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
	**Microplex VMz®** This vegan-friendly supplement provides 22 bioavailable vitamins and minerals absent in most modern diets, including essential antioxidant vitamins A, C, and E; a methylated form of vitamin B9 and B12; the mineral selenium; and more. • **Take 2 capsules with morning meal and 2 capsules with evening meal for a total of 4.**	Days 1-10 AM ☐☐☐☐☐☐☐☐☐☐ PM ☐☐☐☐☐☐☐☐☐☐	Days 11-20 AM ☐☐☐☐☐☐☐☐☐☐ PM ☐☐☐☐☐☐☐☐☐☐	Days 21-30 AM ☐☐☐☐☐☐☐☐☐☐ PM ☐☐☐☐☐☐☐☐☐☐
	**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.**	Days 1-10 AM ☐☐☐☐☐☐☐☐☐☐ PM ☐☐☐☐☐☐☐☐☐☐	Days 11-20 AM ☐☐☐☐☐☐☐☐☐☐ PM ☐☐☐☐☐☐☐☐☐☐	Days 21-30 AM ☐☐☐☐☐☐☐☐☐☐ PM ☐☐☐☐☐☐☐☐☐☐
	**EO Mega®+** This rich source of omega 3 essential fatty acids supports the healthy functioning of body systems, with an emphasis on comprehensive support for heart health and cardiovascular function.* • **Take 1-2 with AM and PM for a total of 3 softgels per day.**	Days 1-10 AM ☐☐☐☐☐☐☐☐☐☐ PM ☐☐☐☐☐☐☐☐☐☐	Days 11-20 AM ☐☐☐☐☐☐☐☐☐☐ PM ☐☐☐☐☐☐☐☐☐☐	Days 21-30 AM ☐☐☐☐☐☐☐☐☐☐ PM ☐☐☐☐☐☐☐☐☐☐
	**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 AM meal. Do not consume at the same time as GX Assist®.**	Days 1-10 AM ☐☐☐☐☐☐☐☐☐☐	Days 11-20 PM ☐☐☐☐☐☐☐☐☐☐	Days 21-30 PM ☐☐☐☐☐☐☐☐☐☐
	**RevitaZen™ Detoxification Blend** This synergistic blend of essential oils supports liver, kidney, and digestive function, while also promoting gentle detoxification.* • **Add 3-5 drops 3 times daily, internally in a Veggie Capsule or in water.** • **Apply topically over the abdomen or liver. Consider using with Castor Oil for enhanced topical detox support.**	Days 1-10 AM ☐☐☐☐☐☐☐☐☐☐ Noon ☐☐☐☐☐☐☐☐☐☐ PM ☐☐☐☐☐☐☐☐☐☐	Days 11-20 AM ☐☐☐☐☐☐☐☐☐☐ Noon ☐☐☐☐☐☐☐☐☐☐ PM ☐☐☐☐☐☐☐☐☐☐	Days 21-30 AM ☐☐☐☐☐☐☐☐☐☐ Noon ☐☐☐☐☐☐☐☐☐☐ PM ☐☐☐☐☐☐☐☐☐☐
	**RevitaZen+™ Advanced Organ Support Complex** This product offers daily support for liver, kidney, and colon detoxification with clinically studied botanicals and CPTG® essential oils.* • **Take 1 capsule with AM meal. Take 1 capsule with PM meal as needed.**	Days 1-10 AM ☐☐☐☐☐☐☐☐☐☐	Days 11-20 AM ☐☐☐☐☐☐☐☐☐☐	Days 21-30 AM ☐☐☐☐☐☐☐☐☐☐
	**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 1-2 with noon and PM meals for a total of 3 softgels per day. If digestive upset occurs, increase fiber intake.**		Days 11-20 AM ☐☐☐☐☐☐☐☐☐☐ PM ☐☐☐☐☐☐☐☐☐☐	
	**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 per meal as needed.**	Days 1-10 AM ☐☐☐☐☐☐☐☐☐☐ PM ☐☐☐☐☐☐☐☐☐☐	Days 11-20 AM ☐☐☐☐☐☐☐☐☐☐ PM ☐☐☐☐☐☐☐☐☐☐	Days 21-30 AM ☐☐☐☐☐☐☐☐☐☐ PM ☐☐☐☐☐☐☐☐☐☐
	**DDR Prime® Cellular Complex** 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.**			Days 21-30 AM ☐☐☐☐☐☐☐☐☐☐ PM ☐☐☐☐☐☐☐☐☐☐

*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.