D'Adamo Personalized Nutrition

**BLOOD TYPE AB**
Your Personalized Nutrition Guide

**Begin with Your AB Basics**

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

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

**Your Multi-Mineral**
Phytocal® AB 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® AB Your blood type has a significant impact on friendly flora, featuring your optimal flora strains and growth media for detoxification and maintaining digestive balance.

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

**Add Your Targeted Supplements**

**Type AB Stress Response**
Catechol® Enhance natural recovery from occasional stress with amino acids Tyrosine and Arginine and the Adapogen Rhodiola rosea, which helps to modulate excess adrenaline, common to Type AB.

**Type AB Muscle & Nerve Support Support**
Nitricycle™ Botanicals blended with the amino acid L-Arginine, natural potentiators of Nitric Oxide. Type AB’s may be more at risk for health problems associated with imbalances in N.O. metabolism.

**Type AB Heart Health Support**
Methyl-12 Plus® Two forms of B-12, with synergistic co-factor, folate (folic acid), which can lower homocystine levels, important to Type AB for cardiovascular health.

**Type AB Liver Health**
Hepatiguard™ Dr. D'Adamo’s exclusive formula naturally supports optimal liver function and detoxification, which can be especially important for Type AB.

**Add Your GenoType Supplements**

**Synergist**
Fish Oil Formula/Explorer Synergist: Explorer Catalyst: Adaptogens selected to increase resistance to biological stress & build vitality. Explorer Activator: Gastro-protective; liver/bile health; cellular energy production.

**Synergist**
Nomad Catalyst: Cellular energy optimizer and catalyst with Creatine and Magnolia Bark. Nomad Activator: Nitric Oxide potentiator; cardiovascular and circulatory support.

**Synergist**
Teacher Catalyst: Adaptogens selected to increase resistance to biological stress & build vitality. Teacher Activator: Protein digestive aid; flora and plant sterols.

**Synergist**
Warrior Catalyst: Digestive system balancing calmsalve. Warrior Activator: Digestive system balancing calmsalve, cognitive function, nervous system, cardiovascular system, stomach & intestine, joint & ligament health, immune health, men’s health, women’s health & Nerve Support.

**Block Effects of Lectins**
Deflect® AB 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® AB Designed by Dr. D'Adamo to reflect the individual health concerns and precise nutritional needs of your blood type.

**Your Multi-Mineral**
Phytocal® AB 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® AB 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**

**Type AB Stress Response**
Catechol® Enhance natural recovery from occasional stress with amino acids Tyrosine and Arginine and the Adapogen Rhodiola rosea, which helps to modulate excess adrenaline, common to Type AB.

**Type AB Muscle & Nerve Support Support**
Nitricycle™ Botanicals blended with the amino acid L-Arginine, natural potentiators of Nitric Oxide. Type AB’s may be more at risk for health problems associated with imbalances in N.O. metabolism.

**Type AB Heart Health Support**
Methyl-12 Plus® Two forms of B-12, with synergistic co-factor, folate (folic acid), which can lower homocystine levels, important to Type AB for cardiovascular health.

**Type AB Liver Health**
Hepatiguard™ Dr. D'Adamo’s exclusive formula naturally supports optimal liver function and detoxification, which can be especially important for Type AB.

**Add Your GenoType Supplements**

**Synergist**
Fish Oil Formula/Explorer Synergist: Explorer Catalyst: Adaptogens selected to increase resistance to biological stress & build vitality. Explorer Activator: Gastro-protective; liver/bile health; cellular energy production.

**Synergist**
Nomad Catalyst: Cellular energy optimizer and catalyst with Creatine and Magnolia Bark. Nomad Activator: Nitric Oxide potentiator; cardiovascular and circulatory support.

**Synergist**
Teacher Catalyst: Adaptogens selected to increase resistance to biological stress & build vitality. Teacher Activator: Protein digestive aid; flora and plant sterols.

**Synergist**
Warrior Catalyst: Digestive system balancing calmsalve. Warrior Activator: Digestive system balancing calmsalve, cognitive function, nervous system, cardiovascular system, stomach & intestine, joint & ligament health, immune health, men’s health, women’s health & Nerve Support.

**Type AB Basics Pack**
Build a solid daily foundation for personalized health. (Contains all 4 formulas.) Don’t know your Type? Order your kit online.

**Target Your Needs**

**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.