



MTHFR

What you don't know about your health could be keeping you from the results of your dreams. Discover your MTHFR gene to discover even more about your health!

FAQs:

WHAT IS MTHFR?

MTHFR, or Methylene tetrahydrofolate Reductase, is required for a metabolic process that repairs DNA, switches genes on and off, and numerous other important functions (1). MTHFR is also essential to convert folic acid and folate – each a form of Vitamin B9 – into the biologically active form called L-Methylfolate (5-MTHF).

WHY IS FOLIC ACID IMPORTANT?

For decades folic acid has been the first line of defense for folate deficiency and related health conditions, such as high homocysteine levels and neural tube defects (2, 3). Any folic acid we ingest must be metabolized before it can be transported into cells, tissues and even across the blood-brain barrier for use. Individuals with MTHFR variants have difficulty with the final metabolic step that converts folic acid to the active form L-Methylfolate (5-MTHF), which has been shown to lead to high levels of homocysteine in the blood and low levels of certain key vitamins.

WHY DO I CARE ABOUT MY HOMOCYSTEINE LEVELS?

Homocysteine is an amino acid produced when proteins are broken down. High homocysteine levels, also called hyperhomocysteinemia, is usually asymptomatic by itself, but is almost always associated with a deficiency of Vitamin B12 or Folate.

WHAT ARE THE SYMPTOMS OF B12 OR FOLATE DEFICIENCY?

Though symptoms can vary from person to person, common signs of Vitamin B12 or Folate deficiencies include fatigue, tingling sensations in extremities, muscle weakness, confusion, forgetfulness, dizziness, and mood changes.

WHAT'S THE DIFFERENCE BETWEEN THE MTHFR TEST AND GENETIC TEST?

The MTHFR Test provides testing only on the C677T and A1298C genes and provides you a simple one-page report on whether you have variants on those genes. The Genetic Test provides testing on 39 different genes, INCLUDING your

MTHFR C677T and A1298C genes, and gives you a 43 page report that goes into detail on how your body responds to diet and exercise based on your unique genetic profile.

DOES IDLIFE SHIP TO ALL 50 STATES?

Yes. Because the results provided are for informational purposes only, and not intended to diagnose, treat, cure or prevent any disease, and Molecular Testing Labs™ is a CLIA and CAP accredited, state-of-the-art, esoteric laboratory, we can make the product available to consumers in all 50 states.

HOW OLD DO I HAVE TO BE TO GET TESTED?

There is no age limit on our testing, though parental consent is needed to test anyone under the age of 18. IDLife requires that the parent or guardian sign the consent form of any person under the age of 18 and may ask for further verification as needed for authorization.

ARE YOU GOING TO SELL MY DATA?

IDLife partnered with Molecular because they are a HIPAA compliant and CAP-accredited laboratory committed to keeping all of your data private and secure. We will never sell your data and personal information to a 3rd party. If your data is ever used for further research, all identifying information will be stripped away so that it could never be linked back to you in the future. However, it is extremely rare that such a situation would happen. You have the right to opt out of any further use of your data.

DO YOU ACCEPT INSURANCE?

No. We do not accept insurance for this type of testing.

HOW LONG WILL IT TAKE TO RECEIVE MY KIT AFTER ORDERING?

Kits ordered before 12:00 pm CST will ordinarily be shipped same-day, Monday - Friday, and should arrive within 2-4 business days. We will email you an outbound tracking number, and you can track your package in-transit on the FedEx website.

HOW IS THE SAMPLE COLLECTED?

You will use a cotton swab provided by our partner laboratory to collect cheek cells from the inside of your mouth.

DOES THE KIT EXPIRE?

We recommend you ship your kit back to Molecular within 60 days of receiving it, and immediately after collecting the specimen to avoid any chance of contamination to the swabs.

WHAT SHOULD I DO IF I HAVE LOST MY PRE-PAID SHIPPING LABEL?

Please contact us at (972) 987-4430 or info@idlife.com, and one of our Customer Advocates will be happy to assist you.

I DROPPED MY SWAB ON THE GROUND, WHAT SHOULD I DO?

We understand that accidents happen and want to ensure that you receive timely and accurate results. Please contact us at (972) 987-4430 or info@idlife.com, and one of our Customer Advocates will be happy to assist you and arrange to get you new swabs at no charge.

DO I HAVE TO PAY FOR SHIPPING BACK TO THE LAB?

No. We will provide you with a pre-paid return shipping bag to send the sample back.

I'VE SENT MY SWABS BACK TO THE LAB. HOW LONG BEFORE I RECEIVE MY RESULTS?

Most results are delivered within 2-3 weeks. If it has been more than three weeks and you still have not received results, please contact us at (972) 987-4430 or info@idlife.com, and one of our Customer Advocates will be happy to assist you.

WHAT SHOULD I DO IF I HAVE QUESTIONS ABOUT MY RESULTS?

We would love to answer your questions. Please call (972) 987-4430 or email info@idlife.com, and one of our Customer Advocates will be happy to assist you in getting your questions answered by our partner laboratory.

*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

(1) <https://pubmed.ncbi.nlm.nih.gov/24091066/>

(2) <https://pubmed.ncbi.nlm.nih.gov/17625125/>

(3) <https://pubmed.ncbi.nlm.nih.gov/23698160/>



THE SCIENCE OF MTHFR: PROBLEM & SOLUTION

While MTHFR may give you a double take at first glance, it actually refers to a particular gene in the body that is required for a metabolic process that repairs DNA, switches genes on and off, assists the body's expulsion of toxic chemicals, and numerous other important functions. MTHFR is also essential to convert folic acid and folate – each a form of Vitamin B9 – into the biologically active form called L-Methylfolate (5-MTHF). For people that have a polymorphism, also known as a variant, on this gene at either the C677T or A1298C position have reduced function in these areas that can lead to certain health concerns.

THE PROBLEM:

Individuals with MTHFR variants have difficulty with the final metabolic step that converts folic acid to the active form L-Methylfolate (5-MTHF), which has been shown to lead to high levels of homocysteine in the blood and low levels of certain key vitamins, especially B12 and Folate (B9). Though symptoms can vary from person to person, common signs of Vitamin B12 or Folate deficiencies include fatigue, tingling sensations in extremities, muscle weakness, confusion, forgetfulness, dizziness, and mood changes. As for high homocysteine levels, if they are allowed to go unregulated, a person could be at an increased risk of developing a number of health issues like osteoporosis, atherosclerosis (buildup of fats and other substances in the arterial walls), thrombosis (blood clots in blood vessels), venous thrombosis (blood clots in the veins), coronary artery disease, stroke, dementia and Alzheimer's disease.

THE SOLUTION:

You collect the sample in the comfort of your own home. In about 3-4 weeks you will receive your MTHFR Report that will identify for you any variants you may have on your MTHFR gene at either the C677T or A1298C position. With this knowledge, you can adjust your diet and lifestyle, and in some cases your supplementation, to address this all-too-common issue, and get back to feeling your best with the peace of mind only knowledge can provide.

“I finally understand why certain exercise programs didn't help me lose weight.”