

BLOOD TYPE DIET CHART

FOR SUPPLEMENTS, AND HERBS

COMMON NAME	BLOOD GROUP BENEFITS	PRIMARY ACTION
Alfalfa	BLOOD GROUP A, AB, B Arthritis Menopause	Contains Estrogenic isoflavones useful for menopausal symptoms.
Aloe Vera Juice	BLOOD GROUP A Constipation	Gentle laxative, clears toxins from the bowel, protects the lining of the gut, is a bitter tonic to the liver, aids digestion, & regulates metabolism.
Arabinogalactan	ALL BLOOD GROUPS Antibacterial Antibiotic Support Antiviral Cancer Prevention Chemotherapy Adjunct Flu Immune-Enhancing Pulmonary Support Yeast/Fungus Resistance	An immune modulator and adaptogenic agent. Also used as a source of dietary fiber and to treat digestive ailments.
Arginine	BLOOD GROUP B Immune-Enhancing Male Health Surgery Recovery BLOOD GROUP AB Antiviral Chronic Illness Recovery	Facilitates immune function, Increases Nitric Oxide and assists in wound healing.
Artichoke Leaf	BLOOD GROUP A, O Cardiovascular Liver Support	Digestive tonic that enhances liver function and promotes detoxification
Ashwaganda	BLOOD GROUP A Chronic Illness Recovery Fatigue-Fighting	Adaptogenic herb that promotes healthy stress response.
Astragalus	BLOOD GROUP A Immune-Enhancing BLOOD GROUP AB Antibacterial Antistress Immune-Enhancing BLOOD GROUP B Cancer Prevention BLOOD GROUP O Antibacterial Antiviral Cancer Prevention	Immune modulator, Increases natural killer (NK) cell activity. Helps in the treatment of Alzheimer's. Aids in the boosting of Immune function. Fights common cold & sore throat infection.
Balsam Bark	BLOOD GROUP B	Used to treat asthma, bronchitis, colic, cough, eczema, gout, itch, ring worm, skin troubles,

Balsam Bark (cont.)	Male Health	Stomachache and hormonal dysfunction.
Bearberry	BLOOD GROUP B Urinary Track Health	Supports proper bladder function
Beet Leaf Root	BLOOD GROUP AB, B Liver Support	Acts as a laxative and also helps to promote liver health.
Betaine HCL	BLOOD GROUP A Arthritis Blood-Building Yeast/Fungus Resistance BLOOD GROUP AB Yeast/Fungus Resistance	Increases stomach acidity. Helps break down proteins for further digestion in the small intestine.
Bilberry	BLOOD GROUP AB Anti-Inflammation	Inhibits platelet aggregation, Increases membrane protection, which protects the stomach. Lowers blood glucose levels. Prevents free radical damage.
Biotin	BLOOD GROUP O Skin Health	Antifungal in large doses.
Black Cohosh	BLOOD GROUP A Female Balancing Menopause Support BLOOD GROUP AB Menopause Support	Smooth muscle relaxant. Used to treat hot flashes and the symptoms of premenstrual syndrome.
Black Currant Seed Oil	BLOOD GROUP A Female Balancing Intestinal Health	Source of omega-6 oils. Anti-inflammatory. Used to treat Rheumatic Arthritis and infections. Also useful for Kidney and Blood health.
Bladderwrack (from Kelp)	BLOOD GROUP O Antibiotic Support Detoxification Stomach Health Yeast/Fungus Resistance	Metabolic aid. Traditional herbal medicine for weight loss. Kelp is a source of iodine, assisting in thyroid hormone production.
Blueberries	ALL BLOOD GROUPS Antioxidant Anti-Inflammatory Cardio Support Diarrhea	Blueberries help to lower blood pressure and blood sugar levels, as well as assisting in preventing macular degeneration and urinary tract infections.
Boron	NON-SECRETORS Arthritis Menopause Support	Helps maintain healthy bones. Enhances metabolism of calcium, magnesium, copper, phosphorus, and vitamin D.
Boswellia	ALL BLOOD GROUPS Arthritis Anti-Inflammatory	This herb contains boswellic acids that have shown to significantly reduce inflammation.
Brahmi (Bacopa Monnieri)	BLOOD GROUP A, AB Antistress Cognitive Improvement	Antioxidant support for the brain and nervous system. Also used to promote longevity, and to combat nervous system deficit due to injury & stroke.
Bromelain (Pineapple Enzyme)	ALL BLOOD GROUPS Indigestion, Heartburn	A Proteolytic Enzyme, Bromelain is believed to help with the digestion of protein.

Bupleurum	BLOOD GROUP AB Liver Support BLOOD GROUP B Detoxification	A Chinese herb with anti-inflammatory, adaptogenic, and sedative properties.
Burdock Root	BLOOD GROUP A Cancer Prevention Intestinal Health Skin Health BLOOD GROUP AB Detoxification	An immune modulator and blood purifier.
Calcium Citrate	ALL BLOOD GROUPS Antistress Arthritis Menopause Support	Needed for strong bones and teeth, also required for blood clotting, muscle contraction & healthy nerve cells.
Caprylic Acid	BLOOD GROUP A, O Yeast/Fungus Resistance NON-SECRETORS Antibiotic Support Intestinal Health	Antifungal, Antiseptic. Produced in the body in small amounts. Naturally found in coconut oil, palm nut oil, butter fat, & other vegetable & animal sources.
Cat's Claw	BLOOD GROUP B Anti-Inflammation	Immune Modulator, Used to treat Inflammation, Rheumatism, Gastric Ulcers, Tumors, & Dysentery.
Catnip	BLOOD GROUP AB, B, O Fever	
Cayenne Pepper	BLOOD GROUP AB, B O Anti-Inflammation Nausea	Digestive stimulant. Used to treat the circulatory system, & as a remedy for Rheumatic pains and Arthritis.
Celery Seed Extract	BLOOD GROUP AB Female Balancing Anti-Inflammatory	Used to treat Arthritis and Urinary Tract Infections.
Chamomile	ALL BLOOD GROUPS Antistress Female Balancing Headache Menopause Support	Nerve tonic, Calming & soothing, folk remedy for colic.
Chaste Berry	BLOOD GROUP O Menopause Support	Female tonic. Acts upon the pituitary gland to increase progesterone production & regulate a woman's cycle.
Chickweed	BLOOD GROUP AB Urinary tract health	Bile stimulant. Used to treat Asthma, Indigestion, and skin diseases.
Chlorella	BLOOD GROUP AB, B Antiviral	Immune modulator
Chondroitin Sulfate	BLOOD GROUP A, AB Arthritis	Helps nourish & regenerate joint cartilage.
Clove, (oil)	ALL BLOOD GROUPS Yeast/Fungus Resistance Toothache	An anti-inflammatory and anti-ulcer compound. Promotes resistance against Candida Albicans

Codonopsis	NON-SECRETORS Immune-Enhancing	Used to treat diabetes, chronic cough, shortness of breath, prolapsed uterus, lack of appetite, fatigue, diarrhea, & vomiting.
Coleus	BLOOD GROUP O Cardiovascular Fatigue-Fighting	Enhances intracellular energy production. Can lower blood pressure. Has a positive effect on the heart.
Colostrum, Bovine	BLOOD GROUP AB Intestinal Health	Immune modulator
Coltsfoot	BLOOD GROUP A, AB Cough Antibacterial/Anti-inflammatory	Relieves congestion & is useful for treating bronchitis, laryngitis, & pneumonia.
Co enzyme Q10	ALL BLOOD GROUPS Cancer Prevention NON-SECRETORS Cardiovascular Fatigue-Fighting Pulmonary Support	Increases intracellular energy. Protects against angina and congestive heart failure. A powerful antioxidant that protects the body from free radicals.
Copper Citrate	BLOOD GROUP O Blood building	Maintains healthy blood cells, & is needed to absorb and use iron.
Cordyceps	BLOOD GROUP AB Antistress BLOOD GROUP B Antistress Immune-Enhancing	An antimicrobial agent, used to treat cough, night sweats, and bacterial infections. Useful as a treatment in recovering from a long illness.
Coriander	ALL BLOOD GROUPS Female Balancing BLOOD GROUP B Yeast/Fungus Resistance	Antispasmodic, appetizer, calmative. Also used topically for infections and joint pain.
Coriolus Versicolor	BLOOD GROUP A, AB, B Antibacterial Antiviral Cancer Prevention	Extract is one of the most thoroughly researched products proven to benefit in cancer. Significant immune system benefit.
Corn Silk	BLOOD GROUP A Urinary Tract Health	Urinary tract tonic.
Cranberry Capsules	BLOOD GROUP A, AB, B Urinary Tract Health	Used to treat cystitis for both bacterial, (E-Coli) & Yeast related cystitis.
Curcumin (Turmeric)	BLOOD GROUP A, AB Cancer Prevention BLOOD GROUP AB, B Liver Support BLOOD GROUP O Anti-inflammatory	Used to treat many conditions, including poor vision, rheumatic pains, and coughs. Protects the liver and improves cardiovascular health.
Cysteine, N-acetyl (NAC)	BLOOD GROUP AB Metabolic Enhancement	Helps break down mucus.
Damiana	BLOOD GROUP A, AB, B Headache	Anti-Inflammatory lowers blood sugar & increases libido. Long term use helps to regulate sex hormones in women.

Dandelion	BLOOD GROUP A Detoxification BLOOD GROUP AB Intestinal Health BLOOD GROUP O Metabolic Enhancement NON-SECRETORS Cardiovascular Liver Support	Leaves are a diuretic, used to treat constipation, edema, indigestion, & heartburn. Provides pregnancy and postpartum support. Roots used to treat alcohol withdrawal, constipation, indigestion, heartburn, and liver ailments.
Deflect	ALL BLOOD GROUPS Intestinal Health Metabolic Enhancement NON-SECRETORS Anti-Inflammation Arthritis Detoxification Stomach Health Urinary Tract Health	Acts as sacrificial molecules to preferentially bind to dietary lectins in the gastrointestinal tract before they can cross into the blood stream.
DHEA	BLOOD GROUP A Antistress	Blunts hormonal effects of stress and aging.
Dong Quai	BLOOD GROUP AB Female Balancing BLOOD GROUP B Menopause Support	Female tonic used to treat abnormal menstruation, suppressed menstrual flow, painful or difficult menstruation, and uterine bleeding. Traditionally used for hot flashes associated with perimenopause. Also used for both men and women with cardiovascular disease, high blood pressure & problems with circulation
Echinacea	ALL BLOOD GROUPS Flu Support BLOOD GROUP A Antibiotic Support	Immune modulator increases the production & activity of white blood cells. Used to treat common cold/sore throat (for symptoms), infection, and influenza
Elderberries	ALL BLOOD GROUPS Antiviral Diarrhea Flu Prevention NON-SECRETORS Immune-Enhancing Sinus Health	Antiviral; & anti-oxidant. Used to treat bronchitis, common cold/sore throat, infection, and influenza
Elecampane	BLOOD GROUP A, AB Yeast/Fungus Resistance BLOOD GROUP B Intestinal Health	Promotes insulin sensitivity, lowers cortisol, and provides fiber substrate needed to promote growth of friendly bacteria.
Epsom Salt Bath	ALL BLOOD GROUPS Arthritis	
Escargot (Roman Snail)	BLOOD GROUP A, AB Cancer Prevention	Immune modulator.

Essential Fatty Acids	BLOOD GROUP A, AB Cardiovascular Health Nerve Health BLOOD GROUP B Nerve Health BLOOD GROUP O Anti-Inflammation Intestinal Health	Used to treat Crohn's disease, high blood pressure, high triglycerides, rheumatoid arthritis, & ulcerative colitis. Also associated with treatments for memory loss, dementia, & visual problems.
False Daisy	BLOOD GROUP A Liver Support BLOOD GROUP O Male Health	Liver Protectant
False Unicorn Root	BLOOD GROUP A Male Health	Supports reproductive health, for both men and women.
Fennel (Tea)	ALL BLOOD GROUPS Cramps, Gas Sore Throat Gargle BLOOD GROUP B Cancer Prevention	Used to treat colic in infants, indigestion, & heartburn. Fennel is good at preventing gas & upset stomach after meals. It also is used in Latin America to increase the flow of breast milk. Fennel has also been used as a cough remedy.
Fenugreek	BLOOD GROUP A, O Sinusitis BLOOD GROUP B Cardiovascular Immune-Enhancing Liver Support Metabolic Enhancement	Used to treat digestive distress, atherosclerosis, diabetes, & high triglycerides. Chinese herbalists use it for Kidney problems and conditions affecting the male reproductive tract.
Feverfew	ALL BLOOD GROUPS Fever Headache Metabolic Enhancement	Migraine remedy
Fiber (Psyllium)	ALL BLOOD GROUPS Constipation	
Fish Oils	BLOOD GROUP A Anti-Inflammation Arthritis	Blood thinner, anti-inflammatory. Used to treat Crohn's disease, high blood pressure, High Triglycerides, & rheumatoid arthritis.
Flaxseed Husks	BLOOD GROUP A Intestinal Health	A source of fiber, used to treat constipation. Also thins the blood, protects arteries from damage, inhibits blood clots, reduces triglycerides, lowers bad cholesterol, lowers blood pressure, and reduces risk of heart attack and stroke.
Floradix (Liquid Iron & Herbs)	BLOOD GROUP A Blood-Building	Useful for anemic conditions or when there is a general need for blood building.
Frankincense (Boswellia Serrata)	BLOOD GROUP A, AB Anti-inflammation BLOOD GROUP AB Allergy Control	Used to treat Arthritis & Inflammation.

Frankincense (Boswellia Serrata) cont.	BLOOD GROUP O Arthritis	
GABA	BLOOD GROUP B Antistress	Mild tranquilizer
Garlic (standardized Chinese extract)	BLOOD GROUP AB Cardiovascular BLOOD GROUP O Detoxification Yeast/Fungus Resistance	Antimicrobial, used to treat high blood pressure and high triglycerides.
Garlic (standardized extract)	ALL BLOOD GROUPS Flu BLOOD GROUP AB Intestinal Health	Antimicrobial and also acts as a blood thinner. Crushed garlic can be used on gums for a toothache
Garlic-Mullein-Olive-Oil (eardrops)	ALL BLOOD GROUPS Earache	
Gentian	BLOOD GROUP A Stomach Health BLOOD GROUP B Indigestion Heartburn	Stomach tonic. Promotes appetite & improve digestion.
Ginger Root	ALL BLOOD GROUPS Stomach Health Indigestion & Heartburn BLOOD GROUP A Cardiovascular BLOOD GROUP AB Pulmonary Support BLOOD GROUP B Metabolic Enhancement Pulmonary Support BLOOD GROUP O Anti-Inflammation	Stomach tonic used to treat anorexia, flatulence, gastric and intestinal spasms, acute colds, nausea, and painful menstruation.
Ginkgo	BLOOD GROUP A Cardiovascular BLOOD GROUP B Cognitive Improvement	Increases cerebral circulation. Used to treat Alzheimer's, Atherosclerosis, cerebrovascular insufficiency, congestive heart failure, depression, diabetes, & Impotence/Infertility.
Ginseng, Chinese	BLOOD GROUP A Antiviral BLOOD GROUP AB Fatigue-Fighting	Adaptogen that promotes healthy stress response. Used to treat heart disease, stress, diabetes, poor digestion, weakness after long illness, & effects of aging.
Ginseng, Siberian	BLOOD GROUP AB, B Antiviral Cognitive Improvement BLOOD GROUP B Antibacterial Chronic Illness Recovery Fatigue-Fighting	Adaptogen that promotes healthy stress response, increases stamina & endurance, encourages normal adrenal gland function, enhances mental acuity, & combats harmful toxins.

Glucosamine Sulfate	BLOOD GROUP O Anti-Inflammation	Supports connective tissue. Used to treat kidney stones, Osteoarthritis, & wound healing
Glucosamine, N-Acetyl (NAG)	BLOOD GROUP A, B Arthritis	Binds lectins, breaks down mucus, and protects the liver
Glutamine	BLOOD GROUP AB Nerve Health BLOOD GROUP O Antiviral Intestinal Health	An amino acid that is transformed into the GABA class of neurotransmitters. Helps with nerve transmission; can be soothing to the gut, serves as a source of fuel for cells lining the intestines. Alcohol withdrawal, HIV support, peptic ulcer, ulcerative colitis, inflammatory bowel disease.
Gokharu	BLOOD GROUP A Pulmonary Support BLOOD GROUP B Cognitive Improvement	Can raise testosterone levels by increasing luteinizing hormone. Balances stress hormones.
Goldenseal	ALL BLOOD GROUPS Immune-Enhancing Heartburn/Indigestion Flu	Antibacterial, used to treat mucous membrane infections & inflammations, upper respiratory ailments, influenza, gastroenteritis, diarrhea, giardiasis, peptic ulcers, & uterine hemorrhage.
Gotu Kola	BLOOD GROUP A Metabolic Enhancement Surgery Recovery BLOOD GROUP AB Surgery Recovery BLOOD GROUP O Female Balancing Metabolic Enhancement	Aids in rapid wound healing, chronic venous insufficiency, and mental function, minor burns, scars, skin ulcers, varicose veins, & wound healing.
Green Tea	ALL BLOOD GROUPS Cancer Prevention Metabolic Enhancement	Antioxidant that reduces cancer risk, gingivitis, high cholesterol, high blood pressure, & high triglycerides. Improves immune function & protects against heart disease.
Gum, Guggul	BLOOD GROUP O Cardiovascular Metabolic Enhancement	Lowers cholesterol, prevention & treating heart disease, Lowers LDL (bad cholesterol), raises HDL (good cholesterol).
Hawthorn	BLOOD GROUP A Allergy Control Cardiovascular BLOOD GROUP AB Cardiovascular	Promotes improved heart function. Used to treat angina, atherosclerosis, congestive heart failure, & high blood pressure. Improves coronary artery blood flow & the contractions of the heart muscle.
Helix Pomatia	BLOOD GROUP A, AB Cancer Prevention	Lectin in Helix Pomatia, through its ability to recognize the altered products on metastatic cells, appears to act by turning off a cancer cell's "cloaking device" and allows it to be more visible to the immune system.

He Shou Wu ("Fo-Ti")	BLOOD GROUP A Antiviral NON-SECRETORS Cardiovascular	Maintains youthful vigor, increases energy, tone the kidneys, liver & purify the blood. Also is a remedy for insomnia, stomach upset, constipation, & diabetes. May contain compounds with mild cardiovascular & anti-inflammatory effects.
Hibiscus	ALL BLOOD GROUPS Female Balancing	Acts as an Adaptogen for the female reproductive system.
Holy Basil	BLOOD GROUP A Anti-Inflammation Antistress Skin Health	Lowers cortisol; prevents stress-related breakdown.
Hops	BLOOD GROUP AB Antistress	Nerve tonic. Soothes the stomach and provides healthy digestion.
Horehound	ALL BLOOD GROUPS Cough BLOOD GROUP AB Pulmonary Support	Expectorant, bitter tonic & antiseptic. Normalizes irregular heartbeat in small amounts. Vasodilator.
Horse Chestnut	BLOOD GROUP A, O Surgery Recovery	Used to treat varicose veins, bruising, chronic venous insufficiency, edema (water retention), hemorrhoids, and minor injuries.
Horseradish Root	BLOOD GROUP A Pulmonary Support	Used to treat sinus conditions, bronchitis, chronic obstructive sinusitis, pulmonary disease, common cold/sore throat, indigestion, & heartburn.
Horsetail	BLOOD GROUP AB, O Surgery Recovery BLOOD GROUP O Menopause Support Urinary Tract Health	Used to treat brittle nails, edema (water retention) as a diuretic, osteoarthritis, osteoporosis, and rheumatoid arthritis.
Huang Lian	BLOOD GROUP AB Antibiotic Support	Shown to block the adherence of harmful bacteria.
Indol-3-Carbinol	BLOOD GROUP A, AB Cancer Prevention	Compounds found in cruciferous vegetables like cabbage, Brussels sprouts, cauliflower, collards, and broccoli help to transform dangerous estrogen into more benign forms. Shown to stop the growth of breast cancer cells.
Inositol	BLOOD GROUP B Antistress Cognitive Improvement Nerve Health	Component of cell membrane important in restoring cell fluidity and function.
Inula	BLOOD GROUP A, AB Yeast/Fungus Resistance BLOOD GROUP B Intestinal Health	Promotes insulin sensitivity, lowers cortisol, and provides fiber substrate needed to promote growth of friendly bacteria.
Iron Citrate	BLOOD GROUP AB,B Blood-Building	Blood Health

Isatis	BLOOD GROUP O Immune-Enhancing	Immune Modulator.
Jamaican Dogwood	ALL BLOOD GROUPS Menstrual Cramps	
Jiaogulan	BLOOD GROUP AB, B Anti-Inflammation	Acts as an anti-inflammatory agent.
Job's Tears	BLOOD GROUP B Immune-Enhancing	Antioxidant
Kava Kava	BLOOD GROUP A Anti-Inflammation	Sedative, hypnotic also noted for initiating a state of contentment, a greater sense of well-being, & enhanced mental acuity, memory, & sensory perception. Used to treat pain. Kava-lactones may have anti-anxiety, analgesic (pain-relieving), muscle-relaxing, & anti-convulsant effects.
Kelp	BLOOD GROUP O Metabolic Enhancement Female Balancing	Known for its properties of metabolic enhancement. Concentrated source of minerals, including iodine, potassium, magnesium, calcium, & iron. As a source of iodine, assists in making thyroid hormones.
Kutki (Picrorhiza)	BLOOD GROUP O Antibacterial Antiviral	Liver protectant. Also used to treat asthma, acute & chronic infections, immune conditions, & autoimmune disease.
Larch Tree Bark (ARA-6)	ALL BLOOD GROUPS Constipation & Flu	
L-Carnitine	BLOOD GROUP O Cardiovascular Chronic Illness Recovery	Enhances intracellular energy processes; helpful in some types of muscular dystrophy.
L-Glutathione	ALL BLOOD GROUPS Liver Support BLOOD GROUP B Detoxification NON-SECRETORS Antibiotic Support	Known as the body's master antioxidant.
L-Phenylalanine	BLOOD GROUP O Arthritis Relief	Used to treat osteoarthritis, Parkinson's disease, & Rheumatoid Arthritis. Also thought to be effective in treating depression & alcohol withdrawal. L-Phenylalanine can be converted into L-Tyrosine, to L-Dopa, Norepinephrine, & Epinephrine.
L-Tryptophan (5HT)	NON-SECRETORS Antistress Anti-Inflammation	Helps balance neurotransmitters.
Licorice (DGL) (De-glycyrrhizinated)	BLOOD GROUP AB, B Fatigue-Fighting BLOOD GROUP B Liver Support	Used to treat stomach ulcers, canker sores (mouth ulcers), indigestion, & heartburn

Licorice (DGL) (De-glycyrrhizinated) Cont.	BLOOD GROUP AB, O Stomach Health	
Licorice Root Tea	ALL BLOOD GROUPS Congestion Nausea	
Linden	BLOOD GROUP A, AB, O Cough BLOOD GROUP A, AB, B Antiviral	Anti-Inflammatory & nerve health agent.
Lipoic Acid	BLOOD GROUP A, AB Liver Support BLOOD GROUP B Antibiotic Support Cardiovascular	Lipoic Acid, a vitamin-like substance that contains sulfur, is important to the body in the production of energy. Also effective against water-and-fat-soluble free radical damage. Enhances sensitivity to insulin.
Liver Extract	BLOOD GROUP O Blood-Building	Used to treat anemia.
Lysine	BLOOD GROUP A, AB Antistress	Essential amino acid needed for growth, & to help maintain nitrogen balance in the body. Appears to help the body absorb & conserve calcium.
Ma Huang	BLOOD GROUP B Allergy Control	Decongestant. Used to treat asthma, congestion, cough, chronic obstructive pulmonary disease, weight loss, & obesity.
Magnesium	ALL BLOOD GROUPS Female Balancing BLOOD GROUP B Allergy Control Chronic Illness Recovery Fatigue-Fighting Intestinal Health Menopause Support	Nerve & digestive health. Needed for bone, protein, and fatty acid formation, making new cells, activating B vitamins, relaxing muscles, & clotting blood.
Magnolia Flower	BLOOD GROUP AB Allergy Control BLOOD GROUP B Sinus Health	Sinus & allergy remedy.
Maitake Mushroom Extract	BLOOD GROUP A, O Cancer Prevention BLOOD GROUP B Immune-Enhancing NON-SECRETORS Antistress	Immune modulator. Used to treat diabetes, high cholesterol, HIV- related conditions, high blood pressure, high triglycerides, & infection.
Man Root	BLOOD GROUP O Male Health	Immune tonic. Used to treat infections, gastrointestinal disturbances, kidney ailments, & liver ailments.
Manganese	BLOOD GROUP O Menopause Support	Needed for healthy skin, bone & cartilage formation, as well as glucose tolerance. Useful in hypoglycemia & osteoporosis.
Marigold	ALL BLOOD GROUPS	Used to treat inflammation, eczema, &

Marigold Cont.	Skin Health	various skin conditions.
Marshmallow	BLOOD GROUP B Stomach Health	Excellent demulcent, soothing to mucus membranes, such as those in the gastrointestinal tract.
Melatonin	BLOOD GROUP B Fatigue-Fighting	Aid to sleep. Shortens the time needed to go to sleep, reduces the number of night awakenings, & improves sleep quality.
Methionine	BLOOD GROUP B Arthritis	Essential amino acid. Helpful for aiding liver detoxification.
Milk Thistle	BLOOD GROUP AB, O Liver Support	Functions as a liver protectant & antioxidant.
Moducare (Plant Sterols & Sterolins)	ALL BLOOD GROUPS Immune-Enhancing	Enhances immunity by acting as an immune Adaptogen. The plant sterols & Sterolins help support a normal balanced T-helper 1 to T-helper 2 response, which is essential for proper immune functioning. Guards against a hyperactive immune system.
Motherwort	BLOOD GROUP AB, B Female Balancing BLOOD GROUP B Menopause Support	Tonic & laxative used to treat menstrual difficulties & menopausal symptoms.
MSM (Methylsulfonylmethane)	BLOOD GROUP A, AB Pulmonary Support BLOOD GROUP B Allergy Control Anti-Inflammation BLOOD GROUP O Sinus Health	Promotes joint & pulmonary health.
Mullein	BLOOD GROUP A, AB, O Congestion BLOOD GROUP O Pulmonary Support	Used to treat asthma, bronchitis, chronic obstructive pulmonary disease, common cold/sore throat, cough, & recurrent ear infection.
NAG	BLOOD GROUP B Pulmonary Support BLOOD GROUP O Arthritis Intestinal Health NON-SECRETORS Cardiovascular	Used to treat obesity by binding onto certain lectins that promote insulin resistance.
Nettle	ALL BLOOD GROUPS Congestion	An anti-inflammatory used to treat allergies, menopause, kidney stones, & reduce an enlarged prostate. A diuretic that helps clear toxins from the body.
Noni	BLOOD GROUP A Blood Building Cancer Prevention BLOOD GROUP O Pulmonary Support	An anti-inflammatory agent & antioxidant.

Old Man's Beard	BLOOD GROUP A Antibacterial Stomach Health Urinary Tract Health	Antibiotic; inhibits growth of bacteria.
OPC's (Oligomeric Proanthocyanidins)	BLOOD GROUP A, AB Cognitive Improvement BLOOD GROUP AB, B Skin Health BLOOD GROUP B Anti-Inflammation Cardiovascular	A class of nutrients belonging to the flavonoid family. Two of the main functions of OPC's are as antioxidants & in the stabilization of collagen & maintenance of elastin, which are components of connective tissue.
Oregano	BLOOD GROUP B Yeast/Fungus Resistance	Common herb used in cooking, Antifungal & Anti-Inflammatory.
Oregon Grape	BLOOD GROUP A Antibacterial Yeast/Fungus Resistance	Berberine inhibits the ability of bacteria to attach to human cells, which helps prevent infections, particularly in the throat & urinary tract, & enhances immune cell function. Used to treat infection, parasites, and poor digestion, psoriasis, & urinary tract infections.
Osha Root	BLOOD GROUP O Immune-Enhancing	Antiviral agent, used to treat herpes, sore throats, colds, flu, & as a bronchial expectorant. Osha Root has immune stimulating properties as well.
Pancreatic Enzymes	BLOOD GROUP O Antibiotic Support	Digestive aid
Peppermint Tea	ALL BLOOD GROUPS Cramps & Gas Indigestion & Heartburn	
Pantethine (active B5)	BLOOD GROUP A Cardiovascular Skin Support BLOOD GROUP AB Cardiovascular	Lowers Cholesterol
Parsley Leaf	BLOOD GROUP A, AB, B Female Balancing BLOOD GROUP AB Stomach Health Urinary Tract Health	Used as a stomach tonic, antioxidant & a diuretic. Encourages uric acid elimination. Increases milk in lactating women. Inhibits histamine release. Tones Uterine muscles.
Phosphatidyl Choline (Lecithin)	BLOOD GROUP AB Nerve Health BLOOD GROUP B Chronic Illness Recovery	Nerve & circulatory remedy. Used to treat anxiety, eczema, gallbladder attacks, hepatitis, manic depression, and liver ailments.
Picrorhiza	BLOOD GROUP O Antibacterial Antiviral	Liver protectant. Also used to treat asthma, acute & chronic infections, immune conditions, & autoimmune disease
Pineapple Enzyme (Bromelain)	ALL BLOOD GROUPS	Inflammation modulator. Bromelain is an anti-inflammatory agent. Used to treat

Pineapple Enzyme Cont.	ALL BLOOD GROUPS Allergy Control Anti-Inflammation Surgery Recovery BLOOD GROUP A Antibiotic Support BLOOD GROUP O Urinary Tract Health	Minor injuries, particularly sprains & strains, muscle injuries, & the pain, swelling, & tenderness that accompany sports injuries. Also good for angina, asthma, minor injuries, & urinary tract infection.
Potassium Citrate	BLOOD GROUP A Chronic Illness Recovery BLOOD GROUP AB Fatigue Fighting BLOOD GROUP B Allergy Control Fatigue-Fighting Liver Support	Supports proper nerve function. Needed to regulate water balance, levels of acidity, blood pressure, & neuromuscular function. Required for carbohydrate & protein metabolism.
Primrose Oil	ALL BLOOD GROUPS Female Balancing	Anti-Inflammatory, blood thinner, and blood vessel dilator. Evening primrose oil contains gamma linolenic acid (GLA), a fatty acid that the body converts to a hormone-like substance called prostaglandin E1 (PGE1), helpful to the female cycle.
Probiotic with Bifidus Factor	ALL BLOOD GROUPS Antibiotic Support Cardiovascular Detoxification Fatigue-Fighting Immune-Enhancing Intestinal Health Stomach Health Urinary Tract Health Yeast/Fungus Resistance NON-SECRETORS Cancer Prevention Skin Health	Beneficial bacteria, such as Lactobacillus acidophilus & Bifidobacterium Bifidum, are called probiotics that favorably alter the intestinal micro flora balance, inhibit the growth of harmful bacteria, promote good digestion, and helps alleviate cramps, gas, indigestion & heartburn. Probiotics also boost immune function, & increase resistance to infection.
Pygeum Extract	BLOOD GROUP O Male Health	Supports Prostate Health
Quercetin	BLOOD GROUP A, AB Cancer Prevention Intestinal Health BLOOD GROUP A Pulmonary Support	Antioxidant. Acts as an antihistamine & has anti-inflammatory activity. Inhibits the enzyme aldose reductase, which can decrease the buildup of sorbitol. Sorbitol has been linked to nerve, kidney, & eye damage in diabetics.
Raspberry Leaf	BLOOD GROUP B Female Balancing ALL BLOOD GROUPS Diarrhea	Female tonic. Used for pregnancy & postpartum support.

Red Clover	BLOOD GROUP AB Skin Health	Blood clot inhibitor & blood purifier.
Rehmannia Root	BLOOD GROUP B, O Surgery Recovery	Promotes healing of injured bones & blood clotting. Commonly used to treat diabetes, constipation, urinary tract problems, anemia, dizziness, & irregular menstrual flow.
Reishi Mushroom	BLOOD GROUP AB, O Immune-Enhancing	Promotes long-term antiviral resistance. Helps lower blood pressure as well as decrease low-density lipoprotein (LDL) & triglyceride levels. Also helps to reduce blood clotting.
Rhodiola	BLOOD GROUP O Antistress Fatigue-Fighting Cognitive Improvement	Anti-stress remedy. Prevents stress-induced catecholamine activity in the heart, and promotes stable heart contractility.
Rhus Tox	BLOOD GROUP O Arthritis	Homeopathic remedy made from poison ivy. Used to treat skin ailments, achy joints, and rheumatic pains.
Rose Hip Tea	ALL BLOOD GROUPS Flu	
Rosemary	BLOOD GROUP B Yeast/Fungus Resistance BLOOD GROUP O Cancer Protection ALL BLOOD GROUPS Rosemary tea soak for Arthritis	Has potent antibacterial effects, & can relax smooth muscles in the lungs. May inhibit cancer formation.
Sage	BLOOD GROUP AB Menopause Support BLOOD GROUP B Immune-Enhancing	Antibacterial, especially against Staphylococcus Aureus. Also have anti-septic & antispasmodic properties. Stimulates muscles of the uterus.
Saint John's Wort	BLOOD GROUP A Antistress	Antidepressant. Promotes neurotransmitter balance. Used to treat anxiety, depression, herpes simplex/cold sores, HIV-related conditions, & recurrent ear infections.
Sarsaparilla	BLOOD GROUP B Skin Health BLOOD GROUP O Fatigue-Fighting Chronic Illness Recovery	General tonic. Used to treat arthritis, cancer, skin diseases, & psoriasis.
Saw Palmetto	BLOOD GROUP A, AB, B Male Health	Prostate Remedy
Schisandra	BLOOD GROUP B Antibacterial Antistress	Supports proper nerve health. Used to treat common cold/sore throat, fatigue, hepatitis, & stress.
Slippery Elm	ALL BLOOD GROUPS Constipation	

Slippery Elm Cont.	BLOOD GROUP AB Stomach Health Yeast/Fungus Resistance	Digestive protectant. Used to treat common cold/sore throat, cough, Crohn's disease, & gastritis.
Squaw Vine	BLOOD GROUP A Menopause Support BLOOD GROUP O Female Balancing	Used to treat menstrual problems & menopausal symptoms.
Stinging Nettle Leaf	BLOOD GROUP A, AB, O Allergy Control Sinus Health BLOOD GROUP O Blood Building	Anti-Inflammatory. Used to treat hay fever, sinusitis, & prostate enlargement.
Stinging Nettle Root	BLOOD GROUP A, O Male Health Yeast/Fungus Resistance	Supports healthy immune function. The root has effects on hormones & proteins that carry sex hormones (such as testosterone or estrogen) in the human body. It also contains a "Super Lectin" called UDA, which inhibits viruses.
Stone Root	ALL BLOOD GROUPS Sinus Health	Helps support healthy sinus function. Stimulates & tones the alimentary mucous membranes. Strengthen structure & function of veins.
Sweet Basil	BLOOD GROUP AB Cancer Prevention	Tonic to stimulate entire system. Can be used to relax smooth muscles of the gastrointestinal tract & has anti-cancer properties.
Tarragon	BLOOD GROUP A, O Cancer Prevention	Primarily a cooking spice, Known to contain over 50 anti-cancer compounds.
Tea Tree Oil	NON-SECRETORS Skin Health	Oil from Tea Tree acts as a fungicide. Also useful topically for the treatment of eczema of the hands.
Thistle, Blessed	BLOOD GROUP A, O Female Balancing	Reduces fever. Used to treat digestive problems, including gas, constipation, stomach upset & liver & gallbladder diseases.
Thyme	ALL BLOOD GROUPS Sinusitis BLOOD GROUP AB, B Yeast/Fungus Resistance BLOOD GROUP B Pulmonary Support	Antibacterial & antifungal agent.
Tribulus	BLOOD GROUP B Antibacterial	Adaptogen, Promotes healthy stress response.
Triphala	ALL BLOOD GROUPS Detoxification BLOOD GROUP A, AB Metabolic Enhancement	Acts to detoxify & help enhance metabolic efficiency.
Turmeric	BLOOD GROUP AB, B	

Turmeric Cont.	Anti-Inflammation	Used to treat many conditions, including poor vision, rheumatic pains, & coughs. Increases milk production. Protects against free radical damage. Reduces inflammation by lowering histamine levels, & possibly by increasing production of natural cortisone by the adrenal glands. Protects the liver from a number of toxic compounds. Shown to reduce platelets from clumping together, which in turn improves circulation & helps protect against atherosclerosis.
Tyrosine	BLOOD GROUP A Metabolic Enhancement BLOOD GROUP O Antistress Fatigue-Fighting	Nonessential amino acid that acts as a precursor to thyroid hormone.
Uva Ursi	BLOOD GROUP B Urinary Tract Health	Supports proper bladder function.
Valerian	ALL BLOOD GROUPS Headache BLOOD GROUP O Antistress	Used to treat anxiety & insomnia.
Vervain	ALL BLOOD GROUPS Congestion Fever BLOOD GROUP O Menopause Support	Nerve tonic, sedative, antispasmodic, & hypotensive agent.
Vitamin A	BLOOD GROUP A Immune-Enhancing BLOOD GROUP A, AB, O Skin Health NON-SECRETORS Antibacterial Antiviral Menopause Support Pulmonary Support Sinus Health Urinary Tract Health	Antioxidant & immune enhancer. Necessary for the formation of bone, protein, & growth hormone. Also essential for normal reproduction & lactation.
Vitamin B (Folic Acid)	ALL BLOOD GROUPS Cardiovascular BLOOD GROUP A, B Blood-Building BLOOD GROUP O Cognitive Improvement	Lowers homocysteine, builds blood. Used to treat Celiac disease, Crohn's disease, depression, & gingivitis. Useful for pregnancy & postpartum support.
Vitamin B1 (Thiamine)	BLOOD GROUP AB, O Cognitive Improvement	Nerve health. Needed to process carbohydrates, fat, & protein. Every cell of the body requires vitamin B1. Used to treat fibromyalgia, canker sores, & minor injuries.

Vitamin B1 (Thiamine) Cont.		Helpful in HIV support, & pregnancy & postpartum support.
Vitamin B3 (Niacin)	ALL BLOOD GROUPS Skin Health BLOOD GROUP AB, B Arthritis BLOOD GROUP B Nerve Health	The body uses vitamin B3 in the process of releasing energy from carbohydrates. Needed to form fat from carbohydrates & to process alcohol. Niacin form of vitamin B3 also regulates cholesterol.
Vitamin B5 (Pantothenic Acid)	BLOOD GROUP A, AB Chronic Illness Recovery BLOOD GROUP A Fatigue-Fighting BLOOD GROUP B, O Allergy control Skin Health	Helps blunt effects of stress, activates the adrenal glands.
Vitamin B6	BLOOD GROUP A, AB Menopause Support BLOOD GROUP O Female Balancing Blood-Building	Helps protein metabolism. Helps to make & take apart many amino acids, & also needed to make serotonin, melatonin, & dopamine. Aids in the formation of several neurotransmitters, & thus as essential nutrient in regulation of mental processes & possibly mood.
Vitamin B12 (Methylcobalamin)	BLOOD GROUP A Blood-Building Cognitive Improvement Fatigue-Fighting Nerve Health BLOOD GROUP AB Blood-Building Menopause Support Nerve Health BLOOD GROUP B Menopause Support BLOOD GROUP O Fatigue-Fighting	Methylcobalamin is a specific form of B12 needed for nervous system health.
Vitamin C (Preferably Rose Hips)	ALL BLOOD GROUPS Arthritis Blood-Building Chronic Illness Recovery Pulmonary Support Sinus Health Surgical Recovery Urinary Tract Health BLOOD GROUP A, AB Fatigue-Fighting Immune-Enhancing BLOOD GROUP A & NON-SECRETORS	

Vitamin C (Preferably Rose Hips) Cont.	Allergy	
Vitamin D	ALL BLOOD GROUPS Menopause Support	Most important role is maintaining blood levels of calcium, which it accomplishes by increasing absorption of calcium from food & reducing urinary calcium loss. Plays a role in immunity & blood cell formation
Vitamin E	ALL BLOOD GROUPS Surgical Recovery	Powerful antioxidant that protects cell membranes & other fat-soluble parts of the body, such as LDL cholesterol. Helps in wound healing & decreases the amount of adhesions that may form after certain surgeries.
Vitamin K	BLOOD GROUP O Surgery Recovery	Needed for proper bone formation & blood clotting, in both cases by helping the body transport calcium.
Vitex	BLOOD GROUP B Female Balancing	Used to treat fibrocystic breast disease, infertility (female), menopause, menstrual difficulties, & premenstrual syndrome.
Watermelon Seed	BLOOD GROUP B Metabolic Enhancement	Acts as a diuretic & to balance metabolism.
White Atractylodes	BLOOD GROUP B Surgical Recovery	Protects the liver & increases the secretion of the bile & gastric juice.
Wild Indigo	BLOOD GROUP B Sinus Health	Immune modulator. Used to treat common cold/sore throat, Crohn's disease, influenza, & sinusitis.
Wild Oat	ALL BLOOD GROUPS Nerve Health BLOOD GROUP A Antistress	Nerve tonic. Used to treat anxiety, eczema, high cholesterol, high triglycerides, insomnia, & nicotine withdrawal.
Wild Yam	BLOOD GROUP O Menopause Support	Source of progesterone. Used to treat cramps, high cholesterol, high triglycerides, menopausal symptoms, muscle pain, & spasms.
Willow Bark	ALL BLOOD GROUPS Fever Headache BLOOD GROUP A Anti-Inflammation	Anti-Inflammatory. Used to treat bursitis, fever, headache (tension), osteoarthritis, & rheumatoid arthritis.
Witch-hazel	ALL BLOOD GROUPS Skin Health	Astringent. Used to treat hemorrhoids, wounds, painful tumors, insect bites, & ulcers.
Woad Root	BLOOD GROUP O Immune-Enhancing	Immune modulator.
Yarrow	BLOOD GROUP AB Detoxification	Supports intestinal health.
Yellow Dock	BLOOD GROUP AB Blood-Building	Blood tonic. Used to treat skin conditions attributed to toxic metabolites from

Yellow Dock Cont.		mal digestion & poor liver function.
Yerba Santa	ALL BLOOD GROUPS Sinus Health BLOOD GROUP O Allergy Control	Mild decongestant & expectorant.
Yucca	BLOOD GROUP O Anti-Inflammation	Anti-Inflammatory agent.
Zinc	ALL BLOOD GROUPS Male Health Pulmonary Support Skin Health Surgical Recovery BLOOD GROUP A, AB Immune-Enhancing BLOOD GROUP AB Chronic Illness Recovery NON-SECRETORS Antibacterial Antiviral Yeast/Fungus Resistance	Maintains proper immune function. Component of more than 300 enzymes that are needed to repair wounds, maintain fertility, synthesize protein, help cells reproduce, preserve vision, boost immunity, & protect against free radicals