

# GX Assist®

## GI Cleansing Formula

Made with enteric coated softgels

### PRODUCT DESCRIPTION

GX Assist is a combination of CPTG® essential oils and caprylic acid to help support a healthy digestive tract by creating an unfriendly environment for potential threats that can disrupt digestive immunities and cause digestive upset. GX Assist is formulated to be used for 10 days as a preparatory cleansing step before using PB Assist®+ Probiotic Defense Formula.

### CONCEPT

Having a healthy digestive system affects all facets of the body. When the digestive system is not functioning at its best, there can be a negative effect on every other function of the body. The combination of very powerful essential oils and caprylic acid helps cleanse the digestive system, which helps all other functions of the body perform at their optimal level.

#### **CPTG Essential Oils**

GX Assist contains a proprietary blend of dōTERRA CPTG essential oils from Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme. The GX Assist blend may improve microbial balance. This proprietary blend helps purify and cleanse the digestive system.

#### **Caprylic Acid**

A naturally derived fatty acid from coconut oil, caprylic acid has been used for over 40 years to support digestive health and microbial balance of the digestive tract.

### PRIMARY BENEFITS

- First step in an essential oil digestive maintenance program
- Supports a healthy digestive environment
- A proprietary blend of CPTG essential oils and caprylic acid that provides a natural cleanse for a healthy digestive system

### DIRECTIONS FOR USE

Take 1 to 3 softgels per day with meals for 10 days

### CAUTIONS

Pregnant or nursing women and people with known medical conditions should consult a physician before using.



## FAQS

**Q: Is GX Assist® safe to use every month?**

**A:** Yes, GX Assist can be used for 10 days each month (1–3 capsules each day). It can also be used less often, such as every three months.

**Q: Can I use this more than once a month? How many days do I need to discontinue use before I can start using again?**

**A:** It is recommended that GX assist be used no more than 10 days of the month, followed by 20 days of PB Assist®+.

**Q: Is it the Oregano that we should be careful about using too much too often?**

**A:** While Oregano is generally considered to be a more potent oil, the amount of essential oil, including Oregano, in GX Assist is far below a dose that could cause harm. The 10–day program is designed to provide a positive benefit to the digestive tract. It is not necessary to continue the program beyond 10 days.

**Q: Is GX Assist GMO and gluten-free?**

**A:** GX Assist does not contain Genetically Modified material and is gluten-free.

**Q: Should I discontinue use of other supplements while I am using GX Assist?**

**A:** GX Assist is safe and effective when used in combination with dōTERRA Lifelong Vitality Pack supplements and other dōTERRA supplements. GX Assist will not interfere with your body’s ability to absorb or utilize vitamins, minerals, cellular support ingredients, essential fatty acids, or other active ingredients.

**Q: Are there plans to put this in a vegetarian softgel?**

**A:** GX Assist may be transitioned to a vegetarian softgel in the future.

**Q: Is GX Assist safe for children to take?**

**A:** GX Assist is not recommended for children, even at a lower dose.

## COMPLEMENTARY PRODUCTS

- dōTERRA Lifelong Vitality Pack
- DigestZen Terrazyme®
- PB Assist®+
- Zendocrine® Complex and Softgels

## KEY STUDIES

Placha I, Chrastinova L, Laukova A, et al. Effect of thyme oil on small intestine integrity and antioxidant status, phagocytic activity and gastrointestinal microbiota in rabbits. *Acta Veterinaria Hungarica*. 2013;61(2):197-208.

Ohno T, Kita M, Yamaoka Y, et al. Antimicrobial activity of essential oils against *Helicobacter pylori*. *Helicobacter*. 2003;8(3):207-215.

Force M, Sparks WS, Ronzio RA. Inhibition of enteric parasites by emulsified oil of oregano in vivo. *Phytotherapy Research*. 2000;14:213-214.

Penalver P, Huerta B, Borge C, et al. Antimicrobial activity of five essential oils against origin strains of the Enterobacteriaceae family. *APMIS*. 2005;113:1-6.

Prabuseenivasan S, Jayakumar M, Ignacimuthu S. In vitro antibacterial activity of some plant essential oils. *BMC Complementary and Alternative Medicine*. 2006;6:39-47.

Mimica-Dukic N, Bozin B, Sokovic M, et al. Antimicrobial and antioxidant activities of three *Mentha* species essential oils. *Planta Med*. 2003;69:413-419.

### Supplement Facts

Serving Size: 1 softgel  
Servings per container: 60

Amount Per Serving		% DV
GX Assist Proprietary CPTG®		
Essential Oil Blend:	195 mg	**
Oregano Leaf, Melaleuca Leaf, Lemon Peel, Lemongrass Leaf, Peppermint Plant, Thyme Leaf		
Caprylic Acid	75 mg	**

\*\* Daily Value Not Established.

**Other Ingredients:** Gelatin, glycerin, purified water, food glaze, sodium alginate, carnauba wax