

MTHFR Test Results Explained

Test Results & Interpretation of MTHFR's two most well-known mutations/variants	Often referred to as:	Some related health complications:	
No MTHFR Gene Mutation/Variant	AA1298 (rs1801131) or TT	Normal	
No MTHFR Gene Mutation/Variant	CC677 (rs1801133) or GG	Normal	
Single MTHFR Gene Mutation/Variant	A1298C (rs1801131) or GT	Heterozygous	Typically more susceptible to environmental damage, depression, central nervous system issues, etc.
Single MTHFR Gene Mutation/Variant	C677T (rs1801133) or AG	Heterozygous	Typically more susceptible to environmental damage, depression, central nervous system issues, etc.
Double MTHFR Gene Mutation/Variant	1298CC (rs1801131) or GG	Homozygous	Typically much worse for the same single mutation problems
Double MTHFR Gene Mutation/Variant	677TT (rs1801133) or AA	Homozygous	Similar to 1298CC plus heart disease, blood clots, and more
Double MTHFR Gene Mutation/Variant	A1298C (rs1801131) or GT + C677T (rs1801133) or AG	Compound Heterozygous	Susceptible to all of the above, worse for strokes, heart attacks, blood clots, etc.
RARE Triple MTHFR Gene Mutation/Variant	1298CC (rs1801131) or GG + C677T (rs1801133) or AG		If you have a triple or quad MTHFR mutation, you will want to be sure to work closely with a doctor who knows A LOT about this level of complication on the methylation pathway - it's likely you will need special care (and based on your life's health journey, you're probably saying to yourself right now, "Yeah, tell me something I don't already know!")
RARE Triple MTHFR Gene Mutation/Variant	A1298C (rs1801131) or GT + 677TT (rs1801133) or AA		
ULTRA RARE QUADRUPLE MTHFR Gene Mutation/Variant	1298CC (rs1801131) or GG + 677TT (rs1801133) or AA		