

METABOLIC CHANGE MAY 2022 NEWSLETTER

IT'S MTHFR MAY!

READ ABOUT MTHFR

[Medline Plus: MTHFR gene](#)

[Healthline: What is the MTHFR gene?](#)

KEY MTHFR SUPPLEMENTS

If supplementation is needed, here are two key supplements that aid with energy and digestive issues.

HomocysteX Plus

Ox Bile 125

BEST DIETS FOR MTHFR

Although there is no consensus on a MTHFR diet or the need for one, here are two potentially helpful diets:

[A Balanced Approach to the 'MTHFR Diet'](#)

[MTHFR Australia: Sulphur Containing Foods](#)

