



## METHYLATION PROFILE - Test code 5101



Turnaround Time: Batch Testing



Specimen Type: Methylation Kit – Dry Ice (Fasting)

### Description

Methylation is a crucial biochemical process involving the transfer of methyl groups to DNA, proteins and other molecules, ensuring proper cellular function and gene regulation. This process plays a vital role in DNA synthesis and repair, neurotransmitter production and detoxification, among other essential functions (Hoepner et al., 2021). Disruptions in the methylation cycle have been linked to a range of health conditions, including autoimmune diseases, neurological disorders, chronic fatigue syndrome and mental health issues such as depression and anxiety (Hoepner et al., 2021).

Methylation is also essential for homocysteine metabolism, a process critical for cardiovascular health (Smith & Refsum, 2021). Impaired methylation can lead to elevated homocysteine levels, which are associated with an increased risk of heart disease and stroke (Hoepner et al., 2021). This test provides a detailed assessment of key markers in the methylation cycle, offering insights into potential imbalances that could affect overall health.

For individuals with a family history of autoimmune or neurological disorders, or those experiencing symptoms such as cognitive decline or chronic fatigue, methylation profile testing can guide targeted nutritional and therapeutic interventions to optimise health and prevent disease progression.

### Whats included?

- S-Adenosyl Methionine (SAME)
- S-Adenosyl Homocysteine (SAH)
- SAME:SAH ratio
- 5-methyl tetrahydrofolate (5MTHF)
- Folinic acid
- Tetrahydrofolate (THF)

### Conditions and Symptoms

- Anxiety
- Allergies
- Neurological conditions
- Estrogen dominance
- Infertility or recurrent miscarriages
- Cardiovascular disease
- Chronic fatigue

### Complementary Testing

- MTHFR (Test code 5018)
- Organic Acid Metabolomic Mapping (Test code 4041)

### Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories\*
- CLIA – Clinical Laboratories Improvement Amendments\*



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\*See NATA and CLIA website for further details