

# BLOOD TYPE B

## Your Personalized Nutrition Guide

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.

### Type B Basics Pack



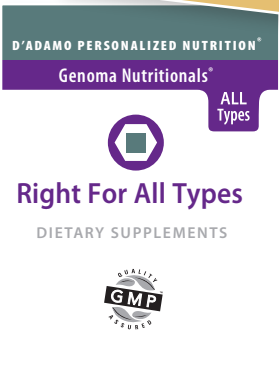
Build a solid daily foundation for personalized health. (Contains all 4 formulas.)

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



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

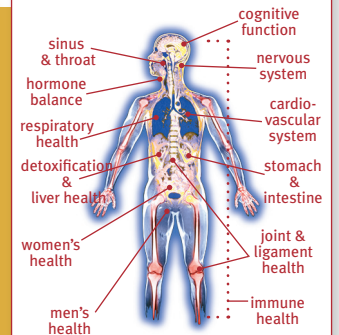
**Glycoscia™** Designed to balance blood sugar and supports the body's natural ability to regulate insulin levels. Features Resveratrol and four other botanicals.

### 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.

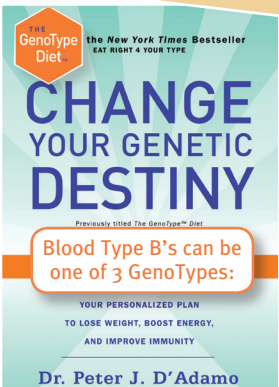


### Target Your Needs



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.

### 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](http://www.rightforyourtype.com) or call (877) 226-8973 in the U.S. ©2011 North American Pharmacal, Inc. These statements have not been evaluated by the FDA (U.S. Food & Drug Administration). Our products are not intended to diagnose, cure or prevent any disease. If a condition persists, please contact your physician.