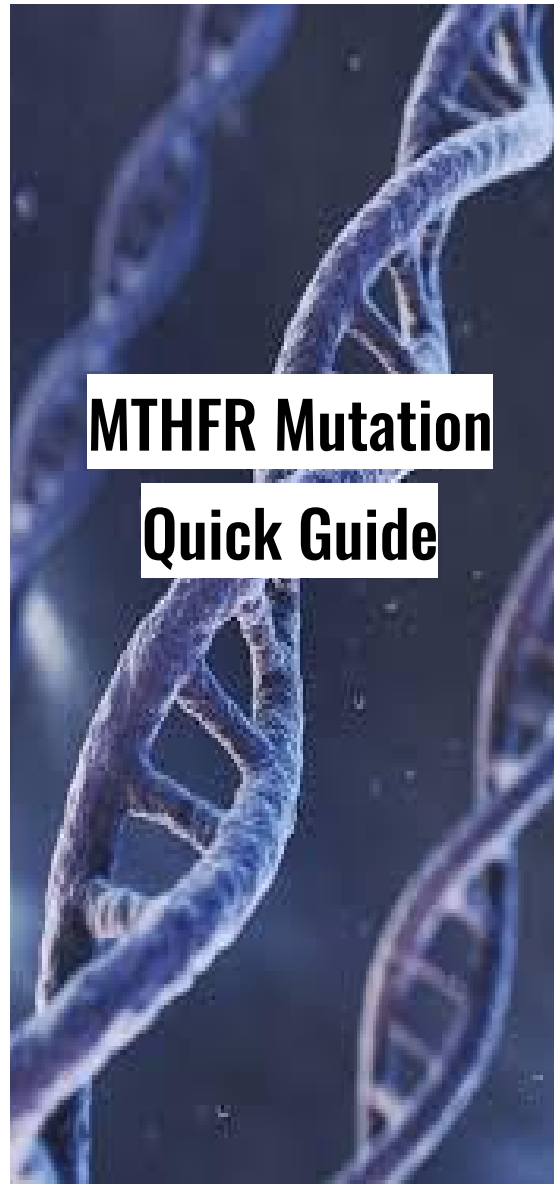
**A1298C**

**C677T**

**You can inherit either from one or both of your parents.**

**Homozygous- 1 parent**

**Heterozygous- both parents**



**Symptoms & Disorders:**

**Anxiety**

**Depression**

**Preeclampsia**

**Miscarriage**

**Cardiovascular Disorders**

**POTS**

**Thyroid Disorders**

**Blood Clots**

**Hyperhomocysteinemia**

**Hormone Imbalances**

**Mental Health Disorders**

**Treatment:**

**Vitamin B12**

**Folate**