



MTHFR TESTING

The *MTHFR* gene is responsible for the production of the enzyme methylenetetrahydrofolate reductase (MTHFR), which helps our bodies to process folate. Our *MTHFR* testing screens for two common *MTHFR* polymorphisms - 677C>T and 1298A>C.

A polymorphism is a variant within a gene that does not necessarily affect the function of a gene and are usually considered harmless to our health, unlike a mutation. These *MTHFR* polymorphisms are very common, and around 60-70% of people in the general population will have at least one of these variants.

MTHFR polymorphisms typically do not cause health problems. Whilst having one or two copies of these polymorphisms may slightly reduce the efficiency of the *MTHFR* the body produces, the reduction is very small, and most people are unlikely to develop any significant health issues as a result.

Sample Requirements

- Buccal Swab (preferred type); or
- Blood Sample - 4mL EDTA blood tube.

Please contact us to arrange.

Cost

- \$275.00 per person.

Please note that there are no Medicare rebates available for this testing

What is Tested?

Testing includes two common *MTHFR* polymorphisms:

- 677C>T (also referred to as C677T, c.665C>T or p.Ala222Val)
- 1298A>C (also referred to as A1298C, c.1286A>C or p.Glu429Ala)

How to Order



1. Book an appointment with your doctor to discuss the testing and have our Request Form signed.



2. Return your completed request form to *AbsoluteDNA*, along with any supporting information such as clinical and family history.



3. Genomics For Life will contact you to arrange payment and send a specialised mouth swab collection kit, for collection of your sample



4. Once we receive your sample and payment, we begin testing of your sample at our laboratory in Brisbane, Australia.

5. Your results will be sent to your health care provider in **4-6 WEEKS** working days. We will notify you once your results have been released, so you can contact your doctor to discuss your results.