

# MTHFR Gene Mutation: What You Need to Know

## What is an MTHFR Gene Mutation?

The MTHFR gene provides instructions for making an enzyme called methylenetetrahydrofolate reductase. This enzyme plays a vital role in the production of amino acids – including folic acid, which is responsible for making blood cells, synthesizing and repairing DNA and RNA cells, and producing new cells. When this gene is mutated, your body is incapable of processing folic acid and flushing toxins and chemicals from the body.

## How Does an MTHFR Gene Mutation Affect Me?

The MTHFR gene mutation can lead to folate deficiency which can result in birth defects (neural tube defects, spina bifida). This mutation has also been associated with serious health complications such as **miscarriages and spontaneous abortions, blood clots, infertility, and linked to Fibromyalgia, Alzheimer's disease, Parkinson's disease, and migraines**. Folic acid is also involved in the synthesis of DNA, RNA, and tRNA necessary for cell growth.

## Do I Have to Treat an MTHFR Mutation?

Yes, it's vital that you treat an MTHFR mutation to prevent health damage and complications. If you've have been diagnosed with a C677T homozygous mutation, you will need to manage the mutation for life since you're at a **higher risk of blood clots and spontaneous abortions** (for fertile women). If you have a A1298 C mutation, you will need to take a folic acid supplement while you're trying to get pregnant and during pregnancy.

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## What Can I do?



We recommend **MethylFolate Plus**, an activated form of folate that your body can process despite the MTHFR mutation. Methyl Folate Plus is a comprehensive formula designed to support optimal methylation and homocysteine levels. **The 5-MTHF** in this formula – is the most biologically active form of folate, allowing rapid uptake into the bloodstream.

**Clinical studies have shown the components of this proprietary blend to increase folate absorption by up to 50.4%.\***

This formula supports methylation on two levels: first, it enhances absorption in the intestines; second, it provides the form of folate requiring no additional metabolic steps by the body to be utilized.\* The 5-MTHF in this formula is also known as the “L” form of 5-MTHF since it is the reduced form of folate.

**Active B-12** sublingual lozenge, by **Vitagenis™** also in its active form, methylcobalamin, further support methylation and is an important tool in the enhancement of healthy blood cells and healthy homocysteine levels.

**The 28 Day Cleanse** by Vitagenis™, including an the Elimination diet is recommended **at least 1-2 times a year**, depending on your goals. It's also important to focus on wellness, since an MTHFR mutation prevents your body from effectively eliminating chemicals and toxins. Make wellness and detox a part of your life through clean eating, regular sessions in our full spectrum sauna or ionic foot bath, and our 28-day cleanse.

For more information on the MTHFR Mutation and how to manage it, contact **Lisanne Wellness Center** at 713-461-WELL (9355). [LisanneWellnessCenter.com](http://LisanneWellnessCenter.com)

