

Understanding the MTHFR Gene



WHAT THE HECK IS THE MTHFR GENE ANYWAY?

Think of genes as the body's "instruction manual," telling your cells how to function. They control everything from how we look to how we process food and medications. Sometimes, the instructions get a little messed up, which is called a gene mutation. These mutations can affect the way your body works, often in small ways, but sometimes they have a bigger impact.

The MTHFR gene is one of about 20,000 genes in your body, and it's responsible for helping process folic acid (also known as folate). If you have a mutation in this gene, your body might struggle to break down folic acid properly, meaning you might need a little extra help from supplements that are easier for your body to use.

You've probably heard of folic acid before, especially if you know anything about pregnancy. It's a form of Vitamin B9 that's super important for our nervous system, and it helps prevent serious birth defects like spina bifida. You'll also find folic acid in foods labeled "fortified" or "enriched," like cereals or flours.



FUN FACT:

ONCE YOU START LOOKING, YOU'LL NOTICE IT'S IN A LOT OF STUFF!

Why Does It Matter for Mental Health?



If your body can't process folic acid, it can lead to a buildup of something called homocysteine. High levels of this can cause health problems, and when it comes to mental health, it's been linked to things like low energy and mood problems. So, if you've been feeling down or sluggish, and your MTHFR gene is mutated, it might be part of the reason

What Should I Do if My MTHFR Gene is Mutated?

If you've tested positive for an MTHFR mutation, here's a simple plan to help manage it:

USE METHYLATED SUPPLEMENTS:

- L-methyl folate
- Methyl-folate (also known as 5MTHF)
- Methylated B12
- B6 (in its active form)

These supplements are easier for your body to process since your system doesn't have to work as hard to break them down.



AVOID "FOLIC ACID":

Folate and folic acid are not the same thing. Try to steer clear of foods that have been fortified with folic acid. This includes a lot of processed grains and cereals.



EAT FOODS RICH IN B-VITAMINS:

- For folate, load up on foods like asparagus, romaine lettuce, broccoli, avocado, spinach, and kale.
- B6 can be found in poultry, seafood, bananas, and leafy greens.
- B12 is found in fish, poultry, and meat. If you're vegan, find it in nutritional yeast and also supplement!



Need Supplements? Here's Where to Get Them:



If you want to start using methylated supplements, here are some options to check out and you can get them from a pharmacy or check out Amazon:

- [L-MethylFolate 7.5mg](#)
- [L-Methylfolate PLUS Methyl B12 Drops](#)
- [Activated B6](#)

Having a mutation in your MTHFR gene can affect how your body processes folic acid and B-vitamins, which can influence your energy levels and mood. But with the right supplements and diet, you can support your body's needs.