

Methylenetetrahydro-  
folate Reductase  
(MTHFR)  
C677T:  
T/T  
A1298C:  
A/A  
[Low activity]

*MTHFR is an enzyme responsible for the conversion of folic acid to methylfolate which is a cofactor needed for serotonin, norepinephrine and dopamine synthesis*

- Risk for reduced MTHFR enzyme activity and reduced methylfolate production
- L-methylfolate supplementation of SSRIs and SNRIs show improved symptom reduction and medication adherence compared to SSRIs/SNRIs alone in Major Depressive Disorder
- L-methylfolate may be an effective monotherapy for patients with Major Depressive Disorder



**Therapeutic options:**  
**L-methylfolate** may be used if clinically indicated