dōTERRA®

90-Day Reset | DAILY TRACKER

Month 2 Cleanse Phase

Goal: *Stimulate detoxification and elimination.**

ACTIVATE

BUILD

CLEANSE

TARGETED SOLUTIONS

dōTERRA PB Restore™
Take 1 capsule with AM meal. Do not consume at the same time with GX Assist®.

Days 1-10 | Days 11-20 | Days 21-30
AM

TerraZyme™
Take 1 capsule on an empty stomach AM and PM and 1-2 capsules with meals, especially when eating enzyme-deficient foods.

Days 1-10 | Days 11-20 | Days 21-30
AM
PM

Alpha CRS+®
Take 1-2 softgels with AM and PM meals for a total of 3 per day.

Days 1-10 | Days 11-20 | Days 21-30
AM
PM

Microplex VMz®
Take 1-2 softgels with AM and PM meals for a total of 3 per day.

Days 1-10 | Days 11-20 | Days 21-30
AM
PM

EO Mega®+
Take 1-2 softgels with AM and PM meals for a total of 3 per day.

Days 1-10 | Days 11-20 | Days 21-30
AM
PM

RevitaZen+™ Complex
Take 1 capsule with AM meal. Add 1 with PM meal as needed.

Days 1-10 | Days 11-20 | Days 21-30
AM
PM

RevitaZen™ Blend
Take 3-5 drops in a capsule and/or add to 8 or more ounces of water 2-3x's per day.

Days 1-10 | Days 11-20 | Days 21-30
AM
PM

GX Assist®
Take 1-2 with noon and PM meals for a total of 3 softgels per day. If digestive upset occurs, increase fiber intake.

Days 1-10 | Days 11-20 | Days 21-30
AM
PM

DDR Prime® Complex
Take 1-2 softgels with AM and PM meals.

Days 1-10 | Days 11-20 | Days 21-30
AM
PM

Days 1-10 | Days 11-20 | Days 21-30
AM
PM

Days 1-10 | Days 11-20 | Days 21-30
AM
PM

Days 1-10 | Days 11-20 | Days 21-30
AM
PM

Days 1-10 | Days 11-20 | Days 21-30
AM
PM

Include in your daily routine oils and blends to be used topically and aromatically.