BLOOD TYPE A
Your Personalized Nutrition Guide

Begin with Your A Basics

Achieve Digestive and Immune System Integrity with the Blood Type Diet®.

Block Effects of Lectins
Deflect® A Minimize lectin damage from the avoid foods you eat, and repair existing lectin damage with Dr. D’Adamo’s revolutionary Deflect formulas, personalized for your Type.

Your Multi-Vitamin
Polyvite® A Designed by Dr. D’Adamo to reflect the individual health concerns and precise nutritional needs of your blood type.

Your Multi-Mineral
Phytocal® A Features unique co-factors and micro-mineral ratios specific to your blood type, featuring a unique natural source of highly absorbable calcium.

Your Optimal Probiotic
Polyflora® A Your blood type has a significant impact on friendly flora, featuring your optimal flora strains and growth media for detoxification and maintaining digestive balance.

Add Your Targeted Supplements

Each Type is susceptible to certain imbalances. Add formulas to promote balance.

Type A Stress Response
Cortiguard® Enhance the health of the nervous system and strengthen resistance to the physical effects of occasional stress. Natural recovery with Dr. ‘Adamo’s exclusive formula, Cortiguard.

Type A Detoxification Support
Hepatiguard® Dr. D’Adamo writes about Type A liver/gall bladder health. This exclusive formula naturally supports optimal liver function and bile production which can be especially important for Blood Type A.

Type A Metabolic Support
Glycoscia™ Designed to balance blood sugar and supports the body’s natural ability to regulate insulin levels. Features Resveratrol and four other botanicals.

Type A Immune Support
Helix Plus® Exclusive to Dr. D’Adamo, Helix has a powerful component which can help the immune system function more effectively and efficiently, and may serve as a very potent protective agent.

Add Your GenoType Supplements

Re-Set your genetic expression with the GenoType Diet®.

Overly tolerant immune system, sensitive digestive system, and increased mental stress when in poor health.

Teacher Activator: Protein digestive aid; flora and plant sterols.
Teacher Catalyst: Increase resistance to biological stress and build vitality.
Flaxseed Oil Formula/Teacher Synergist: Balance of Omega-3, Omega-6, Omega-9 from Flax.

Stores all calories as fat, depressed immunity, heart and circulatory health challenges, accelerated aging.

Warrior Activator: Digestive system balancing and calming.
Warrior Catalyst: Powerful anti-aging formula. Includes pure Gynostemma.
CLA Formula/Warrior Synergist: CLA increases metabolism, decreases abdominal fat.

Hypersensitivity to allergens and certain foods and drugs; imbalanced ability to detoxify, sluggish metabolism and weight gain.

Explorer Activator: Gastro-protective; liver/bile health; cellular energy production.
Explorer Catalyst: Detoxification with antioxidants and plant sterols.
Fish Oil Formula/Explorer Synergist: Pure marine lipids providing long chain Omega 3’s.

SWAMI XPress®

Generate your own completely individualized diet with Dr. Peter D’Adamo’s new diet software.

Don’t know your GenoType? Order your kit online.

Discover More • Order at www.rightforyourtype.com or call (877) 226-8973 in the U.S.
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