

MTHFR



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The MTHFR gene produces an enzyme (a protein that helps the body's chemistry run smoothly) that converts folate and folic acid (vitamin B9) into an active form called methyl folate. Methyl folate is needed to recycle homocysteine into methionine, which supports DNA repair, detoxification, hormone balance, and brain and heart health. When this enzyme isn't working efficiently, your body may not make enough methyl folate - even if you're eating plenty of folate-rich foods, which can lead to a functional deficiency and affect multiple systems in the body.

Genetic Variants and Impact

There are two common MTHFR variants, C677T and A1298C. These are common in the population and may cause no issues for some people, but for others, they can contribute to higher homocysteine levels, changes in brain chemistry, fatigue, mood struggles, or other health concerns. The impact depends on which variant(s) you carry and how your unique biology responds.

What You Can Do

If you have an MTHFR variant, it doesn't mean you're doomed, but it does mean your body may need extra support in certain areas. Eating folate-rich foods (like leafy greens and legumes), ensuring good levels of vitamins B6 and B12, staying hydrated, managing stress, and getting quality sleep all support methylation (the process this gene influences). Supplements containing the active, methylated forms of B vitamins may also be beneficial, but quality and dosage are crucial. At NuBloom, we'll help you understand your labs and guide you toward the right nutritional and lifestyle support for your body.