

MTFHR – Genetic Screening

Discover how your genes impact your body's ability to process key nutrients and support optimal wellness. This simple genetic screening identifies variations in the MTHFR gene that can affect methylation – a critical process for detoxification, hormone balance, mood regulation, and energy production. Knowing your MTHFR status helps personalize supplement choices, improve B-vitamin absorption, and guide lifestyle changes for better long-term health.