

🚫 **Outdated Fortification Is Hurting Us — Time to Upgrade** 🧠💥

Food is still fortified with *folic acid* and *cyanocobalamin (B12)* — cheap, synthetic forms that don't work for everyone.

- 👉 Up to **60% of people** have MTHFR variants that struggle to process folic acid.
- 👉 Folic acid buildup (UMFA) = ⚠️ immune suppression, cancer risk, B12 masking.
- 👉 Cyanocobalamin? Converts poorly, especially in older adults or vegans.

We already have better forms:

- ✅ Methylfolate (5-MTHF)
- ✅ Methylcobalamin (active B12)
- ✅ Safe. Effective. Shelf-stable. Available now.

Let's demand modern fortification based on modern science.

#NutrientReform #FolicAcid #MTHFR #HealthPolicy #B12 #Methylfolate #NutritionMatters
#Biohacking #PreventiveHealth