

## MTHFR TEST

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### **DESCRIPTION**

The **MTHFR Test** looks for common changes (variants) in the MTHFR gene that may affect how your body processes folate (vitamin B9) and, in turn, how it helps manage homocysteine levels in the blood. It's a simple genetic test that only needs to be done once because your DNA stays the same throughout your life. Many people consider this test when they have a personal or family history of elevated homocysteine, certain pregnancy-related concerns, or want additional insight into folate metabolism.

The results of the **MTHFR Test** will indicate whether you have zero, one, or two copies of the most common MTHFR variants, and what that may mean in general terms. This test is informational and is not a diagnosis by itself. The presence of a genetic variant may lead to next steps that could include dietary changes, supplements, and follow-up testing tailored to your individual needs. Your healthcare provider can interpret your results alongside your symptoms, medical history, and other labs (such as homocysteine, folate, and B12).

### **Test Details:**

This is a wellness test intended to provide you with information specific to your individual genetic makeup. Test results are not intended to diagnose disease. Consider reviewing lifestyle changes with a healthcare professional, especially if you have a health condition or take medication regularly.

## **WHO SHOULD GET THIS TEST?**

The **MTHFR Test** is useful for any consumer interested in harnessing the power of genetics to improve their health and well being.

## **WHY IS THIS TEST IMPORTANT?**

The **MTHFR Test** is important because it provides personalized information to help guide diet and supplementation choices tailored to how your body uses folate.

## **IS THIS A DIAGNOSTIC TEST?**

No. This is a wellness test intended to provide you with information specific to your individual genetic makeup.

## **AM I REQUIRED TO FAST?**

No. Fasting is not required prior to this test.

## **WHAT DO I NEED TO DO TO PREPARE?**

Please refrain from eating, drinking, smoking/vaping, and brushing your teeth for 30 minutes prior to your test.

## **WHAT KIND OF SAMPLE IS REQUIRED?**

This test requires a simple cheek swab.

## **IS A DOCTOR'S ORDER REQUIRED?**

No. We do accept your physician's order, or we can provide a doctor's order for this test at no additional cost.

## **DO I NEED TO MAKE AN APPOINTMENT?**

No. You can walk in for same-day testing. We make it easy by offering work-friendly store hours.

## **HOW LONG WILL IT TAKE TO GET MY RESULTS?**

Results are typically available within 21 business days after the lab receives your sample.

## **IF I HAVE QUESTIONS ABOUT MY RESULTS, WHO SHOULD I CONTACT?**

We recommend that you share your results with your healthcare provider.

## **OTHER RELEVANT TESTS**

If you are interested in this panel, you may also want to consider:

- Vitamin B12 and Folate Test
- Genetic Methylation Test
- Cellular Micronutrient Test

*Website test descriptions and all associated information are provided through the Any Lab Test Now Product Management Team, in conjunction with the Medical Professionals Committee and Dr. Ekan Essian, MD, Corporate Medical Director.*