

COMMON NAME	BLOOD GROUP-SPECIFIC BENEFICIAL EFFECT	PRIMARY ACTION
Arabinogalactan	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Antibacterial Antibiotic Support Antiviral Cancer Prevention Chemotherapy Adjunct 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	<ul style="list-style-type: none"> ➤ GROUP B Immune-Enhancing Male Health Surgery Recovery ➤ GROUP AB Antiviral Chronic Illness Recovery 	Facilitates immune function. Increases nitric oxide and assists in wound healing.
Artichoke leaf	<ul style="list-style-type: none"> ➤ GROUP A Cardiovascular Liver Support ➤ GROUP O Cardiovascular Liver Support 	Digestive tonic that enhances liver function and promotes detoxification.
Ascorbic acid [see vitamin C/rose hips]		
Ashwaghandha	<ul style="list-style-type: none"> ➤ GROUP A Chronic Illness Recovery Fatigue-Fighting 	Adaptogenic herb that promotes healthy stress response.
Astragalus	<ul style="list-style-type: none"> ➤ GROUP A Chemotherapy Adjunct Immune-Enhancing ➤ GROUP B Cancer Prevention ➤ GROUP AB Antibacterial Antistress Chemotherapy Adjunct Immune-Enhancing Surgery Recovery 	Immune modulator. Increases natural killer (NK) cell activity. Helps in the treatment of Alzheimer's disease. Aids in boosting chemotherapy support and immune function. Fights common cold/sore throat, infection.

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Astragalus, (cont.)	<ul style="list-style-type: none"> ➤ GROUP O Antibacterial Antiviral Cancer Prevention 	
Bearberry	<ul style="list-style-type: none"> ➤ GROUP B Urinary Tract Health 	Supports proper bladder function.
Brahmi (<i>Bacopa monnifera</i>)	<ul style="list-style-type: none"> ➤ GROUP A Antistress Cognitive Improvement ➤ GROUP AB Anti-Stress Cognitive Improvement 	Antioxidant support for brain and nervous system. Also used to promote longevity, and to combat nervous system deficit due to injury and stroke.
Balsam bark	<ul style="list-style-type: none"> ➤ GROUP B Male Health 	Used to treat asthma, bronchitis, colic, cough, eczema, gout, itch, ringworm, skin troubles, stomachache, and hormonal dysfunction.
Baptisia tinctorialis (home remedy)	<ul style="list-style-type: none"> ➤ GROUP A Antibacterial ➤ GROUP B Antibiotic Support 	Used as a circulatory stimulant, antiseptic, laxative, and tonic. Has antimicrobial properties.
Beet leaf/root	<ul style="list-style-type: none"> ➤ GROUP B Liver Support ➤ GROUP AB Liver Support 	Acts as a laxative and also helps to promote liver health.
Beta carotene [see Vitamin A]		
Betaine HCl	<ul style="list-style-type: none"> ➤ GROUP A Arthritis Blood-Building Yeast/Fungus Resistance ➤ GROUP AB Yeast/Fungus Resistance 	Increases stomach acidity. Helps break down proteins for further digestion in the small intestine.
Bilberry	<ul style="list-style-type: none"> ➤ GROUP AB Anti-Inflammation 	Inhibits platelet aggregation. Increases membrane protection, which protects the stomach. Lowers blood glucose levels. Prevents free radical damage.

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Biotin	<ul style="list-style-type: none"> ➤ GROUP O Skin Health 	Antifungal in large doses.
Black cohosh	<ul style="list-style-type: none"> ➤ GROUP A Female Balancing Menopause Support ➤ GROUP AB Menopause Support 	Smooth muscle relaxant. Used to treat hot flashes and the symptoms of premenstrual syndrome.
Black currant seed oil	<ul style="list-style-type: none"> ➤ GROUP A Female Balancing Intestinal Health 	Source of omega-6 oils. Anti-inflammatory. Used to treat rheumatoid arthritis and infections. Also useful for kidney and blood health.
Bladderwrack (kelp)	<ul style="list-style-type: none"> ➤ 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.
Spreading hogweed (<i>Boerhaavia diffusa</i>)	<ul style="list-style-type: none"> ➤ GROUP A Antistress Cognitive Improvement 	A stress modifier and liver protector.
Boron	<ul style="list-style-type: none"> ➤ NON-SECRETORS Arthritis Menopause Support 	Helps maintain healthy bones. Enhances metabolism of calcium, magnesium, copper, phosphorus, and vitamin D.
Bupleurem	<ul style="list-style-type: none"> ➤ GROUP B Chemotherapy Adjunct Detoxification ➤ GROUP AB Liver Support 	A Chinese herb with anti-inflammatory, adaptogenic, and sedative properties.
Burdock root	<ul style="list-style-type: none"> ➤ GROUP A Cancer Prevention Intestinal Health Skin Health ➤ GROUP AB Detoxification 	An immune modulator and blood purifier.
Calcium, citrate	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Antistress Menopause Support 	Needed to form bones and teeth and also required for blood clotting, transmission of signals in nerve cells, and muscle contraction.

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Caprylic acid	<ul style="list-style-type: none"> ➤ GROUP A Yeast/Fungus Resistance ➤ GROUP O Yeast/Fungus Resistance ➤ NON-SECRETORS Antibiotic Support Intestinal Health 	Antifungal, antiseptic. Produced in the body in small amounts, antifungal in human sweat and sebum. Natural component of coconut oil, palm nut oil, butter fat, and other vegetable and animal sources, synthesized from caprylic alcohol (octanol) found in coconut oil.
Cat's claw	<ul style="list-style-type: none"> ➤ GROUP B Anti-Inflammation 	Immune modulator. Used to treat inflammation, rheumatism, gastric ulcers, tumors, and dysentery.
Cayenne pepper	<ul style="list-style-type: none"> ➤ GROUP O Anti-Inflammation 	Digestive stimulant. Used to treat diseases of the circulatory system, and as a remedy for rheumatic pains and arthritis.
Celery seed extract	<ul style="list-style-type: none"> ➤ GROUP AB Female Balancing 	Used to treat rheumatoid arthritis and urinary tract infections. Contains a component that has an anti-inflammatory effect on the tissues of the body.
Chamomile	<ul style="list-style-type: none"> ➤ GROUP A Antistress Female Balancing Menopause Support Surgery Recovery ➤ GROUP AB Surgery Recovery 	Nerve tonic. Calming and soothing; folk remedy for colic.
Chaste berry	<ul style="list-style-type: none"> ➤ GROUP O Menopause Support 	Female tonic. Acts upon the pituitary gland—specifically on the production of luteinizing hormone—to increase progesterone production and help regulate a woman's cycle.
Chickweed	<ul style="list-style-type: none"> ➤ GROUP AB Urinary Tract Health 	Bile stimulant. Used to treat asthma, indigestion, and skin diseases. Soothes and protects abraded mucus membranes.
Chlorella	<ul style="list-style-type: none"> ➤ GROUP B Antiviral ➤ GROUP AB Antiviral 	Immune modulator.
Chondroitin sulfate	<ul style="list-style-type: none"> ➤ GROUP A Arthritis ➤ GROUP AB Arthritis 	May have some benefits in regenerating joint cartilage. Chondroitin sulfate is a major constituent of cartilage, providing structure, holding water and nutrients, and allowing other molecules to move through cartilage.

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Clove	<ul style="list-style-type: none"> ➤ GROUP O Yeast/Fungus Resistance 	An anti-inflammatory and anti-ulcer compound. Promotes resistance against <i>Candida albicans</i> .
Codonopsis	<ul style="list-style-type: none"> ➤ NON-SECRETORS Immune-Enhancing 	Used to treat diabetes, chronic cough and shortness of breath, prolapsed (fallen) uterus, lack of appetite, fatigue and tired limbs, and diarrhea and vomiting.
Coleus	<ul style="list-style-type: none"> ➤ GROUP O Cardiovascular Fatigue-Fighting 	Enhances intracellular energy production. Can lower blood pressure by relaxing arteriolar smooth muscle. Has a positive effect on the heart muscle, and is an inhibitor of platelet aggregation.
Colostrum, bovine	<ul style="list-style-type: none"> ➤ GROUP AB Intestinal Health 	Immune modulator. A highly concentrated source of powerful immune and growth factors produced from the mammary glands within the first 24–72 hours after giving birth. Generally contains immunoglobulins such as IgG, IgA, IgE, IgD, and IgM.
Copper citrate	<ul style="list-style-type: none"> ➤ GROUP O Blood-Building Surgery Recovery 	Maintains healthy blood cells, and is needed to absorb and use iron. Also part of the antioxidant enzyme superoxide dismutase (SOD).
Co enzyme Q10	<ul style="list-style-type: none"> ➤ 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.
Cordyceps	<ul style="list-style-type: none"> ➤ GROUP B Antistress Immune-Enhancing ➤ GROUP AB Anti-Stress 	An antimicrobial agent, used to treat cough, night sweats, and bacterial infections. Useful as a treatment in recovering from a long illness.
Coriander	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Female Balancing ➤ GROUP B Yeast/Fungus Resistance 	Antispasmodic, appetizer, calmative. Also used topically for infections and joint pain.
Coriolus versicolor	<ul style="list-style-type: none"> ➤ GROUP A Chemotherapy Adjunct ➤ GROUP B Antibacterial Antiviral Cancer Prevention 	Extract is one of the most thoroughly researched all-natural products with proven benefit in cancer. Significant immune system benefit clearly demonstrated in dozens of published clinical studies.

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Coriolus versicolor (cont.)	<ul style="list-style-type: none"> ➤ GROUP AB Chemotherapy Adjunct 	
Corn silk	<ul style="list-style-type: none"> ➤ GROUP A Urinary Tract Health 	Urinary tract tonic.
Cranberry capsules	<ul style="list-style-type: none"> ➤ GROUP A Urinary Tract Health ➤ GROUP B Urinary Tract Health ➤ GROUP AB Urinary Tract Health 	Used to treat cystitis for both bacterial (<i>Escherichia coli</i>) and yeast-related cystitis.
Curcumin (turmeric)	<ul style="list-style-type: none"> ➤ GROUP A Cancer Prevention ➤ GROUP B Cardiovascular Liver Support ➤ GROUP AB Cancer Prevention Liver Support 	Used to treat many conditions, including poor vision, rheumatic pains, and coughs. Protects the liver and improves cardiovascular health.
Cysteine, <i>N</i>-acetyl (NAC)	<ul style="list-style-type: none"> ➤ GROUP AB Metabolic Enhancement 	Helps break down mucus.
Dandelion	<ul style="list-style-type: none"> ➤ GROUP A Detoxification ➤ GROUP AB Intestinal Health ➤ GROUP O Metabolic Enhancement ➤ NON-SECRETORS Cardiovascular Liver Support 	Leaves are a diuretic, used to treat constipation, edema (water retention), indigestion, and heartburn. Provides pregnancy and postpartum support. Roots used to treat alcohol withdrawal, constipation, indigestion, heartburn, and liver ailments, also to provide pregnancy and postpartum support.
Deflect	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Intestinal Health Metabolic Enhancement 	Acts as sacrificial molecules to preferentially bind to dietary lectins in the gastrointestinal tract before they can cross into the bloodstream.

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Deflect (<i>cont.</i>)	<ul style="list-style-type: none"> ➤ NON-SECRETORS Anti-Inflammation Arthritis Detoxification Stomach Health Urinary Tract Health 	
DHEA	<ul style="list-style-type: none"> ➤ GROUP A Antistress 	Blunts hormonal effects of stress and aging.
Dong quai	<ul style="list-style-type: none"> ➤ GROUP B Menopause Support ➤ GROUP AB Female Balancing 	Female tonic. Used to treat abnormal menstruation, suppressed menstrual flow, painful or difficult menstruation, and uterine bleeding. Dong quai traditionally used for hot flashes associated with perimenopause. Also used for both men and women with cardiovascular disease, including high blood pressure, and problems with peripheral circulation.
Echinacea	<ul style="list-style-type: none"> ➤ GROUP A Antibiotic Support 	Immune modulator. Increases the production and activity of white blood cells. Used to treat common cold/sore throat (for symptoms), infection, and influenza.
Elderberry (concentrate—"Proberry")	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Antiviral ➤ NON-SECRETORS Immune-Enhancing Sinus Health 	Antiviral; anti-oxidant. Used to treat bronchitis, common cold/sore throat, infection, and influenza.
Elecampane	<ul style="list-style-type: none"> ➤ GROUP A Yeast/Fungus Resistance ➤ GROUP B Intestinal Health ➤ GROUP AB Yeast/Fungus Resistance 	Promotes insulin sensitivity, lowers cortisol, provides fiber substrate needed to promote growth of friendly bacteria.
Escargot (Roman snail)	<ul style="list-style-type: none"> ➤ GROUP A Cancer Prevention ➤ GROUP AB Cancer Prevention 	Immune modulator.
Essential fatty acids	<ul style="list-style-type: none"> ➤ GROUP A Cardiovascular Nerve Health 	Used to treat Crohn's disease, high blood pressure, high triglycerides, rheumatoid arthritis, and ulcerative colitis. Also associated with treatments for memory loss, dementia, and visual problems.

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Essential fatty acids (<i>cont.</i>)	<ul style="list-style-type: none"> ➤ GROUP B Nerve Health ➤ GROUP AB Cardiovascular Nerve Health ➤ GROUP O Anti-Inflammation Intestinal Health 	
False daisy	<ul style="list-style-type: none"> ➤ GROUP A Liver Support ➤ GROUP O Male Health 	Liver protectant.
False unicorn root	<ul style="list-style-type: none"> ➤ GROUP A Male Health 	Supports reproductive health, for both men and women.
Fennel	<ul style="list-style-type: none"> ➤ GROUP B Cancer Prevention 	Used to treat colic, indigestion, and heartburn. Seeds are a common cooking spice, particularly for use with fish. After meals, they are used in several cultures to prevent gas and upset stomach. The seeds are also used in Latin America to increase the flow of breast milk. Fennel has also been used as a remedy for cough and colic in infants.
Fenugreek	<ul style="list-style-type: none"> ➤ GROUP B Cardiovascular Immune-Enhancing Liver Support Metabolic Enhancement 	Used to treat digestive distress, atherosclerosis, diabetes, and high triglycerides. Chinese herbalists use it for kidney problems and conditions affecting the male reproductive tract.
Feverfew	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Metabolic Enhancement 	Migraine remedy.
Fish oils	<ul style="list-style-type: none"> ➤ GROUP A Anti-Inflammation Arthritis 	Blood thinner, anti-inflammatory. Used to treat Crohn's disease, high blood pressure, high triglycerides, and rheumatoid arthritis.
Flaxseed husks	<ul style="list-style-type: none"> ➤ 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 LDL blood cholesterol, lowers blood pressure, and reduces risk of heart attack and stroke.
Floradix (liquid iron and herbs)	<ul style="list-style-type: none"> ➤ GROUP A Blood-Building 	Useful for anemic conditions or when there is a general need for blood building.

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Folic acid [see Vitamin B]		
Frankincense (<i>Boswellia serrata</i>)	<ul style="list-style-type: none"> ➤ GROUP A Anti-Inflammation ➤ GROUP AB Allergy Control Anti-Inflammation ➤ GROUP O Arthritis 	Used to treat arthritis and inflammation.
GABA	<ul style="list-style-type: none"> ➤ GROUP B Antistress 	Mild tranquilizer.
Garlic (standardized Chinese extract)	<ul style="list-style-type: none"> ➤ GROUP AB Cardiovascular ➤ GROUP O Chemotherapy Adjunct Detoxification Yeast/Fungus Resistance 	Antimicrobial. Used to treat high blood pressure and high triglycerides.
Garlic (standardized extract)	<ul style="list-style-type: none"> ➤ GROUP AB Intestinal Health 	Antimicrobial and also acts as a blood thinner.
Genistein (soy extract)	<ul style="list-style-type: none"> ➤ GROUP A Cancer Prevention ➤ GROUP AB Cancer Prevention 	Phytoestrogen. Isoflavones in soy, primarily genistein and daidzein, have been well researched for antioxidant and phytoestrogenic properties, and shown in studies to be potent aromatase inhibitors. Saponins enhance immune function and bind to cholesterol to limit its absorption in the intestine. Phytosterols and other components of soy have been reported to lower cholesterol levels.
Gentian	<ul style="list-style-type: none"> ➤ GROUP A Stomach Health 	Stomach tonic. Promotes appetite; improves digestion.
Ginger root	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Stomach Health ➤ GROUP A Cardiovascular ➤ GROUP B Metabolic Enhancement Pulmonary Support 	Stomach tonic. Used to treat anorexia, flatulence, gastric and intestinal spasms, acute colds, and painful menstruation.

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Ginger root (<i>cont.</i>)	<ul style="list-style-type: none"> ➤ GROUP AB Pulmonary Support ➤ GROUP O Anti-Inflammation 	
Ginkgo	<ul style="list-style-type: none"> ➤ GROUP A Cardiovascular ➤ GROUP B Cognitive Improvement 	Increases cerebral circulation. Used to treat Alzheimer's disease, atherosclerosis, cerebrovascular insufficiency, congestive heart failure, depression, diabetes, and impotence/infertility.
Ginseng, Chinese	<ul style="list-style-type: none"> ➤ GROUP A Antiviral ➤ GROUP AB Fatigue-Fighting 	Adaptogen; promotes healthy stress response. Used to treat heart disease, stress, diabetes mellitus, poor digestion, weakness after long illness/injury/surgery, and the effects of aging.
Ginseng, Siberian	<ul style="list-style-type: none"> ➤ GROUP B Antibacterial Antiviral Chronic Illness Recovery Cognitive Improvement Fatigue-Fighting ➤ GROUP AB Antiviral Cognitive Improvement 	Adaptogen; promotes healthy stress response, increases stamina and endurance, encourages normal adrenal gland function, enhances mental acuity, and combats harmful toxins.
Glucosamine sulfate	<ul style="list-style-type: none"> ➤ GROUP O Anti-Inflammation 	Supports connective tissue. Used to treat kidney stones and osteoarthritis, and for wound healing.
Glucosamine, <i>N</i> -acetyl (NAG)	<ul style="list-style-type: none"> ➤ GROUP A Arthritis ➤ GROUP B Arthritis 	Binds lectins, breaks down mucus, and protects the liver.
Glutamine	<ul style="list-style-type: none"> ➤ GROUP O Antiviral Intestinal Health ➤ GROUP AB Nerve 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 support, HIV support, peptic ulcer, ulcerative colitis, inflammatory bowel disease.

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Gokharu	<ul style="list-style-type: none"> ➤ GROUP A Pulmonary Support ➤ GROUP B Cognitive Improvement 	Can raise testosterone levels by increasing luteinizing hormone. Balances stress hormones.
Goldenseal	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Immune-Enhancing 	Antibacterial. Used to treat mucous membrane infections and inflammations, upper respiratory ailments, influenza, gastroenteritis, infectious diarrhea, giardiasis, peptic ulcers, and uterine hemorrhage.
Gotu kola	<ul style="list-style-type: none"> ➤ GROUP A Metabolic Enhancement Surgery Recovery ➤ GROUP AB Surgery Recovery ➤ GROUP O Female Balancing Metabolic Enhancement 	Aids in rapid wound healing, chronic venous insufficiency, mental function, minor burns, scars, skin ulcers, varicose veins, and wound healing.
Green tea	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Cancer Prevention Chemotherapy Adjunct Metabolic Enhancement 	Antioxidant. Reduces cancer risk, gingivitis (periodontal disease), high cholesterol, high blood pressure, and high triglycerides. Improves immune function and guards against cardiovascular disease.
Gum, guggul	<ul style="list-style-type: none"> ➤ GROUP O Cardiovascular Metabolic Enhancement 	Lowers cholesterol. Guggulipid offers considerable benefit in preventing and treating atherosclerotic vascular disease (heart disease). Most effective in lowering LDL cholesterol and triglycerides. Also raises the level of good cholesterol (HDL). Guggul exhibits a cholesterol lowering ability unlike any other natural substance. In human trials of guggulipid, cholesterol levels dropped 14% to 27% in a 4- to 12-week period, while triglyceride levels dropped from 22% to 30%.
Hawthorn	<ul style="list-style-type: none"> ➤ GROUP A Allergy Control Cardiovascular ➤ GROUP AB Cardiovascular 	Promotes improved heart function. Used to treat angina, atherosclerosis, congestive heart failure, and high blood pressure. Improves coronary artery blood flow and the contractions of the heart muscle.
Helix pomatia	<ul style="list-style-type: none"> ➤ GROUP A Cancer Prevention ➤ GROUP AB Cancer Prevention 	Lectin in <i>Helix pomatia</i> , through its ability to recognize the altered products on metastatic cells, appears to act by turning off a cancer cell's "cloaking device" and allowing it to be more visible to the immune system.

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He shou wu ("Fo-Ti")	<ul style="list-style-type: none"> ➤ GROUP A Antiviral ➤ NON-SECRETORS Cardiovascular 	Eastern and Western herbalists recommend Fo-Ti as supplement to maintain youthful vigor, increase energy, tone the kidneys and liver, and purify the blood. Also employed as a remedy for insomnia, stomach upset, and diabetes; contains a number of glycosides that account for the herbs use as a remedy for stomach disorders and constipation. He shou wu roots may contain compounds with mild cardiovascular and anti-inflammatory effects.
Hibiscus	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Female Balancing 	Acts as an adaptogen for the female reproductive system.
Holy basil	<ul style="list-style-type: none"> ➤ GROUP A Anti-Inflammation Antistress Skin Health 	Lowers cortisol; prevents stress-related breakdown.
Hops	<ul style="list-style-type: none"> ➤ GROUP AB Antistress 	Nerve tonic. Soothes the stomach and promotes healthy digestion.
Horehound	<ul style="list-style-type: none"> ➤ GROUP AB Pulmonary Support 	Expectorant, bitter tonic, and antiseptic. Normalizes irregular heartbeat in small amounts. Vasodilator.
Horse chestnut	<ul style="list-style-type: none"> ➤ GROUP A Surgery Recovery ➤ GROUP O Surgery Recovery 	Used to treat varicose veins, bruising, chronic venous insufficiency, edema (water retention), hemorrhoids, and minor injuries.
Horseradish root	<ul style="list-style-type: none"> ➤ GROUP A Pulmonary Support 	Used to treat sinus conditions, bronchitis, chronic obstructive sinusitis, pulmonary disease, common cold/sore throat, indigestion, and heartburn.
Horsetail	<ul style="list-style-type: none"> ➤ GROUP AB Surgery Recovery ➤ GROUP O Menopause Support Surgery Recovery Urinary Tract Health 	Used to treat brittle nails, edema (water retention) as a diuretic, osteoarthritis, osteoporosis, and rheumatoid arthritis.
Huang lian	<ul style="list-style-type: none"> ➤ GROUP AB Antibiotic Support 	Shown to block the adherence of harmful bacteria.
Indol-3-carbinol	<ul style="list-style-type: none"> ➤ GROUP A Cancer Prevention Chemotherapy Adjunct 	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.

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Indol-3-carbinol (<i>cont.</i>)	<ul style="list-style-type: none"> ➤ GROUP AB Cancer Prevention Chemotherapy Adjunct 	
Inositol	<ul style="list-style-type: none"> ➤ GROUP B Antistress Cognitive Improvement Nerve Health 	Component of cell membrane important in restoring cell fluidity and function.
Inula	<ul style="list-style-type: none"> ➤ GROUP A Yeast/Fungus resistance ➤ GROUP B Intestinal Health ➤ GROUP AB Yeast/Fungus Resistance 	Promotes insulin sensitivity, lowers cortisol, provides fiber substrate needed to promote growth of friendly bacteria.
Iron citrate	<ul style="list-style-type: none"> ➤ GROUP B Blood-Building ➤ GROUP AB Blood-Building 	Blood health.
Isatis	<ul style="list-style-type: none"> ➤ GROUP O Immune-Enhancing 	Immune modulator.
Jiaogulan	<ul style="list-style-type: none"> ➤ GROUP B Anti-Inflammation ➤ GROUP AB Anti-Inflammation 	Acts as an anti-inflammatory agent.
Job's tears	<ul style="list-style-type: none"> ➤ GROUP B Immune-Enhancing 	Antioxidant.
Kava kava	<ul style="list-style-type: none"> ➤ GROUP A Anti-Inflammation 	Sedative, hypnotic, also noted for initiating a state of contentment, a greater sense of well-being, and enhanced mental acuity, memory, and sensory perception. Used traditionally to treat pain. Kava-lactones may have anti-anxiety, analgesic (pain-relieving), muscle-relaxing, and anti-convulsant effects.
Kelp	<ul style="list-style-type: none"> ➤ GROUP O Metabolic Enhancement Female Balancing 	Known for its properties of metabolic enhancement. Concentrated source of minerals, including iodine, potassium, magnesium, calcium, and iron. As a source of iodine, assists in making thyroid hormones.

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L-carnitine	<ul style="list-style-type: none"> ➤ GROUP O Cardiovascular Chronic Illness Recovery 	Enhances intracellular energy processes; helpful in some types of muscular dystrophy.
L-glutathione	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Liver Support ➤ GROUP B Detoxification ➤ NON-SECRETORS/SUBTYPES Antibiotic Support 	One of the body's most powerful antioxidants.
L-phenylalanine	<ul style="list-style-type: none"> ➤ GROUP O Arthritis relief 	Used to treat osteoarthritis, Parkinson's disease, and rheumatoid arthritis. Also thought to be effective in treating depression and alcohol withdrawal. L-phenylalanine can be converted to L-tyrosine (another amino acid) and subsequently to L-dopa, norepinephrine, and epinephrine.
L-tryptophan (5HT)	<ul style="list-style-type: none"> ➤ NON-SECRETORS Antistress Anti-Inflammation 	Helps balance neurotransmitters.
Kutki (Picrorhiza)	<ul style="list-style-type: none"> ➤ GROUP O Antibacterial Antiviral 	Liver protectant. Also used to treat asthma, acute and chronic infections, immune conditions, and autoimmune disease.
Licorice (DGL) (Deglycyrrhizinated)	<ul style="list-style-type: none"> ➤ GROUP B Fatigue-Fighting Liver Support ➤ GROUP AB Fatigue-Fighting Stomach Health ➤ GROUP O Stomach Health 	Used to treat stomach ulcers, canker sores (mouth ulcers), indigestion, and heartburn.
Linden	<ul style="list-style-type: none"> ➤ GROUP A Antiviral ➤ GROUP B Antiviral ➤ GROUP AB Antiviral 	Anti-inflammatory and nerve health agent.

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Lipoic acid	<ul style="list-style-type: none"> ➤ GROUP A Liver Support ➤ GROUP B Antibiotic Support Cardiovascular ➤ GROUP AB Liver Support 	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. Helps catecholamine elimination. Enhances sensitivity to insulin.
Liver extract	<ul style="list-style-type: none"> ➤ GROUP O Blood-Building 	Used to treat anemia.
Lysine	<ul style="list-style-type: none"> ➤ GROUP B Antistress ➤ GROUP AB Antistress 	Essential amino acid needed for growth, and to help maintain nitrogen balance in the body. Appears to help the body absorb and conserve calcium.
Ma huang	<ul style="list-style-type: none"> ➤ GROUP B Allergy Control 	Decongestant. Used to treat asthma, congestion, cough, chronic obstructive pulmonary disease, weight loss, and obesity.
Magnesium	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Female Balancing ➤ GROUP B Allergy Control Chronic Illness Recovery Fatigue-Fighting Intestinal Health Menopausal Support 	Nerve and digestive health. Needed for bone, protein, and fatty acid formation, making new cells, activating B vitamins, relaxing muscles, and clotting blood.
Magnolia flower	<ul style="list-style-type: none"> ➤ GROUP B Sinus Health ➤ GROUP AB Allergy Control 	Sinus and allergy remedy.
Maitake mushroom extract	<ul style="list-style-type: none"> ➤ GROUP A Cancer Prevention ➤ GROUP B Chemotherapy Adjunct Immune-Enhancing 	Immune modulator. Used to treat diabetes, high cholesterol, HIV-related conditions, high blood pressure, high triglycerides, and infection. Useful as a chemotherapy support.

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Maitake mushroom extract (<i>cont.</i>)	<ul style="list-style-type: none"> ➤ GROUP O Cancer Prevention ➤ NON-SECRETORS Antistress 	
Man root	<ul style="list-style-type: none"> ➤ GROUP O Male Health 	Immune tonic. Used to treat infections, gastrointestinal disturbances, kidney ailments, and liver ailments.
Manganese	<ul style="list-style-type: none"> ➤ GROUP O Menopause Support 	Needed for healthy skin, bone, and cartilage formation, as well as glucose tolerance. Useful in hypoglycemia and osteoporosis.
Marigold	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Skin Health 	Used to treat inflammation, eczema, and various skin conditions.
Marshmallow	<ul style="list-style-type: none"> ➤ GROUP B Stomach Health 	Excellent demulcent, soothing to mucus membranes, such as those in the gastrointestinal tract.
Melatonin	<ul style="list-style-type: none"> ➤ GROUP B Fatigue-Fighting 	Aid to sleep. Shortens the time needed to go to sleep, reduces the number of night awakenings, and improves sleep quality. May help down-regulate EGF receptors.
Methionine	<ul style="list-style-type: none"> ➤ GROUP B Arthritis 	Essential amino acid. Helpful for aiding liver detoxification.
Methylcobalamin [see vitamin B ₁₂]		
Milk thistle	<ul style="list-style-type: none"> ➤ GROUP AB Liver Support ➤ GROUP O Liver Support 	Functions as a liver protectant and antioxidant.
Moducare (plant sterols and sterolins)	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Immune-Enhancing 	Enhances immunity by acting as an immune adaptogen. The plant sterols and 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	<ul style="list-style-type: none"> ➤ GROUP B Female Balancing Menopause Support ➤ GROUP AB Female Balancing 	Tonic and laxative used to treat menstrual difficulties and menopausal symptoms.

COMMON NAME	BLOOD GROUP-SPECIFIC BENEFICIAL EFFECT	PRIMARY ACTION
MSM (methylsulfonylmethane)	<ul style="list-style-type: none"> ➤ GROUP A Pulmonary Support ➤ GROUP B Allergy Control Anti-Inflammation ➤ GROUP AB Pulmonary Support ➤ GROUP O Sinus Health 	Promotes joint and pulmonary health.
Mullein	<ul style="list-style-type: none"> ➤ GROUP O Pulmonary Support 	Used to treat asthma, bronchitis, chronic obstructive pulmonary disease, common cold/sore throat, cough, and recurrent ear infection.
NAG	<ul style="list-style-type: none"> ➤ GROUP B Pulmonary Support ➤ GROUP O Arthritis Intestinal Health ➤ NON-SECRETORS Cardiovascular 	Used to treat obesity by binding onto certain lectins that promote insulin resistance.
Niacinamide [see Vitamin B ₃]		
Noni	<ul style="list-style-type: none"> ➤ GROUP A Blood-Building Cancer Prevention ➤ GROUP O Pulmonary Support 	An anti-inflammatory agent and an antioxidant.
Old man's beard	<ul style="list-style-type: none"> ➤ GROUP A Antibacterial Stomach Health Urinary Tract Health 	Antibiotic; inhibits growth of bacteria.

COMMON NAME	BLOOD GROUP-SPECIFIC BENEFICIAL EFFECT	PRIMARY ACTION
OPCs (oligomeric proanthocyanidins)	<ul style="list-style-type: none"> ➤ GROUP A Cognitive Improvement ➤ GROUP B Anti-Inflammation Cardiovascular Skin Health ➤ GROUP AB Cognitive Improvement Skin Health 	A class of nutrients belonging to the flavinoid family. Two of the main functions of OPCs are as antioxidants and in the stabilization of collagen and maintenance of elastin, which are components of connective tissue.
Oregano	<ul style="list-style-type: none"> ➤ GROUP B Yeast/Fungus Resistance 	Common herb used in cooking. Antifungal and anti-inflammatory.
Oregon grape	<ul style="list-style-type: none"> ➤ 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 and urinary tract, and enhances immune cell function. Used to treat infection, parasites, poor digestion, psoriasis, and urinary tract infections.
Osha root	<ul style="list-style-type: none"> ➤ GROUP O Immune-Enhancing 	Antiviral agent, used to treat herpes, sore throats, colds, flu, and as a bronchial expectorant. Has immune stimulating properties as well.
Pancreatic enzymes	<ul style="list-style-type: none"> ➤ GROUP O Antibiotic Support 	Digestive aid.
Pantethine (active B ₆) [see also Vitamin B ₆]	<ul style="list-style-type: none"> ➤ GROUP A Cardiovascular Skin Support ➤ GROUP AB Cardiovascular 	Lowers cholesterol.
Pantothenic acid [see Vitamin B ₅]		
Parsley leaf	<ul style="list-style-type: none"> ➤ GROUP A Female Balancing ➤ GROUP B Female Balancing 	Used as a stomach tonic, antioxidant, and a diuretic. Encourages uric acid elimination. Increases milk in lactating women. Inhibits histamine release. Tones uterine muscles.

COMMON NAME	BLOOD GROUP-SPECIFIC BENEFICIAL EFFECT	PRIMARY ACTION
Phosphatidyl choline (lecithin)	<ul style="list-style-type: none"> ➤ GROUP B Chronic Illness Recovery ➤ GROUP AB Nerve Health 	Nerve and circulatory remedy. Used to treat anxiety, eczema, gallbladder attacks, hepatitis, manic depression, and liver ailments.
Picrorhiza	<ul style="list-style-type: none"> ➤ GROUP O Antibacterial Antiviral 	Liver protectant. Also used to treat asthma, acute and chronic infections, immune conditions, and autoimmune disease.
Pineapple enzyme (Bromelain)	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Allergy Control Anti-Inflammation Surgery Recovery ➤ GROUP A Antibiotic Support ➤ GROUP O Urinary Tract Health 	Inflammation modulator. Bromelain is an anti-inflammatory agent. Used to treat minor injuries, particularly sprains and strains, muscle injuries, and the pain, swelling, and tenderness that accompany sports injuries. Also good for angina, asthma, minor injuries, and urinary tract infection.
Potassium citrate	<ul style="list-style-type: none"> ➤ GROUP A Chronic Illness Recovery ➤ GROUP B Allergy Control Fatigue-Fighting Liver Support ➤ GROUP AB Fatigue-Fighting 	Supports proper nerve function. Needed to regulate water balance, levels of acidity, blood pressure, and neuromuscular function. Required for carbohydrate and protein metabolism.
Primrose oil	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Female Balancing 	Anti-inflammatory, blood thinner, and blood vessel dilator. Evening primrose oil (EPO) 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.
Probiotics	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Antibiotic Support Cardiovascular Chemotherapy Adjunct Detoxification Fatigue-Fighting Immune-Enhancing Intestinal Health Stomach Health Urinary Tract Health Yeast/Fungus Resistance 	Beneficial bacteria, such as <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium bifidum</i> , are called probiotics. Probiotic bacteria favorably alter the intestinal microflora balance, inhibit the growth of harmful bacteria, promote good digestion, boost immune function, and increase resistance to infection. Individuals with flourishing intestinal colonies of beneficial bacteria are better equipped to fight the growth of disease-causing bacteria.

COMMON NAME	BLOOD GROUP-SPECIFIC BENEFICIAL EFFECT	PRIMARY ACTION
Probiotics (<i>cont.</i>)	<ul style="list-style-type: none"> ➤ NON-SECRETORS Cancer Prevention Skin Health 	
Pygeum extract	<ul style="list-style-type: none"> ➤ GROUP O Male Health 	Supports prostate health.
Pyridoxal [see Vitamin B ₆]		
Quercetin	<ul style="list-style-type: none"> ➤ GROUP A Cancer Prevention Intestinal Health Pulmonary Support ➤ GROUP AB Cancer Prevention Intestinal Health 	Antioxidant. Acts as an antihistamine and has anti-inflammatory activity. Inhibits the enzyme aldose reductase, which can decrease the buildup of sorbitol. Sorbitol has been linked to nerve, kidney, and eye damage in diabetics.
Raspberry leaf	<ul style="list-style-type: none"> ➤ GROUP B Female Balancing 	Female tonic. Used for pregnancy and postpartum support.
Red clover	<ul style="list-style-type: none"> ➤ GROUP AB Skin Health 	Blood clot inhibitor and blood purifier.
Rehmannia root	<ul style="list-style-type: none"> ➤ GROUP B Surgery Recovery ➤ GROUP O Surgery Recovery 	Promotes healing of injured bones and blood clotting. Commonly used in clinics in the orient and is called di-huang, or "yellow earth." Used to treat diabetes, constipation, urinary tract problems, anemia, dizziness, and irregular menstrual flow.
Reishi mushroom	<ul style="list-style-type: none"> ➤ GROUP AB Immune-Enhancing ➤ GROUP O Immune-Enhancing 	Promotes long-term antiviral resistance. Helps lower blood pressure as well as decrease low-density lipoprotein (LDL) and triglyceride levels. Also helps to reduce blood clotting.
Rhodiola	<ul style="list-style-type: none"> ➤ 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	<ul style="list-style-type: none"> ➤ GROUP O Arthritis 	Homeopathic remedy made from poison ivy. Used to treat skin ailments, achy joints, and rheumatic pains.

COMMON NAME	BLOOD GROUP-SPECIFIC BENEFICIAL EFFECT	PRIMARY ACTION
Rose hips [see Vitamin C/rose hips]		
Rosemary	<ul style="list-style-type: none"> ➤ GROUP B Yeast/Fungus Resistance ➤ GROUP O Cancer Prevention 	Has potent antibacterial effects, and can relax smooth muscles in the lungs. May inhibit cancer formation.
Sage	<ul style="list-style-type: none"> ➤ GROUP B Immune-Enhancing ➤ GROUP AB Menopause Support 	Antibacterial, especially against <i>Staphylococcus aureus</i> . Also has anti-septic and antispasmodic properties. Stimulates muscles of the uterus.
Saint John's wort	<ul style="list-style-type: none"> ➤ GROUP A Antistress 	Antidepressant. Promotes neurotransmitter balance. Used to treat anxiety, depression, herpes simplex/cold sores, HIV-related conditions, and recurrent ear infections.
Sarsaparilla	<ul style="list-style-type: none"> ➤ GROUP B Skin Health ➤ GROUP O Fatigue-Fighting Chronic Illness Recovery 	General tonic. Used to treat arthritis, cancer, skin diseases, and psoriasis.
Saw palmetto	<ul style="list-style-type: none"> ➤ GROUP A Male Health ➤ GROUP B Male Health ➤ GROUP AB Male Health 	Prostate remedy.
Schisandra	<ul style="list-style-type: none"> ➤ GROUP B Antibacterial Antistress 	Supports proper nerve health. Used to treat common cold/sore throat, fatigue, hepatitis, and stress.
Slippery elm	<ul style="list-style-type: none"> ➤ GROUP AB Stomach Health Yeast/Fungus Resistance 	Digestive protectant. Used to treat common cold/sore throat, cough, Crohn's disease, and gastritis.

COMMON NAME	BLOOD GROUP-SPECIFIC BENEFICIAL EFFECT	PRIMARY ACTION
Squaw vine	<ul style="list-style-type: none"> ➤ GROUP A Menopause Support ➤ GROUP O Female Balancing 	Used to treat menstrual problems and menopausal symptoms.
Stinging Nettle leaf	<ul style="list-style-type: none"> ➤ GROUP A Allergy Control Sinus Health ➤ GROUP AB Sinus Health ➤ GROUP O Allergy Control Blood-Building Sinus Health 	Anti-inflammatory. Used to treat hay fever, sinusitis, and prostate enlargement.
Stinging Nettle, root	<ul style="list-style-type: none"> ➤ GROUP A Male Health Yeast/Fungus Resistance ➤ GROUP O Male Health Yeast/Fungus Resistance 	Supports healthy immune function. The root has effects on hormones and 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	<ul style="list-style-type: none"> ➤ GROUP A Sinus Health ➤ GROUP AB Sinus Health 	Helps support healthy sinus function. Stimulates and tones the alimentary mucous membranes. Strengthen structure and function of veins.
Sweet basil	<ul style="list-style-type: none"> ➤ GROUP AB Cancer Prevention 	Tonic to stimulate entire system. Can be used to relax smooth muscles of the gastrointestinal tract and has anti-cancer properties.
Tarragon	<ul style="list-style-type: none"> ➤ GROUP A Cancer Prevention ➤ GROUP O Cancer Prevention 	Primarily a cooking spice. Known to contain over 50 anti-cancer compounds.
Tea tree oil	<ul style="list-style-type: none"> ➤ NON-SECRETORS Skin Health 	Oil from tree acts as fungicide. Also useful topically for the treatment of eczema of the hands.

COMMON NAME	BLOOD GROUP-SPECIFIC BENEFICIAL EFFECT	PRIMARY ACTION
Thiamine [see Vitamin B.]		
Thistle, blessed	<ul style="list-style-type: none"> ➤ GROUP A Female Balancing ➤ GROUP O Female Balancing 	Reduces fever. Used to treat digestive problems, including gas, constipation, stomach upset, and liver and gallbladder diseases.
Thyme	<ul style="list-style-type: none"> ➤ GROUP B Pulmonary Support Yeast/Fungus Resistance ➤ GROUP AB Yeast/Fungus Resistance 	Antibacterial and antifungal agent.
Tribulus	<ul style="list-style-type: none"> ➤ GROUP B Antibacterial 	Adaptogen. Promotes healthy stress response.
Triphala	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Detoxification ➤ GROUP A Metabolic Enhancement ➤ GROUP AB Metabolic Enhancement 	Acts to detoxify and help enhance metabolic efficiency.
Turmeric	<ul style="list-style-type: none"> ➤ GROUP B Anti-Inflammation ➤ GROUP AB Anti-Inflammation 	Used to treat many conditions, including poor vision, rheumatic pains, and coughs. Increases milk production. Protects against free radical damage. Reduces inflammation by lowering histamine levels, and 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 and helps protect against atherosclerosis.
Tyrosine	<ul style="list-style-type: none"> ➤ GROUP A Metabolic Enhancement ➤ GROUP O Antistress Fatigue-Fighting 	Nonessential amino acid that acts as a precursor to thyroid hormone.
Uva Ursi	<ul style="list-style-type: none"> ➤ GROUP B Urinary Tract Health 	Supports proper bladder function.

COMMON NAME	BLOOD GROUP-SPECIFIC BENEFICIAL EFFECT	PRIMARY ACTION
Valerian	<ul style="list-style-type: none"> ➤ GROUP O Antistress 	Used to treat anxiety and insomnia.
Vervain	<ul style="list-style-type: none"> ➤ GROUP O Menopause Support 	Nerve tonic, sedative, antispasmodic, and hypotensive agent.
Vitamin A	<ul style="list-style-type: none"> ➤ GROUP A Immune-Enhancing Skin Health ➤ GROUP AB Skin Health ➤ GROUP O Skin Health ➤ NON-SECRETORS Antibacterial Antiviral Chemotherapy Adjunct Menopause Support Pulmonary Support Sinus Health Urinary Tract Health 	Antioxidant and immune enhancer. Necessary for formation of bone, protein, and growth hormone. Also essential for normal reproduction and lactation.
Vitamin B (Folic Acid)	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Cardiovascular ➤ GROUP A Blood-Building ➤ GROUP B Blood-Building ➤ GROUP O Cognitive Improvement 	Necessary for the proper functioning of antidepressant agents like Zoloft and Prozac. Lowers homocysteine, builds blood. Used to treat celiac disease, Crohn's disease, depression, and gingivitis. Useful for pregnancy and postpartum support.
Vitamin B ₁ (Thiamine)	<ul style="list-style-type: none"> ➤ GROUP AB Cognitive Improvement ➤ GROUP O Cognitive Improvement 	Nerve health. Needed to process carbohydrates, fat, and protein. Every cell of the body requires vitamin B ₁ . Used to treat fibromyalgia, canker sores, and minor injuries. Helpful in HIV support, and pregnancy and postpartum support.

COMMON NAME	BLOOD GROUP-SPECIFIC BENEFICIAL EFFECT	PRIMARY ACTION
Vitamin B₃ (Niacin)	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Skin Health ➤ GROUP B Arthritis Nerve Health ➤ GROUP AB Arthritis 	<p>The body uses vitamin B₃ in the process of releasing energy from carbohydrates. Needed to form fat from carbohydrates and to process alcohol. Niacin form of vitamin B₃ also regulates cholesterol.</p>
Vitamin B₅ (Pantothenic acid)	<ul style="list-style-type: none"> ➤ GROUP A Chronic Illness Recovery Fatigue-Fighting ➤ GROUP B Allergy Control Skin Health ➤ GROUP AB Chronic Illness Recovery ➤ GROUP O Allergy Control Skin Health 	<p>Helps blunt effects of stress, activates the adrenal glands.</p>
Vitamin B₆	<ul style="list-style-type: none"> ➤ GROUP A Menopause Support ➤ GROUP AB Menopause Support ➤ GROUP O Female Balancing Blood-Building 	<p>Helps protein metabolism. Helps to make and take apart many amino acids, and also needed to make serotonin, melatonin, and dopamine. Aids in the formation of several neurotransmitters, and thus an essential nutrient in regulation of mental processes and possibly mood.</p>
Vitamin B₁₂ Methylcobalamin	<ul style="list-style-type: none"> ➤ GROUP A Blood-Building Cognitive Improvement Fatigue-Fighting Nerve Health ➤ GROUP B Menopause Support ➤ GROUP AB Blood-Building Menopause Support Nerve Health 	<p>Methylcobalamin is a specific form of B₁₂ needed for nervous system health.</p>

COMMON NAME	BLOOD GROUP-SPECIFIC BENEFICIAL EFFECT	PRIMARY ACTION
Vitamin B ₁₂ Methylcobalamin (<i>cont.</i>)	<ul style="list-style-type: none"> ➤ GROUP O Fatigue-Fighting 	
Vitamin C (preferably rose hips)	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Arthritis Blood-Building Chronic Illness Recovery Pulmonary Support Sinus Health Surgical Recovery Urinary Tract Health ➤ GROUP A Allergy Fatigue Fighting Immune Enhancing ➤ GROUP AB Fatigue-Fighting Immune-Enhancing ➤ NON-SECRETOR/ SUBTYPES Allergy 	
Vitamin D	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Menopause Support 	Most important role is maintaining blood levels of calcium, which it accomplishes by increasing absorption of calcium from food and reducing urinary calcium loss. Plays a role in immunity and blood cell formation.
Vitamin E	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Surgical Recovery 	Powerful antioxidant that protects cell membranes and other fat-soluble parts of the body, such as LDL cholesterol. Helps in wound healing and decreases the amount of adhesions that may form after certain surgeries.
Vitamin K	<ul style="list-style-type: none"> ➤ GROUP O Surgery Recovery 	Needed for proper bone formation and blood clotting, in both cases by helping the body transport calcium.
Vitex	<ul style="list-style-type: none"> ➤ GROUP B Female Balancing 	Used to treat fibrocystic breast disease, infertility (female), menopause, menstrual difficulties, and premenstrual syndrome.
Watermelon seed	<ul style="list-style-type: none"> ➤ GROUP B Metabolic Enhancement 	Acts as a diuretic and to balance metabolism.
White atractylodes	<ul style="list-style-type: none"> ➤ GROUP B Surgical Recovery 	Protects the liver and increases the secretion of bile and gastric juice.

COMMON NAME	BLOOD GROUP-SPECIFIC BENEFICIAL EFFECT	PRIMARY ACTION
Wild indigo	<ul style="list-style-type: none"> ➤ GROUP B Sinus Health 	Immune modulator. Used to treat common cold/sore throat, Crohn's disease, influenza, and sinusitis.
Wild oat	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Nerve Health ➤ GROUP A Antistress 	Nerve tonic. Used to treat anxiety, eczema, high cholesterol, high triglycerides, insomnia, and nicotine withdrawal.
Wild yam	<ul style="list-style-type: none"> ➤ GROUP O Menopause Support 	Source of progesterone. Used to treat abdominal cramps, high cholesterol, high triglycerides, menopausal symptoms, muscle pain, and spasms.
Willow bark	<ul style="list-style-type: none"> ➤ GROUP A Anti-Inflammation 	Anti-inflammatory. Used to treat bursitis, fever, headache (tension), osteoarthritis, and rheumatoid arthritis.
Witchhazel	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Skin Health 	Astringent. Used to treat hemorrhoids, wounds, painful tumors, insect bites, and ulcers.
Woad root	<ul style="list-style-type: none"> ➤ GROUP O Immune-Enhancing 	Immune modulator.
Yarrow	<ul style="list-style-type: none"> ➤ GROUP AB Detoxification 	Supports intestinal health.
Yellow dock	<ul style="list-style-type: none"> ➤ GROUP AB Blood-Building 	Blood tonic. Used to treat skin conditions that are attributed to toxic metabolites from maldigestion and poor liver function.
Yerba Santa	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Sinus Health ➤ GROUP O Allergy Control 	Mild decongestant and expectorant.
Yucca	<ul style="list-style-type: none"> ➤ GROUP O Anti-Inflammation 	Anti-inflammatory agent.

COMMON NAME	BLOOD GROUP-SPECIFIC BENEFICIAL EFFECT	PRIMARY ACTION
Zinc	<ul style="list-style-type: none"> ➤ ALL BLOOD GROUPS Male Health Pulmonary Support Skin Health Surgical Recovery ➤ GROUP A Immune-Enhancing ➤ GROUP AB Chronic Illness Recovery Immune-Enhancing ➤ NON-SECRETORS Antibacterial Antiviral Yeast/Fungus resistance 	<p>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, and protect against free radicals.</p>