

## Tips for determining your Haplogroup H Sub-Clade:

1. Always start at the CRS
2. Print this map. Match the mutations in this map to your own mtDNA results report and circle all of the mutations that you have. This will help you to better visualize your path away from CRS.
3. The mutations highlighted in yellow are coding region mutations which are included in the Genebase Haplogroup H Subclade SNP Test Panel.
4. If you belong to Subclades H1 to H16, the markers in the Genebase Haplogroup H Subclade SNP Test Panel will provide confirmation. Approximately 70% of individuals who belong to Haplogroup H fall into one of subclades H1 to H16.

# Genebase Haplogroup H (mtDNA) Reference Guide

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[www.genebase.com](http://www.genebase.com)

- Mutations in the HVR1 region (detected with the HVR1 Test)
- Mutations in the HVR2 region (detected with the HVR2 Test)
- Mutations in the Coding Region
- Mutations in the Coding Region (detected with the Haplogroup H Subclade SNP Test Panel)

