

# 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.**

## (1) Activate

## (2) Reset

## (3) Renew

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 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.



<p><b>xEO Mega®</b> This dietary supplement combines essential oils with natural marine- and plant-sourced omega-3 oils and carotenoids that promote healthy function of many of the major organs of the body.* ▪ Take 2 softgels with morning meal and 2 softgels with evening meal for a total of 4.</p>	<p>Days 1–30 □ □ □ □ □ □ □ □ □ □</p>	<p>□ □ □ □ □ □ □ □ □ □</p>	<p>□ □ □ □ □ □ □ □ □ □</p>
<p><b>Microplex VMz®</b> This product lives up to a high-standard of vitamin and mineral supplementation as it provides bioavailable vitamins and minerals that are absent in most modern diets. ▪ Take 2 capsules with morning meal and 2 capsules with evening meal for a total of 4.</p>	<p>Days 1–30 □ □ □ □ □ □ □ □ □ □</p>	<p>□ □ □ □ □ □ □ □ □ □</p>	<p>□ □ □ □ □ □ □ □ □ □</p>
<p><b>Alpha CRS®+</b> This cellular vitality complex is formulated with natural botanical extracts to specifically support healthy cell function. ▪ Take 2 capsules with morning meal and 2 capsules with evening meal for a total of 4.</p>	<p>Days 1–30 □ □ □ □ □ □ □ □ □ □</p>	<p>□ □ □ □ □ □ □ □ □ □</p>	<p>□ □ □ □ □ □ □ □ □ □</p>
<p><b>DigestZen TerraZyme®</b> This product is a proprietary blend of active whole-food enzymes that support healthy digestion and metabolism of enzyme-deficient, processed food.* ▪ Take 1 capsule with each meal for a total of 3.</p>	<p>Days 1–30 □ □ □ □ □ □ □ □ □ □</p>	<p>□ □ □ □ □ □ □ □ □ □</p>	<p>□ □ □ □ □ □ □ □ □ □</p>
<p><b>Zendocrine® Complex</b> This detoxification complex is a proprietary blend of whole-food extracts that support healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin.* ▪ Take 1 capsule with morning meal and 1 capsule with evening meal for a total of 2.</p>	<p>Days 1–30 □ □ □ □ □ □ □ □ □ □</p>	<p>□ □ □ □ □ □ □ □ □ □</p>	<p>□ □ □ □ □ □ □ □ □ □</p>
<p><b>Zendocrine® Blend Softgels</b> This detoxification complex is a proprietary blend of whole-food extracts that support healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin.* ▪ Take 1 softgel with morning meal and 1 softgel with evening meal for a total of 2.</p>	<p>Days 1–10 □ □ □ □ □ □ □ □ □ □</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.* ▪ Take 1 softgel with evening meal.</p>		<p>Days 11–20 □ □ □ □ □ □ □ □ □ □</p>	
<p><b>PB Assist®+</b> This probiotic defense formula is blend of pre-biotic fiber and six strains of probiotic microorganisms that promotes a positive balance and proliferation of beneficial bacteria* ▪ Take 3 capsules with evening meal.</p>			<p>Days 21–30 □ □ □ □ □ □ □ □ □ □</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.* ▪ Take 1 softgel with morning meal and 1 softgel with evening meal for a total of 2.</p>			<p>Days 21–30 □ □ □ □ □ □ □ □ □ □</p>
<p><b>Lemon Essential Oil</b> This essential oil naturally cleanses the body and aids in digestion.* ▪ Add 2 drops to 8 ounces of water 5 times per day for a total of 10 drops.</p>	<p>Days 1–30 □ □ □ □ □ □ □ □ □ □</p>	<p>□ □ □ □ □ □ □ □ □ □</p>	<p>□ □ □ □ □ □ □ □ □ □</p>