**BLOOD TYPE O**

*Your Personalized Nutrition Guide*

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

**Begin with Your O Basics**

- **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**
  - Polylora® 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.

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**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.

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**Add Your GenoType Supplements**

Re-Set your genetic expression with the GenoType Diet.

- **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.

- **Target Your Needs**
  - **Sinus & throat health**
  - **Respiratory health**
  - **Detoxification & liver health**
  - **Men’s health**
  - **Women’s health**

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**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.