

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 Type? Order your kit online.



Add Your Targeted Supplements

→ Each 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.

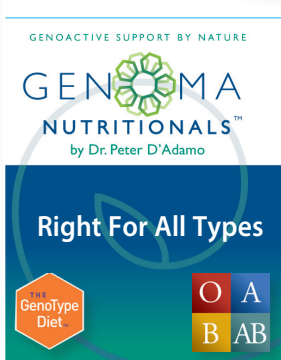
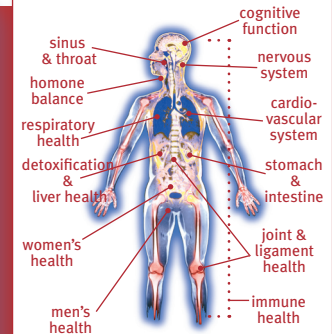
Type O Stomach Support

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

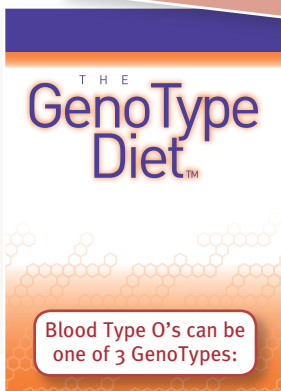
Intrinsa™ Short and medium-chain fatty acids support the health and healing of cells in the small and large intestine, and serves the natural processes of aerobic energy metabolism.

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.
Hunter Synergist: Marine Lipids feature 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.
Gatherer 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.

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