

Gene & Variation	rsID	Alleles	Result
COMT V158M	rs4680	GG	-/-
COMT H62H	rs4633	CC	-/-
COMT P199P	rs769224	GG	-/-
VDR Bsm	rs1544410	CC	-/-
VDR Taq	rs731236	AA	+/+
MAO A R297R	rs6323	GG	-/-
ACAT1-02	rs3741049	GG	-/-
MTHFR C677T	rs1801133	GG	-/-
MTHFR O3 P39P	rs2066470	GG	-/-
MTHFR A1298C	rs1801131	GT	+/-
MTR A2756G	rs1805087	AG	+/-
MTRR A66G	rs1801394	AA	-/-
MTRR H595Y	not found	n/a	n/a
MTRR K350A	rs162036	AA	-/-
MTRR R415T	not found	n/a	n/a
MTRR A664A	rs1802059	AA	+/+
BHMT-02	rs567754	CC	-/-
BHMT-04	not found	n/a	n/a
BHMT-08	rs651852	CC	-/-
AHCY-01	rs819147	TT	-/-
AHCY-02	not found	n/a	n/a
AHCY-19	rs819171	TT	-/-
CBS C699T	rs234706	AG	+/-
CBS A360A	rs1801181	GG	-/-
CBS N212N	not found	n/a	n/a
SHMT1 C1420T	not found	n/a	n/a

Individuals w/ methyl cycle abnormalities have difficulty generating B12 especially when poisoned w/ lead, mercury, aluminum

low Vitamin D, make less dopamine

compromises methyl B12 formation

MTR & MTRR = "double whammy on methyl-B12"

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 ↓
 compromises ability to make B12
 Any that is made gets sucked up by overactive MTR

Cannot necessarily just give methyl B-12, but if COMT is normal, this is OK

Tyrosine = precursor to dopamine
 ↳ diet high in it may be beneficial