

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.**

VMG+™

This superfoods blend supplement is designed to meet a wide scope of daily nutritional needs to promote foundational health and lifelong vitality.*

- Take 1 sachet per day in water.

EO Mega+*

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.*

- Take 3 softgels per day.

dōTERRA PB Restore®

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.*

- Take 1 capsule with evening meal.

Zendocrine® Detoxification Complex

This proprietary detoxification blend contains whole-food extracts that support healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin.*

- Take 1-2 capsules with morning and evening meals.

Zendocrine® Softgels

This proprietary detoxification blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils is designed to support your body's natural detoxification systems.*

- Take 1-2 capsules once or twice a day with meals.

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 once or twice daily with food. Do not consume at the same time as PB Restore.

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 AM and PM on an empty stomach and 1-2 meals as needed.

DDR Prime® Softgels

This essential oil cellular complex is a proprietary blend of essential oils combined to support cellular health, function, and renewal.*

- Take 1-2 softgels with morning and evening meals.

Lemon Essential Oil

This essential oil naturally cleanses the body and aids in digestion.*

- Add 3-5 drops to 8-16 ounces of water multiple times per day.

(1) Activate

1 2 3 4 5 6 7 8 9 10

(2) Reset

11 12 13 14 15 16 17 18 19 20

(3) Renew

21 22 23 24 25 26 27 28 29 30

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