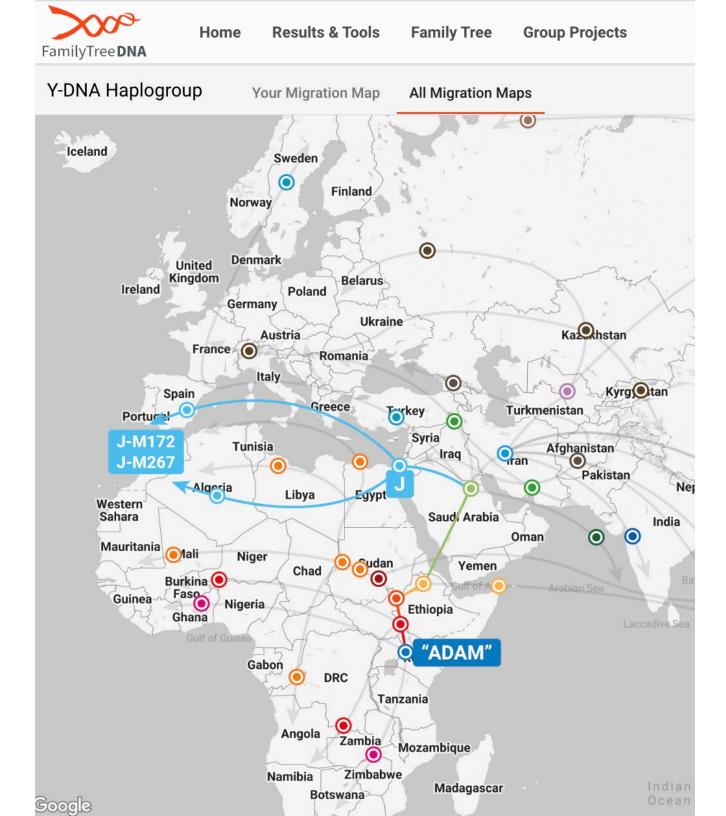


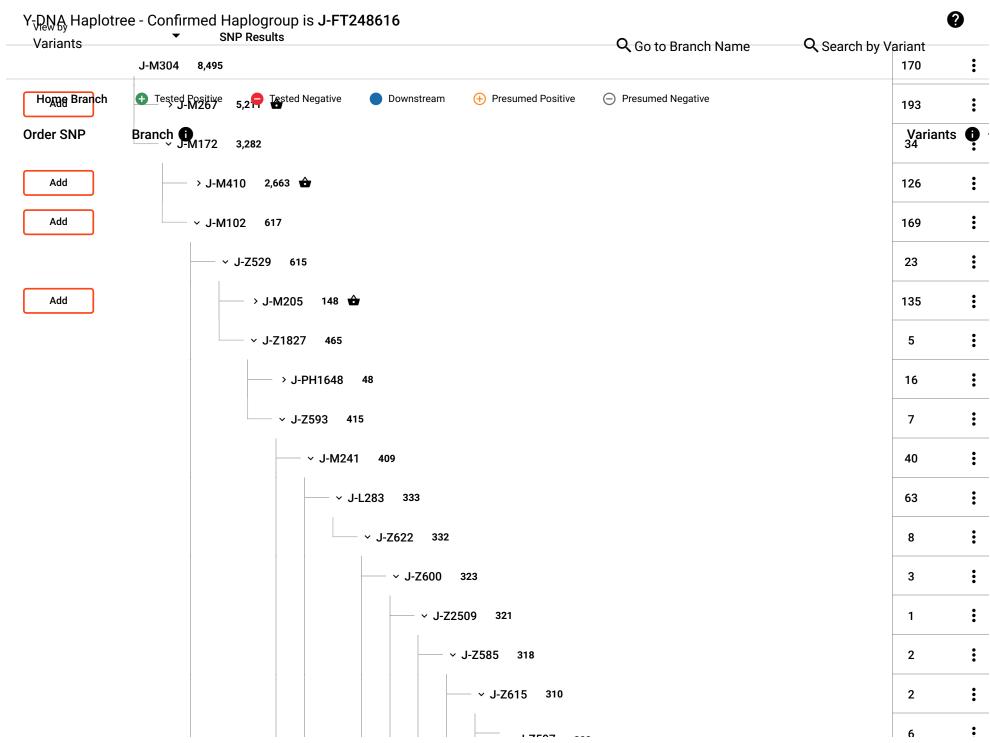


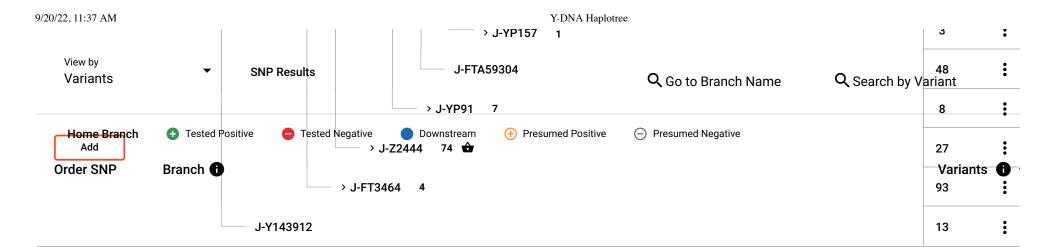


Haplogroup J-M172 is found at highest frequencies in the northern Middle East, west of the Zagros Mountains in Iran, to the Mediterranean Sea. It later spread throughout central Asia and south into India. J-M172 is tightly associated with the expansion of agriculture, which began about 10,000 years ago. As with other populations with Mediterranean ancestry, this lineage is found at substantial frequencies within Jewish populations. J2 is also one of the main Haplogroups found among Arab populations.



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Haplogroup H YOUR HAPLOGROUP

Mitochondrial haplogroup H is a predominantly European haplogroup that originated outside of Europe before the last glacial maximum (LGM). It first expanded in the northern Near East and the southern Caucasus between 33,000 and 26,000 years ago, and later migrations from Iberia suggest it reached Europe before the LGM. It has also spread to Siberia and Inner Asia. Today, about 40% of all mitochondrial lineages in Europe are classified as haplogroup H.

