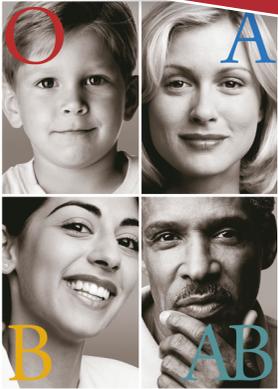


# BLOOD TYPE O

## Your Personalized Nutrition Guide

### Begin with Your O Basics

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



#### Block Effects of Lectins

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

#### Your Multi-Mineral

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

### Type O Basics Pack



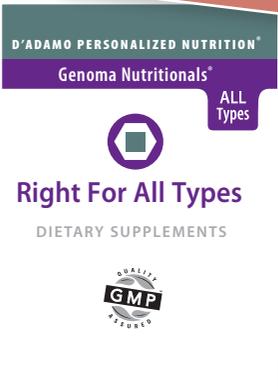
Build a solid daily foundation for personalized health. (Contains all 4 formulas.)

Don't know your Blood Type? Order your kit online.



### Add Your Targeted Supplements

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



#### Type O Stress Response

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

#### Type O Metabolism Support

**Fucus Plus®** Support natural thyroid function with this unique type of seaweed used to enhance the metabolism and modulate the immune system in Type O.

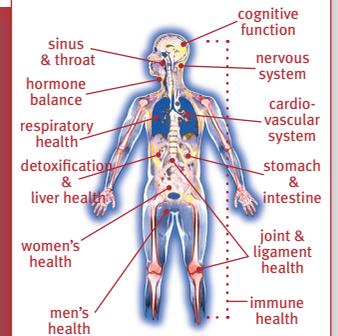
#### Type O Stomach Support

**Gastro-D Complex™** Don't just cover up stomach acid, protect your stomach health with Dr. D'Adamo's blend of Mastic Gum, DGL, bismuth and other botanicals.

#### Type O Intestine and Colon Health

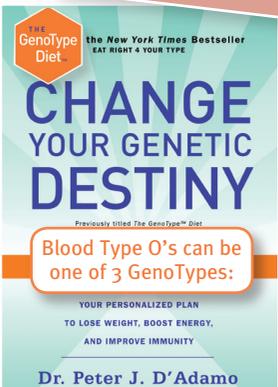
**Intrinsa™** Short and medium-chain fatty acids support the health and healing of cells in the small and large intestine, and serves the natural processes of aerobic energy metabolism.

### Target Your Needs



### Add Your GenoType Supplements

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



Mid-life adrenal burn out; hyper-reactive immune responses; digestive sensitivity.

**Hunter Activator:** Adrenal balance and stress response.  
**Hunter Catalyst:** Balances overly-sensitive digestive system.  
**Fish Oil Formula/Hunter Synergist:** Pure marine lipids provide long chain Omega 3's.



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.

### 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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