

# dōTERRA® 30-Day Cleanse

The dōTERRA **30-Day Cleanse** was created to help rid your body of toxic load and to support the overall function of the body's systems and organs. There are three 10-day phases: **Activate, Reset, Renew.**



<p><b>VMG+™</b> This superfoods blend supplement is designed to meet a wide scope of daily nutritional needs to promote foundational health and lifelong vitality. ▪ <i>Take 1 sachet per day in water.</i></p>
<p><b>xEO Mega®+</b> This rich source of essential fatty acids supports the healthy functioning of body systems, with an emphasis on comprehensive support for heart health and cardiovascular function.* ▪ <i>Take 3 softgels per day.</i></p>
<p><b>PB Restore™</b> Using patented encapsulation technology, the inner and outer capsules ensure delivery of 30 bioactive pre-, pro-, and postbiotic components at just the right time to appropriate areas in the digestive system.* ▪ <i>Take 1 capsule with evening meal.</i></p>
<p><b>Zendocrine® Detoxification Complex</b> This proprietary detoxification blend contains whole-food extracts that support healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin.* ▪ <i>Take 1-2 capsules with morning and evening meals.</i></p>
<p><b>Zendocrine® Softgels</b> This proprietary detoxification blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils is designed to support your body's natural detoxification systems.* ▪ <i>Take 1-2 capsules once or twice a day with meals.</i></p>
<p><b>GX Assist®</b> This GI cleansing formula is a combination of essential oils and caprylic acid to help support a healthy digestive tract by creating an unfriendly environment for potential threats.* ▪ <i>Take 1 softgel once or twice daily with food. Do not consume at the same time as PB Restore.</i></p>
<p><b>TerraZyme™</b> This product is a proprietary blend of active whole-food enzymes that support healthy digestion and metabolism of enzyme-deficient, processed food.* ▪ <i>Take 1 capsule in AM and PM on an empty stomach and 1-2 per meal as needed.</i></p>
<p><b>DDR Prime® Softgels</b> This essential oil cellular complex is a proprietary blend of essential oils combined to support cellular health, function, and renewal.* ▪ <i>Take 1-2 softgels with morning and evening meals.</i></p>
<p><b>Lemon Essential Oil</b> This essential oil naturally cleanses the body and aids in digestion.* ▪ <i>Add 3-5 drops to 8-16 ounces of water multiple times per day.</i></p>

## (1) Activate

1 2 3 4 5 6 7 8 9 10

Days 1-10

Days 1-10

Days 1-10

Days 1-10  
 AM            
 PM

Days 1-10

Days 1-10  
 AM            
 PM

Days 1-10  
 AM            
 PM

Days 1-10

## (2) Reset

11 12 13 14 15 16 17 18 19 20

Days 11-20

Days 11-20

Days 11-20

Days 11-20  
 AM            
 PM

Days 11-20

Days 11-20

Days 11-20  
 AM            
 PM

Days 11-20  
 AM            
 PM

Days 11-20

## (3) Renew

21 22 23 24 25 26 27 28 29 30

Days 21-30

Days 21-30

Days 21-30

Days 21-30  
 AM            
 PM

Days 21-30

Days 21-30

Days 21-30  
 AM            
 PM

Days 21-30  
 AM            
 PM

Days 21-30

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.