

dōTERRA® | 30-Day Cleanse

The dōTERRA 30-Day Cleanse was created to help rid your body of toxic load and to support the over-all function of the body's systems and organs. There are three 10-day phases: Activate, Reset, Renew.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.



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 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.



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®.



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.



RevitaZen+™ Advanced Organ Support Complex
This product offers daily support for liver, kidney, and colon detoxification with clinically studied botanicals and CPTC® essential oils.*
• Take 1 capsule with AM meal. Take 1 capsule with PM meal 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 1-2 with noon and PM meals for a total of 3 softgels per day. If digestive upset occurs, increase fiber intake.



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 capsules with meals as needed.



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.

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