

## Most common MTHFR gene mutations:

MTHFR 677CC	a normal MTHFR gene- no mutation
MTHFR 677CT	a heterozygous mutation which is one mutation – may cause some issues with methylation
MTHFR 677TT	a homozygous mutation which is two mutations – this is two mutations of the same gene- this impairs methylation
MTHFR 1298AA	a normal MTHFR gene – no mutation
MTHFR 1298AC	a heterozygous mutation which is one mutation –may cause some issues with methylation
MTHFR 1298CC	a homozygous mutation which is two mutations –this is two mutations of the same gene- this impairs methylation
MTHFR 677CT + MTHFR 1298AC	a compound heterozygous mutation which is one mutation from two different parts of the gene – this causes significant impairment of methylation (2)