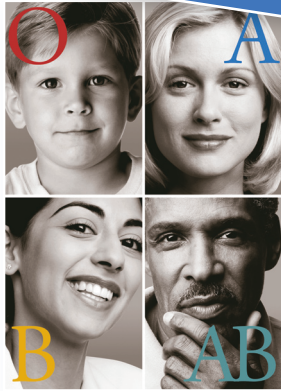


# BLOOD TYPE A

## Your Personalized Nutrition Guide

### Begin with Your A Basics

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



#### Block Effects of Lectins

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

#### Your Multi-Mineral

**Phytocal A®** 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 A®** 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 A 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 A Stress Response

**Cortiguard®** Enhance the health of the nervous system and strengthen resistance to the physical effects of occasional stress. Natural recovery with Dr. 'Adamo's exclusive formula, Cortiguard.

#### Type A Detoxification Support

**Hepatiguard®** Dr. D'Adamo writes about Type A liver/gall bladder health. This exclusive formula naturally supports optimal liver function and bile production which can be especially important for Blood Type A.

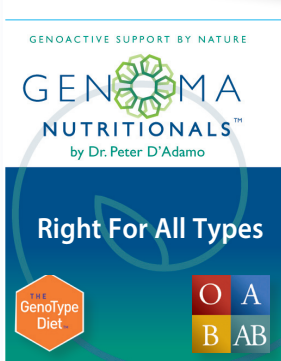
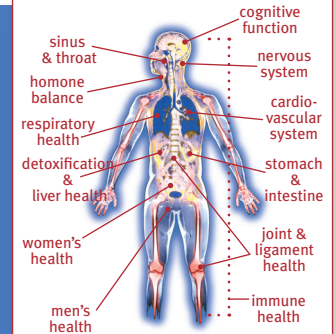
#### Type A Metabolic Support

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

#### Type A Immune Support

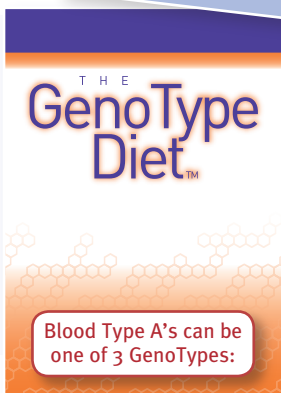
**Helix®** Exclusive to Dr. D'Adamo, Helix has a powerful component which can help the immune system function more effectively and efficiently, and may serve as a very potent protective agent.

### Target Your Needs



### Add Your GenoType Supplements

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



Overly tolerant immune system, sensitive digestive system, and increased mental stress when in poor health.

**Teacher Activator:** Protein digestive aid; flora and plant sterols.

**Teacher Catalyst:** Adaptogens selected to increase resistance to biological stress and build vitality.

**Teacher Synergist:** GenoCorrect Flax oil blend of Omega-3, Omega-6, Omega-9.



Stores all calories as fat, depressed immunity, heart and circulatory health challenges, accelerated aging.

**Warrior Activator:** Digestive system balancing and calmative.

**Warrior Catalyst:** Powerful anti-aging formula. Includes pure Gynostemma.

**Warrior Synergist:** CLA 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.

**Explorer Synergist:** Pure Marine Lipids providing long chain Omega 3's.

### GenoType Essentials Pack



Maximize your GenoType's strengths and minimize your weaknesses with personalized Geno-Actives.

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

