

# 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



**xEO Mega®**  
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.

**Microplex VMz®**  
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.

**Alpha CRS®+**  
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.

**dōTERRA TerraZyme™**  
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 in the morning, 1 with each meal, and 1 in the evening for a total of 5.

**Zendocrine® Detoxification Complex**  
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.

**Zendocrine® Softgels**  
Zendocrine Softgels are formulated to support your body's natural detoxification system with a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils.\*  
▪ Take 1 softgel two to three times daily as needed.

**GX Assist®**  
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.

**dōTERRA PB Restore™**  
dōTERRA PB Restore uses patented encapsulation technology, with an inner and outer capsule to ensure the delivery of the 30 bioactive components at just the right time to the appropriate areas in the digestive system.\*  
▪ Take 1 capsule prior to a meal that contains healthy fats

**DDR Prime® Softgels**  
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.

**Lemon Essential Oil**  
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.

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Days 11-20  
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Days 21-30  
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