

# 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**.



## xEO Mega™

This dietary supplement combines essential oils with natural marine and plant sourced omega-3 oils and carotenoids that promote healthy function of many of the major organs of the body.

- Take 2 softgels with morning meal and 2 softgels with evening meal for a total of 4.

## Microplex VMz™

This product lives up to a high standard of vitamin and mineral supplementation as it provides bioavailable vitamins and minerals that are absent in most modern diets.

- Take 2 capsules with morning meal and 2 capsules with evening meal for a total of 4.

## 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.

## ZenGest 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 with each meal for a total of 3.

## ZenGest™ Softgels

The most convenient way to experience the benefits of the ZenGest essential oil blend. The proprietary combination of essential oils was formulated specifically to aid digestion and ease mild or occasional stomach discomfort in a soothing, natural way.

- Take 1 softgel daily with a meal or as needed for digestive discomfort.

## Zendocrine™ Blend Softgels

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

- Take 1 softgel with morning meal and 1 softgel with evening meal for a total of 2.

## 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 with evening meal.

## PB Assist™+

This probiotic defence formula is blend of pre-biotic fibre and six strains of probiotic microorganisms that promotes a positive balance and proliferation of beneficial bacteria

- Take 3 capsules with evening meal.

## 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 softgel with morning meal and 1 softgel with evening meal for a total of 2.

## Lemon Essential Oil

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

- Add 2 drops to 240 ml of water 5 times per day for a total of 10 drops.

