

# PAULA DOIRON'S GENE ANALYSIS

## GENETIC REPORT: Vitamins, Minerals & Omega-3s

*Bad with vaccine, I have the worst one*

**Folate**

**Consider Action**

A vitamin that supports healthy brain function and growth of red blood cells. This nutrient is critical during early pregnancy to support development of the brain and spine.

**IMPLICATIONS**

Your body may have some difficulty converting folic acid into folate that your body can use.

**DIET & LIFESTYLE RECOMMENDATIONS**

Eat plenty of leafy green vegetable and legumes (like beans, lentils, chickpeas, and peanuts) which provide folate in a form your body can easily use.

*9 weeks*

*gene mutation*

*BV Good complex all my*

SNP	RISK/RESPONSE VARIANT	YOUR VARIANT
MTHFR C677T (rs1801133)	CT, TT	TT
MTHFR A1298C (rs1801131)	AC, CC	AA

**Choline**