

Wondrous Roots, Inc.

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“...and if the root be holy, so are the branches...”

WONDROUS ROOTS BASIC MTHFR PROTOCOL

DAILY:

S-ACETYL-L-GLUTATHIONE (100 mg/50 mg bodyweight)

THORNE BASIC NUTRIENTS 2/DAY* – 2 capsules

OR, if sensitive to methylated forms of folate and B12:

SEEKING HEALTH OPTIMAL MULTIVITAMIN MF** – 1 capsule

SEEKING HEALTH ADENO B12 3000 MCG*** – 1 lozenge dissolve under the tongue

OR:

SEEKING HEALTH HYDROXY B12 2000 MCG*** – 1 lozenge dissolve under the tongue

This regimen can be embellished and modified to fit the specifics of the individual, but if you want to make sure you are covering the essential bases, this is a good, solid system to incorporate into your daily supplement intake.

*Most multivitamins have contain folic acid and cyanocobalamin, both inactive forms of folate and B12, and this is critically important.

**Some people, as much as they need active folate and B12, are sensitive to the methylated forms. This supplement has active forms but are not the methyl forms. When I have someone's genetic data, I use a chart to compare their VDRTaq status with COMTV158m, and this alerts me to that problem, but if a person feels set on edge taking methylated B vitamins, then that is indication.

***Although both multivitamins contain active forms of B12, some of us cannot absorb B12 from the stomach. Using a sublingual form is extra insurance, as well as higher strength, which is a good thing.

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