**D’ADAMO PERSONALIZED NUTRITION®**

Genoma Nutritional®

Right For All Types

**DIETARY SUPPLEMENTS**

**BLOOD TYPE B**

*Your Personalized Nutrition Guide*

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**Begin with Your B Basics**

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

**Block Effects of Lectins**

**Deflect® B** 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® B** Designed by Dr. D’Adamo to reflect the individual health concerns and precise nutritional needs of your blood type.

**Your Multi-Mineral**

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

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**Add Your Targeted Supplements**

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

**Type B Stress Response**

**Cortiguard®** Enhance natural recovery from occasional stress with Dr. D’Adamo’s exclusive formula developed to help the body balance its natural cortisol response.

**Type B Nerve Health Support**

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

**Type B Blood Sugar Support**

**Glycoscia™** Designed to balance blood sugar and supports the body’s natural ability to regulate insulin levels. Features Resveratrol and four other botanics.

**Type B Prevention**

**ProBerry 3™** Immunity is “the Achilles Heel” of the unbalanced Type B, especially viral and bacterial infections. Dr. D’Adamo recommends Elderberry, found in his ProBerry formulas.

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**Add Your GenoType Supplements**

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

**Tends to store calories as fat; trouble with appetite regulation; low physical and mental energy.**

**Gatherer Activator:** Mood and stress balancing; natural carbohydrate metabolism and balanced insulin.

**Gatherer Catalyst:** Metabolism balancing and support; Cortisol balance.

**CLA Formula/Gatherer Synergist:** 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 provide long chain Omega 3’s.

**Imbalances in the cardiovascular, nervous, and immune systems; overly tolerant in some and overly reactive in others.**

**Nomad Activator:** Nitric Oxide potentiator; cardiovascular and circulatory support.

**Nomad Catalyst:** Cellular energy optimizer/catalyst with Creatine and Magnolia Bark.

**Flaxseed Oil Formula/Nomad Synergist:** Balance of Omega-3, Omega-6, Omega-9 from Flax.

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**Type B Basics Pack**

Build a solid daily foundation for personalized health. (Contains all 4 formulas.)

**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.

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