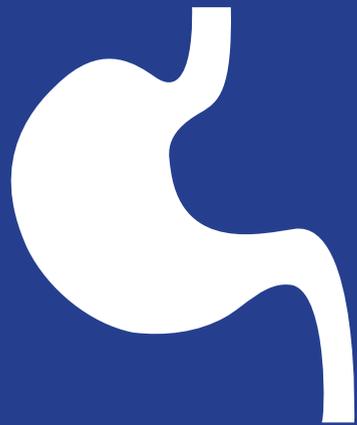


dōTERRA® CLEANSE & RESTORE

PB Assist®+

Take daily to support the gastrointestinal system.



For regular probiotic support, take 1 capsule of PB Assist®+ on a daily basis.

DigestZen TerraZyme®

Take with meals to aid in the digestion of food.



DigestZen TerraZyme® can be taken daily with meals. For a more hearty meal with more fat, take up to 3 capsules. For lighter meals, such as fresh foods, you may only need 1 capsule.

Zendocrine® Detoxification Complex

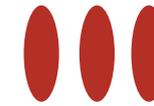
Take every 3 to 4 months to promote liver and kidney health.



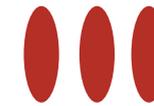
Take 2 Zendocrine® Detoxification Complex capsules daily (AM & PM) for one month straight every 3 to 4 months.

GX Assist® & PB Assist®+

Take quarterly to promote gastrointestinal health.



10 days



5 days



15 days

Step 1: Consume 3 capsules/day of GX Assist® for 10 days

Step 2: Then, consume 3 capsules/day of PB Assist®+ for 5 days

Step 3: Finish the remaining days of the month with 1 capsule/day of PB Assist®+