

Wondrous Roots, Inc.

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Nutrition, herbs & complementary therapies*

“...and if the root is whole, then so are the branches...”

VITAMIN B12 GUIDANCE CHART BASED ON SNP COMBINATIONS

Using the methylation data provided by resources such as 23andme and read through www.geneticgenie.org, compare the patient's results in the COMT V158M and VDR Taq to find out what forms of vitamin B12 are right for that individual.

COMT V158M	VDR Taq	B12 types that should be tolerated
--	++ (TT)	All three types of B12
--	+ - (Tt)	All three types with less methyl B12
--	-- (tt)	Hydroxy B12 and Adenosyl B12
+ -	++	All three types with less methyl B12
+ -	+ -	Hydroxy B12 and Adenosyl B12
+ -	--	Hydroxy B12 and Adenosyl B12
++	++	Hydroxy B12 and Adenosyl B12
++	+ -	Hydroxy B12 and Adenosyl B12
++	--	Mostly Hydroxy B12

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