



MTHFR Basics

Benjamin Lynch

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Learn the basics of MTHFR - why you need to know about it, what it is, what it does and how to optimize your MTHFR gene. In this MTHFR booklet, learn why Dr Lynch has dedicated himself to expanding awareness of the MTHFR gene defect - and more importantly, how you can be proactive in optimizing your health.

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