Cleanse and Restore FROM THE INSIDE OUT!

To complement your 30 day cleanse along with the proper diet to promote maintenance of your body's natural toxicity defences, doTERRA recommends combining it with the Lifelong Vitality Pack. Consisting of three nutritional supplements that should be a part of your daily nutrition plan, these are especially important as part of a detoxifying cleanse and restoration process.

Microplex MVp® Natural Nutrient Complex provides a balanced formula of bioavailable vitamins and minerals to address nutrient deficiencies and support healthy metabolism and cellular energy.

xEO Mega® is a proprietary blend of omega fatty acids and CPTG® essential oils to support many crucial bodily processes, including immune function.

Alpha CRS®+ Cellular Vitality Complex is an innovative combination of botanical extracts that support healthy cell function and cellular energy.

Together these supplements provide the nutrients vital to maintain your health and increase the effectiveness of your cleanse!



dōterra

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SINGAPO

NATURAL SOLUTION TO Detoxification

what is Zendocrine[®]?

Zendocrine is designed body's systems. This Detoxification Blend is composed of essential oils such as Rosemary, Cilantro and Juniper Berry, which are known for their detoxifying properties. Other essential oils lik angerine and Geranium, which have powerful purifyin essential oils work tog to rid the body of toxins and free radicals while supporting the healthy function of many of the body's vital organs. Proper fun minimizing toxic load as any other controllar

WHAT MAKES Jeholocrine **UNIQUE?**

The proprietary comb ion of Tangerine, Rosemary Geranium, Juniper Ber nd Cilantro essential oils have ber of detoxifying benefits. been shown to have a Their synergistic bene provide an easy way to minimize the effects of e toxins we are exposed to through normal daily toxins in the body, it a can be a vital part of a regular cleansing regimen or a Zendocrine is designed Zendocrine's essentia softgel, with a simple of waste or mess!

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Zendocrine

doTERRA's **Detoxification Program**

doTERRA's answer to minimizing toxic load comes in the form of a 30-day renewing cleanse. It is simple and easy to follow - consisting of a series of innovative products that work with your inherent cleansing processes. When combined with a healthy diet, the renewing cleanse works to maximize the health and efficiency of your vital cleansing organs so that you can minimize toxic load naturally and maintain the results long-term.

STEP 1

This proprietary blend helps purify and cleanse the digestive system while the caprylic acid supports overall digestive health and microbial balance

• Begin with GX Assist for 10 days, 1 softgel per meal, up to 3 per day. Begin with a single softgel each day to assess your tolerance.

PB Assist+ promotes a positive balance of microflora, resulting in optimal digestive and immune system, and supports gastrointestinal tract function.

• Take 1 capsule, three times per day with meal.

PB ASSIST+® PROBIOTIC DEFENSE FORMULA

Throughout the entire 30-day renewal program, two other supplements should be taken for additional cleansing support:

STEP 3

A blend that rids the body of toxins and free radicals while supporting the healthy function of many of the body's vital organs.

• Take 1 softgel a day with a meal

ZENDOCRINE® DETOXIFICATION BLEND SOFTGEL

DigestZen Terrazyme provides optimal nutritional components vital for healthy digestion, metabolism, and cellular energy development.

• Take 1-3 capsules with meals throughout the day

DIGESTZEN TERRAZYME® DIGESTIVE ENZYME COMPLEX

TerraZym



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Zendocrine

Dietary Supplement 60 Softgels

fication Blen





STEP 2





WHAT DOES Zendocrine® CONTAIN?



Rosemary Leaf

Supports proper liver function



Promotes healthy digestion and supports healthy immune and

nervous system functions



Juniper Berry

Supports healthy kidney function



Extremely high in limonene, known for its cleansing and purifying benefits



Geranium Plant

Supports the body's natural ability to rid itself of unwanted substances

Uses and Benefits

- Helps cleanse the body of toxins and free radicals that can slow the body's systems down
- Supports the proper function of vital organs i.e. the liver your body's primary defense against unwanted foreign substances
- Includes powerful cleansing properties to cleanse the body's systems • Convenient, easy to use
- Vegetarian softgels (gluten free)

Directions

Take 1 to 2 softgels per day as needed.

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.