

This catalog is made for individuals. For practitioners. For healers. For families. **For people on the path.**

D'Adamo Personalized Nutrition is a support system for an earth-changing idea: that health starts with your unique biology. Since 1995, we've helped people eat, live, and heal in alignment with who they are — not with generic trends, but with personalized insight rooted in blood type, genetics, and decades of clinical experience.

We're not a one-size-fits-all supplement company. We're dedicated naturopaths, clinicians, curious thinkers, and devoted customers — people who believe that caring for your body is the first step toward becoming who you're meant to be.

Whether you're here to support a patient, fine-tune your own routine, or begin a new chapter in your health, you're in the right place.

Our products don't just improve digestion, immunity, or energy. They support clarity, resilience, and purpose — so that you can bring your best self to the people and responsibilities that matter most.

Because true wellness isn't the destination. It's the starting point.

Let this catalog be a guide. A companion. A toolkit to help you do what only you can do — with more strength, clarity, and intention than ever before.



Personalized supplements designed for each blood type



Get to know <u>Blood</u>
<u>Type Specific Product</u>
<u>Line</u> of supplements
and packs.

Whether you're new to personalized nutrition or already familiar with the benefits of blood type specific supplements, the Blood Type Specific Product Line offers products that cater to your individual needs. Explore our range today and take a step towards a healthier, more personalized approach to wellness.

Deflect®

Live Cell®

Phytocal®

Polyflora® +

Polyvite®

TypeZyme™

Deflect® – Your Blood Type Specific Defense Against Lectins

Dr. Peter D'Adamo has identified dietary lectins—proteins found in many common foods—as an important factor affecting the body's immune system and metabolism. These lectins can bind to blood type markers in the gut, disrupting digestion and overall well-being.

Deflect® is designed to block harmful lectins, helping to support immune function, digestion, and metabolic balance. Each formula is carefully crafted with targeted ingredients for your blood type.

- Neutralizes lectins before they can cause digestive discomfort or immune reactions
- Supports gut health and promotes better nutrient absorption
- Helps maintain metabolic balance
- Aids in weight management





<u>Shop</u> <u>Deflect</u> <u>Products</u>

Blood Type-Specific Formulas



<u>Deflect - Lectin Blocker</u> (<u>Blood Type O)</u>

Key Ingredients: N-Acetyl D-Glucosamine (NAG), Bladderwrack (Fucus vesiculosus), Sodium Alginate

SKU: BT004O

MSRP: \$51.95 | Shop



<u>Deflect - Lectin Blocker</u> (<u>Blood Type B</u>)

Key Ingredients: Larch Arabinogalactan, N-Acetyl D-Glucosamine (NAG), Pectin

SKU: BT004B

MSRP: \$51.95 | Shop

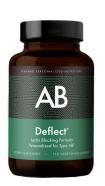


<u>Deflect - Lectin Blocker</u> (<u>Blood Type A</u>)

Key Ingredients: N-Acetyl D-Glucosamine (NAG), Chondroitin, D-Mannose

SKU: BT004A

MSRP: \$51.95 | Shop



<u>Deflect - Lectin Blocker</u> (<u>Blood Type AB</u>)

Key Ingredients: Larch Arabinogalactan, D-Mannose, Pineapple

SKU: BT004AB

MSRP: \$51.95 | Shop

Live Cell® – Blood Type Specific Sprouted Food Complex

Sprouted foods are among nature's most potent sources of nutrition, delivering peak levels of antioxidants, enzymes, and phytonutrients at the earliest stage of growth. Live Cell® is a carefully formulated sprouted food supplement, designed by Dr. Peter D'Adamo to support antioxidant activity, cellular metabolism, and detoxification.

By harnessing the power of targeted sprouted greens and legumes, Live Cell provides a bioavailable, nutrient-dense blend to help maintain immune health, digestion, and overall well-being. Each formula is tailored with blood typespecific plant sources, ensuring maximum benefit.

- Delivers concentrated, bioavailable plant nutrients for optimal absorption
- Supports immune function, cellular health, and natural detoxification
- Enhances digestion and promotes antioxidant activity
- Formulated with sprouted foods selected for each blood type's unique needs





Shop Live Cell Products

Blood Type Specific Formulas



<u>Live Cell – Sprouted Greens</u> (<u>Blood Type O)</u>

Key Ingredients: Broccoli Sprouts, Onion Sprouts, Adzuki Sprouts

SKU: BT009O

MSRP: \$38.85 | Shop



<u>Live Cell – Sprouted Greens</u> (<u>Blood Type B and AB</u>)

Key Ingredients: Onion Sprouts, Oat Sprouts, Broccoli Sprouts

SKU: BT009B-AB

MSRP: \$38.85 | Shop



<u>Live Cell – Sprouted Greens</u> (<u>Blood Type A)</u>

Key Ingredients: Soy Sprouts, Broccoli Sprouts

SKU: BT009A

MSRP: \$38.85 | Shop

Phytocal® – Blood Type Specific Sea-Based Mineral Formula

Phytocal® was designed by Dr. Peter D'Adamo and features a unique source of minerals: Maerl, a small red seaweed (Lithothamnium) found only in isolated areas off the coast of Ireland. Of all sources of calcium, Maerl has one of the lowest levels of undesirable contaminants, making it a clean and highly bioavailable choice.

Its unique structure enhances absorption, and when formulated specifically for each blood type, Phytocal delivers essential co-factors and trace minerals that support bone health, joint function, and overall mineral balance.

- Supports bone strength, joint health, and overall mineral balance
- Uses maerl-based sea calcium for superior bioavailability
- Includes blood type-specific cofactors to enhance absorption and effectiveness
- Provides essential trace minerals, including magnesium, and zinc





Shop Phytocal Products

Blood Type Specific Formulas



<u>Phytocal – Multimineral</u> (<u>Blood Type O)</u>

Key Ingredients: Vitamin D, Calcium, Manganese

SKU: BT008O

MSRP: \$39.95 | Shop



<u>Phytocal – Multimineral</u> (<u>Blood Type B</u>)

Key Ingredients: Vitamin D, Calcium, Magnesium

SKU: BT008B

MSRP: \$39.95 | Shop

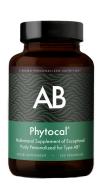


Phytocal – Multimineral (Blood Type A)

Key Ingredients: Vitamin D, Calcium, Ipriflavone

SKU: BTOO8A

MSRP: \$39.95 | Shop



<u>Phytocal – Multimineral</u> (<u>Blood Type AB</u>)

Key Ingredients: Vitamin D, Calcium, Yellow Dock (Rumex crispus)

SKU: BT008AB

MSRP: \$39.95 | Shop

Polyflora®+ Multifunction Probiotic with Akkermansia

Now Featuring Akkermanisia Muciniphila Keystone Species

A healthy gut is essential for overall well-being, and Polyflora® + is our advanced probiotic formula designed to optimize digestive health, immunity, and metabolism. Unlike generic probiotics, Polyflora + provides a targeted blend of probiotics and prebiotics, carefully formulated to nourish beneficial gut bacteria and support microbial balance.

Now enhanced with Akkermansia, a groundbreaking postbiotic known as a "keystone species" in gut health, Polyflora + strengthens the gut lining, improves digestion, and promotes metabolic efficiency. With its unique combination of probiotics, prebiotics, and postbiotics, Polyflora® + helps reinforce your body's natural defenses and supports a thriving microbiome.

- Balances gut flora with blood type-specific probiotic strains
- Enhances digestion, metabolism, and nutrient absorption
- Supports immune function and gut barrier integrity
- Includes prebiotic ingredients to feed beneficial bacteria
- Now with Akkermansia, a postbiotic that strengthens the gut lining





<u>Shop</u> <u>Polyflora®+</u> <u>Products</u>

Blood Type Specific Formulas



Polyflora®+ Multifunction Probiotic with Akkermansia (Blood Type O)

Key Ingredients: Streptococcus thermophilus, Lactobacillus rhamnosus, Saccharomyces boulardii, Akkermansia muciniphila postbiotic

SKU: BT0130

MSRP: \$55.95 | Shop



Polyflora®+ Multifunction Probiotic with Akkermansia (Blood Type B)

Key Ingredients: Lactobacillus bulgaricus, Saccharomyces cerevisiae, Akkermansia muciniphila postbiotic

SKU: BT013B

MSRP: \$55.95 | Shop



Polyflora®+ Multifunction Probiotic with Akkermansia (Blood Type A)

Key Ingredients: Bifidobacterium bifidum, Lactobacillus plantarum, Lactobacillus reuteri, Akkermansia muciniphila postbiotic

SKU: BT013A

MSRP: \$55.95 | Shop



Polyflora®+ Multifunction Probiotic with Akkermansia (Blood Type AB)

Key Ingredients: Lactobacillus casei and Lactobacillus fermentum, Saccharomyces boulardii, Akkermansia muciniphila postbiotic

SKU: BT013AB

MSRP: \$55.95 | Shop

Polyvite® – Blood Type Specific Multivitamin

This peerless multivitamin formula is carefully designed by Dr. Peter D'Adamo to reflect the individual health concerns and precise nutritional needs of each blood type. Unlike generic multivitamins, Polyvite® provides the proper mix and dosages of vitamins, phytonutrients, and nutritional co-factors tailored for your blood type, ensuring optimal absorption and utilization.

Polyvite is intended for use in circumstances when dietary intake alone may not meet your nutritional needs, offering targeted support for immune health, metabolism, and overall well-being.

- Provides essential nutrients that may not be available through diet alone
- Supports immune health and metabolism
- Protects the body during times of high stress or biological demand
- Provides nutritional antioxidants to address the specific needs of each blood type





<u>Shop</u> <u>Polyvite</u> <u>Products</u>

Blood Type-Specific Formulas



<u>Polyvite – Personalized Multivitamin</u> (<u>Blood Type O</u>)

Key Ingredients: Kelp (Laminaria spp.), L-Tyrosine, L-Carnitine

SKU: BT006O

MSRP: \$48.95 | Shop



<u>Polyvite – Personalized Multivitamin</u> (<u>Blood Type B</u>)

Key Ingredients: Eleutherococcus, Nutritional Yeast, Carob

SKU: BT006B

MSRP: \$48.95 | Shop

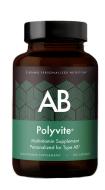


<u>Polyvite – Personalized Multivitamin</u> (<u>Blood Type A</u>)

Key Ingredients: Vitamin A (100% as beta-Carotene), Vitamin C, Flaxseed

SKU: BT006A

MSRP: \$48.95 | Shop



<u>Polyvite – Personalized Multivitamin</u> (<u>Blood Type AB</u>)

Key Ingredients: Rhodiola rosea, Green Tea, Ashwagandha

SKU: BT006AB

MSRP: \$48.95 | Shop

TypeZyme[™] – Blood Type Specific Digestive Enzyme Formula

Healthy digestion is essential for overall well-being. Dr. Peter D'Adamo designed TypeZymeTM to address the unique digestive enzyme patterns of each blood type, ensuring optimal nutrient breakdown and absorption. Each formula provides targeted support, helping to enhance digestion, reduce discomfort, and maximize metabolic efficiency.

By addressing blood type-specific digestive needs, TypeZyme promotes a balanced gut environment and supports the body's ability to efficiently process food—helping to alleviate bloating, indigestion, and sluggish digestion.

- Supports digestion by breaking down proteins, fats, and carbohydrates
- Enhances nutrient absorption for better energy and metabolism
- Reduces bloating, cramping, and occasional digestive discomfort
- Formulated with blood typespecific enzymes for targeted digestive support





Shop TypeZyme Products

Blood Type Specific Formulas



<u>TypeZyme - Digestive Enzyme</u> (<u>Blood Type O</u>)

Key Ingredients: Amylase, Cellulase, Ox Bile and Bovine Pancreatin

SKU: BT005O

MSRP: \$47.95 | Shop



<u>TypeZyme – Digestive Enzyme</u> (<u>Blood Type B</u>)

Key Ingredients: Ovine Pancreas, Amylase, Lipase, Ox Bile

SKU: BT005B

MSRP: \$47.95 | Shop



<u>TypeZyme – Digestive Enzyme</u> (<u>Blood Type A</u>)

Key Ingredients: Betaine HCL, Bromelain, Lipase, Protease

SKU: BT005A

MSRP: \$47.95 | Shop



<u>TypeZyme – Digestive Enzyme</u> (<u>Blood Type AB</u>)

Key Ingredients: Amylase, Lipase, Bromelain, Ox Bile, Protease

SKU: BT005AB

MSRP: \$47.95 | Shop



Genoma® Product Line



The Genoma® Product Line features some of Dr. Peter D'Adamo's most advanced nutritional formulas — designed to support specific systems of the body through targeted, condition-specific supplementation.

Scan to view the whole Genoma Line

Stress



Catechol®

Support for stress response and mood balance, good for all Blood Types but optimized for Blood Types O and AB.

With Rhodiola, L-Tyrosine & Coenzyme Q10

SKU: NP080 | MSRP: \$29.95



Tranquility Base[™]

Designed with supportive nutrients and botanicals to promote relaxation and healthy stress control.

With L-Theanine, GABA, Lemon balm & Chamomile Leaf Extract

SKU: NP035 | MSRP: \$34.95



Cortiguard®

Stress support for all Blood Types but optimized Blood Types A and B; helps maintain healthy cortisol levels.

With Bacopa, Magnolia & Thiamine

SKU: NP081 | MSRP: \$30.95



<u>ImmunoSynergy</u>™

Designed to enhance resilience under stress and support healthy immune activation.

With Chinese Skullcap, Magnolia Bark, Lactobacillus brevis & Mixed Tocopherols

SKU: NP087 | MSRP: \$34.95 *Also supports Immunity

Brain



Attentia[™]

Herbal supplement designed to improve memory and promote healthy cognitive function.

With Ginkgo Leaf Extract, Ashwagandha, Siberian Ginseng & Grapeseed Extract

SKU: NP038 | MSRP: \$28.95



Membrosia Complex[™]

Supports cell membrane health, water balance, cellular clean-up processes and improved cognition.

With Lecithin, Trehalose, Ribose & Uridine

SKU: NP077 | MSRP: \$54.95 *Also supports Healthy Aging



Trehalose Complex[™]

Promotes healthy cognitive and nerve function while providing healthy aging support

With Trehalose & D-Ribose

SKU: NP067 | MSRP: \$34.95 *Also supports Healthy Aging



Methyl 12 Plus[™]

Supports healthy metabolic function and energy production.

With Vitamin B12 (as Methylcobalamin) & Folate

SKU: NP008 | MSRP: \$24.95

*Also supports Energy, Vitamins & Minerals



Digestion



Gastro-D Complex[™]

Fast-acting digestive relief and gut support.

With Mastic Gum, DGL & Slippery Elm

SKU: NP042 | MSRP: \$52.95



Bromelain

Pineapple-derived enzyme for protein digestion and tissue support.

With Bromelain Enzyme

SKU: NP032 | MSRP: \$52.95 *Also supports Joints & Bones



Intrinsa™

Supports bowel health with targeted shortchain fatty acids and fiber.

With Butyric Acid, Caprylic Acid & Larch Fiber

SKU: NP054 | MSRP: \$45.95



<u>Hepatiguard</u>™

Protects liver health and helps reduce toxic load.

With Milk Thistle, Bupleurum Root & Turmeric

SKU: NP043 | MSRP: \$41.95



Healthy Aging



Membrosia Complex[™]

Supports cell membrane health, water balance, cellular clean-up processes and improved cognition.

With Lecithin, Trehalose, Ribose & Uridine

SKU: NP077 | MSRP: \$54.95

*Also supports Brain



Genoma Derma[™]

Nutrient and botanical blend to support healthy, radiant skin.

With Vitamin B6, L-Lysine, Yerba Matte & trans-Resveratrol

SKU: NP047 | MSRP: \$34.95



Trehalose Complex[™]

Promotes healthy cognitive and nerve function while providing healthy aging support

With Trehalose & D-Ribose

SKU: NP067 | MSRP: \$34.95

*Also supports Brain



Aromastat[™]

Designed to optimize natural testosterone levels and maintain lean muscle mass

With Chrysin, Indole-3-Carbinol & Apigenin

SKU: NP010 | MSRP: \$41.95

*Also supports Hormone Balance



Ocubright[™]

Supports healthy vision and replenishes key antioxidants.

With Zinc, Eyebright, Bilberry & Lutein

SKU: NP062 | MSRP: \$51.95



Detox



DetoxiCal-D™

Supports healthy liver function and detoxification pathways.

With Calcium D-Glucarate & Phyllanthus amarus

SKU: NP053 | MSRP: \$41.95 *Also supports Hormone Balance





Hepatiguard[™]

Protects liver health and helps reduce toxic load.

With Milk Thistle, Bupleurum Root & Turmeric

SKU: NP043 | MSRP: \$41.95



Harmonia Deluxe Greens™

A blood type-friendly blend of greens, sprouted seeds, and antioxidant-rich fruits. Supports energy, digestion, and overall vitality.

SKU: NP000 | MSRP: \$52.95

*Also supports Energy & Weight Loss



Redoxa™

Supports respiratory and immune health.

With N-Acetyl Cysteine, Glutathione & Magnolia Bark

SKU: NP008 | MSRP: \$44.95

*Also supports Lungs & Hormone Balance



Hytrax[™]

Promotes healthy kidney, bladder and urinary tract function.

With Dandelion Leaf, Buchu Leaf & Potassium

SKU: NP044 | MSRP: \$27.95

Also supports Circulation & Hormone Balance

Weight Loss



<u>Glycoscia</u>™

Helps support healthy blood sugar metabolism.

With Salacia Root, Resveratrol & Maitake Mushroom

SKU: NP056 | MSRP: \$34.95 *Also supports Energy



Fucus Plus®

Sea-vegetable formula for metabolism and thyroid support.

With Bladderwrack & Larch Arabinogalactan

SKU: NP007 | MSRP: \$24.95



<u>GlycoSynergy</u>™

Supports cellular metabolism, blood sugar balance, and mitochondrial energy

With Guarana Seed, Berberine HCL, White Willow Bark & CoQ10

SKU: NP075 | MSRP: \$46.95 *Also supports Energy



Harmonia Deluxe Greens[™]

A blood type-friendly blend of greens, sprouted seeds, and antioxidant-rich fruits. Supports energy, digestion, and overall vitality.

SKU: NP000 | MSRP: \$52.95 *Also supports Energy & Detox



Energy



Harmonia Deluxe Greens™

A blood type-friendly blend of greens, sprouted seeds, and antioxidant-rich fruits. Supports energy, digestion, and overall vitality.

SKU: NP000 | MSRP: \$52.95 *Also supports Weight Loss & Detox



Methyl 12 Plus[™]

Supports healthy metabolic function and energy production.

With Vitamin B12 (as Methylcobalamin) & Folate

SKU: NP008 | MSRP: \$24.95

*Also supports Brain, Vitamins & Minerals



Glycoscia[™]

Helps support healthy blood sugar metabolism.

With Salacia Root, Resveratrol & Maitake Mushroom

SKU: NP056 | MSRP: \$34.95 *Also supports Weight Loss



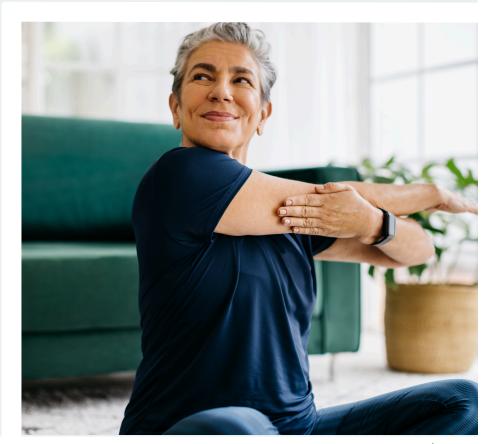
GlycoSynergy^{*}

GlycoSynergy[™]

Supports cellular metabolism, blood sugar balance, and mitochondrial energy.

With Guarana Seed, Berberine HCL, White Willow Bark & CoQ10

SKU: NP075 | MSRP: \$46.95 *Also supports Weight Loss



Joints & Bones



Bromelain

Pineapple-derived enzyme for protein digestion and tissue support.

With Bromelain Enzyme

SKU: NP032 | MSRP: \$52.95 *Also supports Digestion



Connectivar[™]

Promotes healthy connective tissues and ease discomfort from overexertion.

With Manganese, Butcher's Broom & Rutin-Hesperidin Complex

SKU: NP036 | MSRP: \$32.95 *Also supports Circulation



Phloxicin[™]

Supports joint flexibility and comfort.

With Boswellia Extract, Polygonum Cuspidatum & L-Histidine

SKU: NP034 | MSRP: \$35.95



<u>ClearCal</u>™

Highly bioavailable calcium formula to promote strong bones.

With Calcium derived from Maerl seaweed

SKU: NP037 | MSRP: \$32.95 *Also supports Vitamins & Minerals



Scienca™

Advanced curcumin complex to support both joint comfort and recovery.

With Turmeric, Quercetin & Bromelain

SKU: NP059 | MSRP: \$23.95 *Also supports Hormone Balance



Phyto D 2000[™]

Combines vitamins D3 & K2, drynaria, epimedium herb extract to maximize vitamin D intake.

With Vitamin D3, Vitamin K2 & Chinese Herbs

SKU: NP074 | MSRP: \$35.95

*Also supports Immunity, Hormone Balance, and Vitamins & Minerals

<u>Immunity</u>



$Redoxa^{TM}$

Supports respiratory and immune health.

With N-Acetyl Cysteine, Glutathione & Magnolia Bark

SKU: NP008 | MSRP: \$44.95

*Also supports Detox, Lungs & Hormone Balance



Genoma EQ[™]

Maintains hormonal balance and immune health.

With Stinging Nettle Root, Saw Palmetto & Chamomile

SKU: NP045 | MSRP: \$34.95 *Also supports Hormone Balance



ARA 6®- Pure Larch Powder

Prebiotic fiber powder to support gut balance, colon health, immune function, and gentle detox.

With Arabinogalactan from Western Larch

SKU: NP001 | MSRP: \$47.95



<u>Immunity</u>



<u>ImmunoSynergy</u>™

Designed to enhance resilience under stress and support healthy immune activation.

WWith Chinese Skullcap, Magnolia Bark, Lactobacillus brevis & Mixed Tocopherols

SKU: NP087 | MSRP: \$34.95

*Also supports Stress



Helix Plus®

Snail derived lectin that helps the immune system recognize and destroy unhealthy cells, especially in Blood Types A and AB.

With Edible Snail & Larch Arabinogalactan

SKU: NP011 | MSRP: \$41.95



Proberry Caps™

Powerful antioxidants and flavonoids to promote a healthy immune system.

With Elderberry, Blueberry & Black Cherry Extract

SKU: NP065 | MSRP: \$35.95

*Also supports Lungs



Quercetin Plus[™]

Potent antioxidant and seasonal support.

With Ouercetin & Bromelain

SKU: NP031 | MSRP: \$41.95

*Also supports Lungs



Genoma Security[™]

Traditional blend of well-researched herbal ingredients designed to support a healthy immune response.

With Andrographis paniculata Herb, Schisandra chinensis Fruit & Atractylodes macrocephala

SKU: NP048 | MSRP: \$34.95



Phyto D 2000[™]

Combines vitamins D3 & K2, drynaria, epimedium herb extract to maximize vitamin D intake.

With Vitamin D3, Vitamin K2 & Chinese Herbs

SKU: NP074 | MSRP: \$35.95

*Also supports Vitamins, Minerals, Hormone Balance, and Joints & Bones

Vitamins & Minerals



Methyl 12 Plus[™]

Supports healthy metabolic function and energy production.

With Vitamin B12 (as Methylcobalamin) & Folate

SKU: NP008 | MSRP: \$24.95 *Also supports Brain & Energy

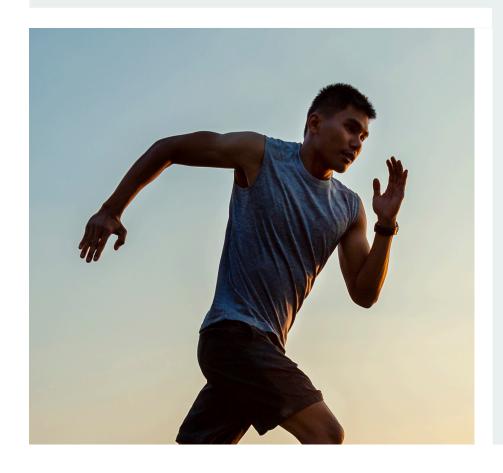


ClearCal[™]

Highly bioavailable calcium formula to promote strong bones.

With Calcium derived from Maerl seaweed

SKU: NP037 | MSRP: \$32.95 *Also supports Joints & Bones





Phyto D 2000[™]

Combines vitamins D3 & K2, drynaria, epimedium herb extract to maximize vitamin D intake.

With Vitamin D3, Vitamin K2 & Chinese Herbs

SKU: NP074 | MSRP: \$35.95

*Also supports Immunity, Hormone Balance, and Joints & Bones



Exakta™

Multi-nutrient support formula with over 30 essential nutrients, including calcium, omega-3s, antioxidants, and fiber.

SKU: NP052 | MSRP: \$50.95

<u>Lungs</u>



Collinsonia Plus®

Traditional herbal formula to naturally boost sinus, throat and circulatory health.

With Stone Root (Collinsonia canadensis) & Larch Arabinogalactan

SKU: NP009 | MSRP: \$25.95 *Also supports Circulation



Quercetin Plus™

Potent antioxidant and seasonal support.

With Quercetin & Bromelain

SKU: NP031 | MSRP: \$41.95 *Also supports Immunity



<u>Redoxa</u>™

Supports respiratory and immune health.

With N-Acetyl Cysteine, Glutathione & Magnolia Bark

SKU: NP008 | MSRP: \$44.95

*Also supports Detox, Immunity & Hormone





Powerful antioxidants and flavonoids to promote a healthy immune system.

With Elderberry, Blueberry & Black Cherry Extract

SKU: NP065 | MSRP: \$35.95 *Also supports Immunity

Circulation



Collinsonia Plus®

Traditional herbal formula to naturally boost sinus, throat and circulatory health.

With Stone Root (Collinsonia canadensis) & Larch Arabinogalactan

SKU: NP009 | MSRP: \$25.95

*Also supports Lungs



Genoma Cardia™

Cardiovascular support for healthy circulation and heart strength.

With Hawthorn Berry Extract, L-Taurine & Coenzyme Q10

SKU: NP046 | MSRP: \$27.95



Connectivar™

Promotes healthy connective tissues and ease discomfort from overexertion.

With Manganese, Butcher's Broom & Rutin-Hesperidin Complex

SKU: NP036 | MSRP: \$32.95 *Also supports Joints & Bones



Nitricycle[™]

Promotes healthy vasodilation and blood pressure while enhancing cognitive function.

With L-Citrulline, L-Arginine & Dragon's Blood Croton

SKU: NP013 | MSRP: \$27.95 *Also supports Hormone Balance



Hytrax[™]

Promotes healthy kidney, bladder and urinary tract function.

With Dandelion Leaf, Buchu Leaf Extract & Potassium

SKU: NP044 | MSRP: \$27.95

*Also supports Detox & Hormone Balance



Hormone Balance



Aromastat[™]

Designed to optimize natural testosterone levels and maintain lean muscle mass

With Chrysin, Indole-3-Carbinol & Apigenin

SKU: NP010 | MSRP: \$41.95 *Also supports Healthy Aging



Fem Balance™

Specifically for women, to ease the pain of menopause and promote healthy hormonal balance.

With Chaste Tree, Black Cohosh, Parsley, Squawvine & Motherwort

SKU: NP033 | MSRP: \$31.95



DetoxiCal-D™

Supports healthy liver function and detoxification pathways.

With Calcium D-Glucarate & Phyllanthus amarus

SKU: NP053 | MSRP: \$41.95 *Also supports Detox



Hytrax[™]

Promotes healthy kidney, bladder and urinary tract function.

With Dandelion Leaf, Buchu Leaf Extract & Potassium

SKU: NP044 | <u>MSRP: \$27.95</u> *Also supports Detox & Circulation



Scienca™

Advanced curcumin complex to support both joint comfort and recovery.

With Turmeric, Quercetin & Bromelain

SKU: NP059 | MSRP: \$23.95 *Also supports Joints & Bones



Phyto D 2000[™]

Combines vitamins D3 & K2, drynaria, epimedium herb extract to maximize vitamin D intake.

With Vitamin D3, Vitamin K2 & Chinese Herbs

SKU: NP074 | MSRP: \$35.95

*Also supports Immunity, Hormone Balance, and Vitamins & Minerals

Hormone Balance



<u>Redoxa</u>™

Supports respiratory and immune health.

With N-Acetyl Cysteine, Glutathione & Magnolia Bark

SKU: NP008 | MSRP: \$44.95

*Also supports Detox, Immunity & Lungs



Genoma EQ[™]

Maintains hormonal balance and immune health.

With Stinging Nettle Root, Saw Palmetto & Chamomile

SKU: NP045 | MSRP: \$34.95 *Also supports Immunity

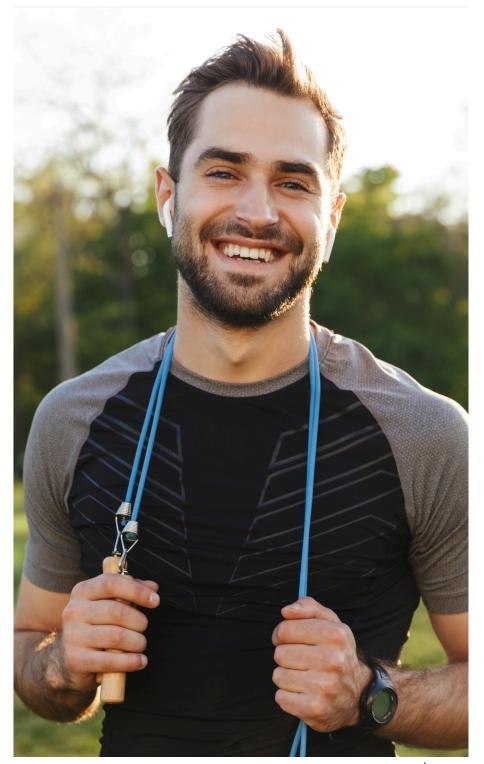


<u>Nitricycle</u>[™]

Promotes healthy vasodilation and blood pressure while enhancing cognitive function.

With L-Citrulline, L-Arginine & Dragon's Blood Croton

SKU: NP013 | MSRP: \$27.95 *Also supports Circulation







Sip Right 4 Your Type Tea (Blood Type O)

A bold blend designed for Blood Type O, combining green tea with soothing ginger and licorice, plus the antioxidant support of rooibos and rosehips.

With Green Tea, Ginger, Licorice & Natural Cherry Flavor

SKU: BT0180 | **MSRP:** \$18.95



Sip Right 4 Your Type Tea (Blood Type B)

A soothing, energizing blend for Blood Type B featuring green tea, chamomile, peppermint, and a touch of licorice and peach.

With Green Tea, Chamomile, Peppermint, Eleuthero & Natural Peach Flavor

SKU: BT018B | MSRP: \$18.95



Sip Right 4 Your Type Tea (Blood Type A)

Crafted for Blood Type A, this calming blend balances green tea with licorice and chamomile, finished with the brightness of pineapple and rosehips.

With Green Tea, Chamomile, Licorice Root & Pineapple Flavor

SKU: BT018A | MSRP: \$18.95



Sip Right 4 Your Type Tea (Blood Type AB)

A smooth, slightly earthy blend for Blood Type AB featuring green tea, chamomile, hawthorn berries, and a touch of licorice.

With Green Tea, Chamomile, Hawthorn Berries, Echinacea & Licorice

SKU: BT018AB | MSRP: \$18.95



Harmonia Deluxe Greens[™]

A blood type-friendly blend of greens, sprouted seeds, and antioxidant-rich fruits. Supports energy, digestion, and overall vitality.

With Chlorella, Barley Grass, Beet Root, Tart Cherry & Blueberry

SKU: NP000 | MSRP: \$52.95



Mr. Itaru's Green Tea

Classic Japanese tea with toasted brown rice for natural energy.

With Matcha

SKU: NP026 | MSRP: \$34.95





Scan the QR or <u>visit</u> <u>your app store to</u> <u>download</u>

Empower your personalized health journey with these testing tools and software from Dr. Peter D'Adamo.

The Official Blood Type Diet App

Track your plan, supplements, meals, and progress with the <u>The Blood Type Diet app</u>— *right from your phone*.

Ranked #6 in App Store and #3 in Google Play Data.ai Health & Fitness Paid Apps Ranking as of May 2025

- Keep your Blood Type Diet food lists at your fingertips
- Access categorized foods when cooking, grocery shopping or dining out
- Create a Family Food List for the entire family
- Learn the basics about Dr. Peter D'Adamo's <u>Eat Right 4</u> <u>Your Type</u> book



Original Home Blood-Typing Kit

Discover your ABO and Rh blood type at home in under 10 minutes. This safe and easy-to-use kit includes everything needed for a single test, now featuring an improved automatic lancet and a protective EldonFoil sheet for preserving your results.

Includes EldonCard, lancet, alcohol prep pad, dropper, applicator sticks, and instructions

SKU: YTE001B | MSRP: \$9.95



Secretor Status Collection Kit - US Only

Determine your secretor status with this updated DNA analysis kit, featuring improved collection tube, instructions, and redesigned packaging. Knowing your secretor type empowers you to further refine your Blood Type Diet and take strategic control of your wellness.

SKU: TE007B | MSRP: \$109.95

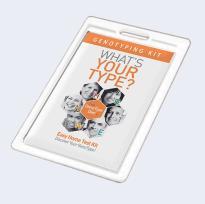


<u>Secretor Status Collection Kit – International (Non-US) Only</u>

For customers outside the U.S., this kit provides the same advanced DNA analysis to determine your secretor status.

Please note: this version does not include a lab shipping mailer.

SKU: TE007B-IN | MSRP: \$109.95



Home GenoTyping Kit

Quickly and easily determine your GenoType with this comprehensive kit, which includes an Easy-Typing Guide, biometric protractor/ruler, fingerprinting tools, and taster strips. Understanding your GenoType can help you make informed decisions about your diet and lifestyle.

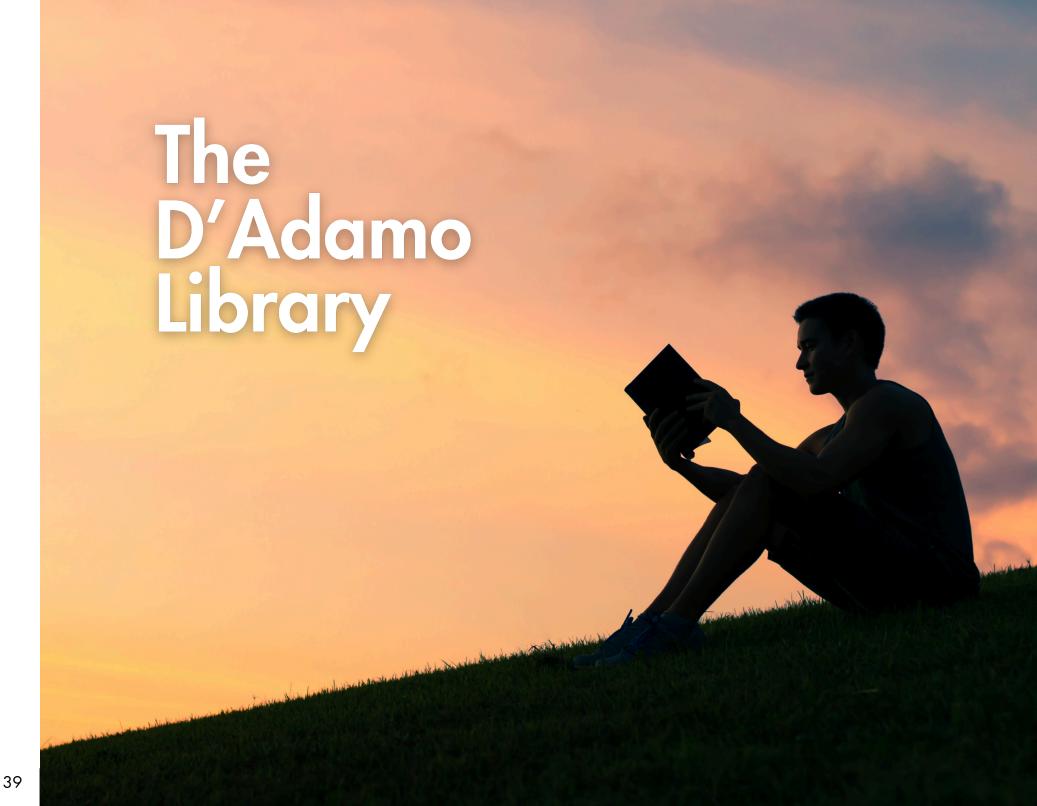
SKU: TE011 | MSRP: \$24.95



SWAMI Xpress (Digital Download)

Dr. Peter D'Adamo's advanced diet software creates a personalized nutrition SWAMI Diet Report based on your unique health profile and intake data. Other features include SWAMI Mobile for onthe-go access, a meal planner, and a cookbook creator. Entirely coded by Dr. D'Adamo. Web based requiring internet access; no physical product will be shipped.

SKU: ED070 | MSRP: \$69.95

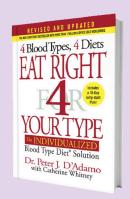




Scan the QR or <u>view</u> the entire library here

Explore Dr. Peter D'Adamo's complete library — from foundational Blood Type Diet books to condition-specific guides and personalized cookbooks.

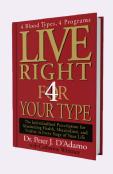
Core Titles



(NEW) Eat Right 4 Your Type

The groundbreaking bestseller that launched The Blood Type Diet. We are proud of Dr. Peter D'Adamo's revised and updated 20th anniversary edition of Eat Right for Your Type. Learn how your blood type shapes your ideal diet, lifestyle, and health strategy.

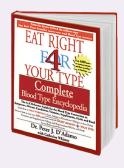
SKU: ED096 | MSRP: \$19.95



Live Right 4 Your Type

Take the next step in personalization with targeted recommendations for exercise, sleep, supplements, and aging — all based on your blood type.

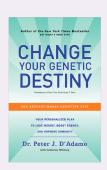
SKU: ED003 | MSRP: \$20.95



Complete Blood Type Encyclopedia

An in-depth clinical reference covering over 300 health conditions and their connection to blood type.

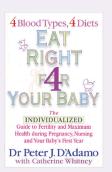
SKU: ED004 | MSRP: \$23.95



<u>Change Your Genetic Destiny</u> (softcover)

Introduces the GenoType Diet, Dr. D'Adamo's second major system for personalized nutrition, based on epigenetics and body measurements.

SKU: ED011 | MSRP: \$13.95

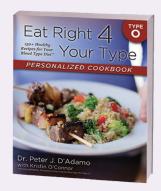


Eat Right for Your Baby (softcover)

Blood type-based guidance for fertility, pregnancy, and the first year of life — including diet plans for every stage.

SKU: ED006 | MSRP: \$13.95

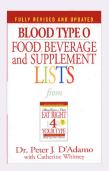
Cookbooks & Pocket Guides



Personalized Cookbook | Type O / A / B / AB

Each cookbook includes 150+ blood type-friendly recipes designed to support digestion, energy, and immunity.

SKU: Type O – ED100O | Type A – ED100A | Type B – ED100B | Type AB – ED100AB MSRP: \$10.80 each



Food, Beverage and Supplement Lists | Type O / A / B / AB

Portable pocket guides with easy-reference lists for shopping, eating out, and daily choices.

SKU: Type O – ED005O | Type A – ED005A | Type B – ED005B | Type AB – ED005AB **MSRP:** \$5.95 each



Condition-Specific Titles



<u>Diabetes: Fight It With the Blood</u> <u>Type Diet</u>

Blood type-specific strategies to manage blood sugar, reduce inflammation, and support metabolic health.

SKU: ED066S | MSRP: \$11.95



Menopause: Manage Its Symptoms With the Blood Type Diet

Personalized diet and lifestyle plans for hormone balance, energy, and long-term wellness.

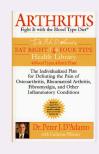
SKU: ED068S | MSRP: \$11.95



Cardiovascular Disease: Fight It With the Blood Type Diet

Targeted recommendations for heart health and circulation, based on your blood type.

SKU: ED065S | MSRP: \$11.95



Arthritis: Fight It With the Blood Type Diet

Strategies to reduce reactivity, support immunity, and ease symptoms — tailored to your type.

SKU: ED063S | MSRP: \$11.95



Cancer: Fight It With the Blood Type Diet

Supportive strategies for prevention and recovery, focused on immune strength and resilience.

SKU: ED064S | MSRP: \$11.95



Allergies: Fight Them With the Blood Type Diet

Strategies to reduce reactivity, support immunity, and ease symptoms — tailored to your type.

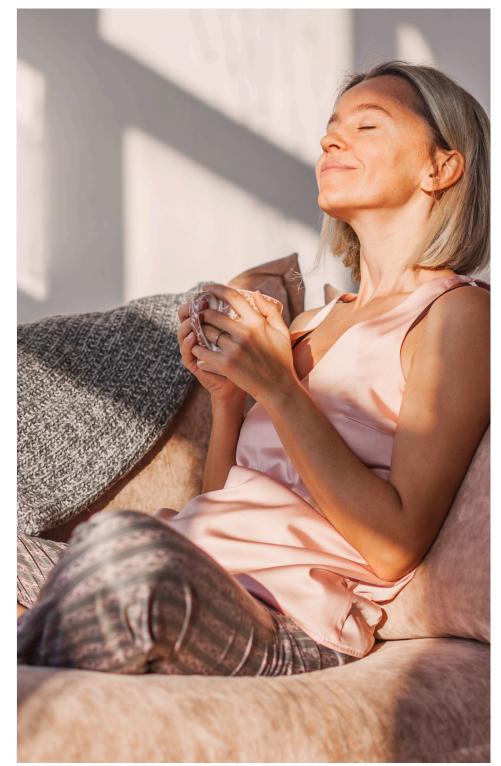
SKU: ED062S | MSRP: \$11.95



Aging: Fight It With the Blood Type Diet

Maintain vitality and cellular health with personalized guidance for aging well.

SKU: ED061P | MSRP: \$6.99



Find Supplements By Your Health Interests*

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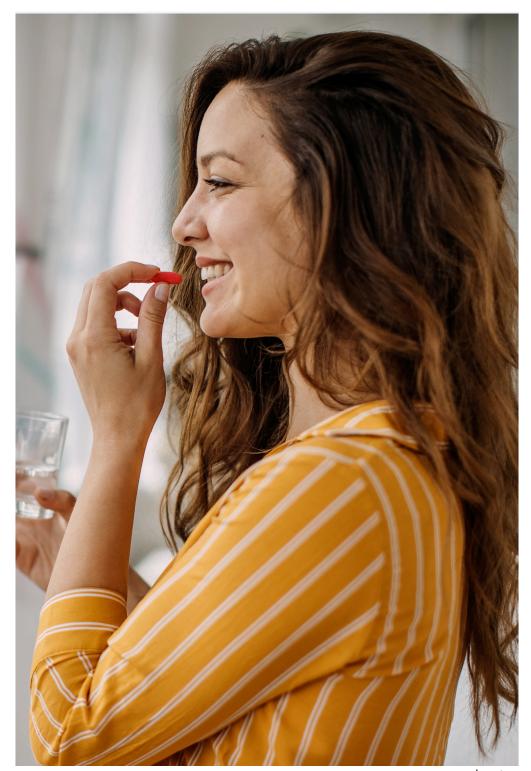
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^{*}These statements have not been evaluated by the FDA (U.S. Food & Drug Administration). Our products and services are not intended to diagnose, cure, treat or prevent any disease. If a condition persists, please contact your physician.

Connect + Commitment

Who we are. What we stand for. And how to reach us.

D'Adamo Personalized Nutrition (DPN) is the first company dedicated to supporting individuals following the Blood Type Diet®, GenoType Diet, and personalized SWAMI programs. Founded by Dr. Peter J. D'Adamo — physician, researcher, and author of Eat Right 4 Your Type — we've spent over 25 years helping people align their nutrition with their biology.

Our products are different because you're different.

At DPN, personalization runs deep — from the one-on-one service our team provides to the small-batch formulas crafted by our founder. Whether you're a health professional or simply committed to living well, we're here to support your journey with science, quality, and care.

What Makes Our Formulas Different:

- Formulated by Dr. D'Adamo and backed by decades of clinical research
- Manufactured in GMP-certified facilities with an "A" rating from the Natural Products Association
- Made with hypoallergenic vegetarian capsules no artificial fillers or animal stearates
- Many products include certified organic ingredients
- Always tailored to blood type, genetic, and clinical considerations

Need Help or Have Questions?



Scan the QR to visit 4yourtype.com or explore our Toolbox of articles, video, audio, and our Supplement Advisor tool.

Customer Service

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customerservice@4yourtype.com

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