

Methylation Report FACTSHEET

Methylation, or ‘single carbon metabolism’, is a biochemical process whereby methyl groups (CH₃) are added to other molecules. Efficient methylation is critical for keeping your body and brain biochemistry in balance.

Common genetic variants can impact our natural ability to methylate and result in susceptibility to systematic dysfunction and chronic health conditions including:

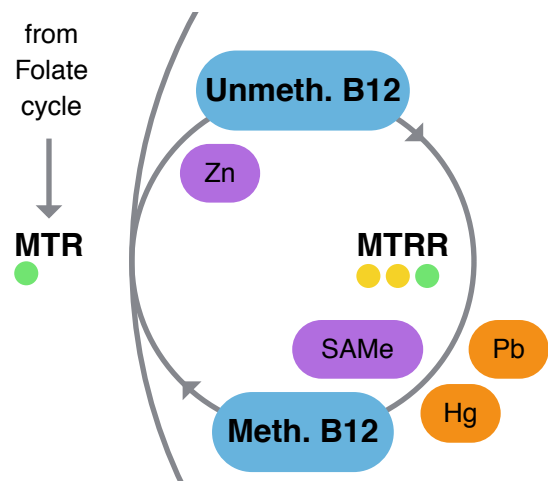
- **Immunity & Allergy** - repeated infections, food allergies, autoimmune responses
- **Neurotransmitter balance** - depression, brain fog, poor stress resilience, insomnia
- **Metabolism & Energy** - chronic fatigue, lethargy, tiredness, weight gain, diabetes
- **Detoxification** - toxic overload, hormone imbalances, infertility, headaches, muscle pain
- **Cardiovascular** - high homocysteine, heart attacks, stroke, blood clots
- **Genetic expression & DNA repair** - susceptibility to certain cancers, premature ageing, pregnancy loss, eyesight deterioration



If you or your clients suffer from any of these symptoms or conditions our Methylation Report will enable you to identify genetic susceptibilities, get to the root cause of the problem and develop personalised protocols for optimal health

Our reports provide **personalised** genotype analyses to help you to understand your clients' health at the most fundamental level.

Results are smartly presented in an easy to read, colour coded format with genotype specific narrative explaining potential risks or protective effects. It includes personalised biochemical pathway diagrams and fully referenced, in-depth analysis of gene function, variants and their impacts together with nutrients and lifestyle factors that influence gene expression.



Ingeneius' Methylation Report provides personalised genotype analysis across 30 genes and 55 SNPs related to methylation along with 5 personalised sub-cycle diagrams, including:

SUB CYCLE	GENE VARIANTS
Folate	GPCII, RFC1, DHFR, MTHFD1, MTHFR, TYMS, SHMT
Methionine	MTR, MTRR, *TCN, *FUT2, PEMT, BHMT, MAT, AHCY
Transsulphuration	CBS, GSS, SUOX
Neurotransmitter/ BH4	QDPR, VDR, MAOA, MAOB, COMT
Urea	NOS, SOD

* Genes related to vitamin B12 absorption

Methylation Overview

