










30-day Cleanse for Kids



The dōTERRA® 30-Day Cleanse was created to help the body rid itself of toxic load and support the overall function of the body's systems and organs. **There are three 10-day phases: active, eliminate, renew**

Elimination Pathways

			1 Activate	2 Eliminate	3 Renew	
foundation	A2Z Chewable	 Blend of whole food vitamins and minerals* Ages 4+: Chew 1-2 tablets daily with a meal(s) daily for 30 days. Continue regular daily use after cleanse completion.	Days 1-10 1 2 3 4 5 6 7 8 9 10	Days 11-20 1 2 3 4 5 6 7 8 9 10	Days 21-30 1 2 3 4 5 6 7 8 9 10	
		IQ Mega	 Blend of natural marine-and-plant sourced omega-3 oils and carotenoids* Take 1 teaspoon daily for 30 days. Continue regular daily use after cleanse completion.	Days 1-10 1 2 3 4 5 6 7 8 9 10	Days 11-20 1 2 3 4 5 6 7 8 9 10	Days 21-30 1 2 3 4 5 6 7 8 9 10
			Digestzen Terrazyme*	 Blend of active whole food enzymes to aid digestion and absorption* Ages 2-4: Sprinkle ¼ capsule on food or mix with water at meals. Ages 5-7: ½ capsule. Ages 8-12: ⅔ capsule. Continue daily use after cleanse as desired.	Days 1-10 1 2 3 4 5 6 7 8 9 10	Days 11-20 1 2 3 4 5 6 7 8 9 10
Gastrointestinal	PB Assist+ Jr.	 Combination of 5 billion live cells of 6 different probiotic strains* Take one sachet daily in water or directly into mouth daily for 10 days. Continue daily use after cleanse completion as desired or needed to maintain gut health.			Days 21-30 1 2 3 4 5 6 7 8 9 10	
		GI Cleansing Roller	 Combination of essential oils designed to help cleanse and support the GI tract* 2-5 drops each (depending on size and age) Oregano, Tea Tree, Lemon, Lemongrass, Peppermint, and Thyme essential oils in 10mL roller bottle topped off with FCO. Roll onto abdomen in circular motion and bottom of feet, massaging into skin, morning and night for 10 days.		Days 11-20 1 2 3 4 5 6 7 8 9 10	
			Zendocrine Complex	 Botanical blend designed to support liver, kidneys, colon, lungs, and skin* Ages 2-4: Sprinkle ¼ capsule on food or mix with water at meals. Ages 5-7: ⅓ capsule. Ages 8-12: ⅔ capsule. Continue daily use after cleanse as desired.	Days 1-10 1 2 3 4 5 6 7 8 9 10	Days 11-20 1 2 3 4 5 6 7 8 9 10
Endocrine	Zendocrine Essential Oil	 Essential oil blend designed to support body's natural cleansing capacities* Add 10-30 drops in glass 10mL roller bottle topped off with FCO. Apply on bottom of feet and over liver twice daily. Continue daily use after cleanse as desired.	Days 1-10 1 2 3 4 5 6 7 8 9 10	Days 11-20 1 2 3 4 5 6 7 8 9 10	Days 21-30 1 2 3 4 5 6 7 8 9 10	
		DDR Prime Essential Oil	 Essential oil blend to support cellular health, function and renewal* Add 10-30 drops in 10mL roller bottle topped off with FCO. Apply on bottom of feet and up spine twice daily for 10 days. Continue daily use after cleanse as desired.		Days 21-30 1 2 3 4 5 6 7 8 9 10	
			Lemon Essential Oil	 Essential oil that naturally cleanses the body and aids in digestion* Ages 4+: ½-1 drop per 16oz of water. Serve a drink 3 times daily. Use glass container. Continue daily use after cleanse completion.	Days 1-10 1 2 3 4 5 6 7 8 9 10	Days 11-20 1 2 3 4 5 6 7 8 9 10
Cellular						

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