



30-DAY *Cleanse* GUIDE

BENEFITS OF CLEANSING

Reducing the body's toxic load, not just once, but regularly, is a critical and powerful habit of lasting health. Just as a house needs keeping and a car filter changes, the body also needs routine cleansing. The Cleanse & Restore Kit collection was specifically created for this very process! Here are a few of the many benefits:

- Enhance mood
- Support healthy weight
- Improve digestive function
- Enhance metabolism
- Support nervous system
- Increase energy
- Improve elimination and natural detox process of the body



FOUNDATION

Without proper nutrition, the body and its critical functions can become compromised, including normal and necessary eliminative processes. Just like a car, the body runs much better on quality fuel. A rich supply of proper daily nutrition, distributed effectively throughout the body, makes all the difference in optimizing organ and systems performance as well as normal detoxification functions.



dōTERRA® **MICROPLEX VMz®** *Food Nutrient Complex*

- Provides 22 essential vitamins and minerals including antioxidant vitamins A, C, and E to optimize health and promote healthy cells.*
- Supports healthy metabolism, cellular energy, and immune function.*
- Synergistic complex of energizing B vitamins.*
- Supports bone health with calcium, magnesium, zinc, and 800 IU of vitamin D.*

1 Take 1-2 capsules AM and PM.



dōTERRA® **xEO MEGA®** *Essential Oil Omega Complex*

- Promotes heart and circulatory health, healthy skin, and joint function and comfort.*
- Protects against lipid oxidation and supports healthy function of the brain, eyes, nervous and immune systems.*
- Delivers 900mg of pure, concentrated, molecularly filtered fish oil with 300mg of EPA and 300mg of DHA per daily serving, and 70mg of other omega-3s.*

1 Take 1-2 capsules AM and PM.



dōTERRA® **ALPHA CRS+®** *Cellular Vitality Complex*

- Supports healthy cell and immune function by reducing oxidative stress to DNA and other critical cell structures.*
- Supports cellular energy by supporting healthy mitochondria and by supplying metabolic factors of energy production.*
- Provides powerful antioxidants and supports mental clarity and brain function.*

1 Take 1-2 capsules AM and PM.



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I INTERNAL

GASTROINTESTINAL

A HEALTHY DIGESTIVE TRACT effectively and efficiently breaks down food and absorbs critical nutrients. The healthier the gut, the more the entire body is better supported! From immune function to emotional well-being, optimal function of each system directly depends on proper digestion and elimination of subsequent waste products.

Maintaining gastrointestinal health is a primary goal for many in an effort to reduce or even eliminate discomfort that can come with digesting food.



DIGESTZEN® TERRAZYME® for Healthy Digestion and Metabolism*

- Supports healthy production of metabolic enzymes and promotes healthy conversion of food nutrients to cellular energy.*
- Supports healthy digestion and metabolism of enzyme-deficient, processed foods.*
- Promotes gastrointestinal comfort and food tolerance.*

I Usage: 1-2 capsules with AM, Noon and PM meals.



PB ASSIST+® for Healthy Digestive Function*

- Supports health of GI tract, particularly the upper and lower intestines.
- Restores intestinal flora that has been compromised by digestive stressors.*
- Promotes colonization of friendly gut flora.

I Usage: Take 2-3 capsules before bedtime.



GX ASSIST® for Intestinal Cleansing*

- Important component of a digestive maintenance program and may improve microbial balance.*
- Helps purify, cleanse, and support a healthy digestive environment.*
- Provides a natural cleanse for a healthy digestive system.*

I Usage: 1 softgel a day with PM meal.

ENDOCRINE

HEALTHY ENDOCRINE FUNCTION is at the basis of authentic vitality. When compromised, hormones have become either less available or in excess. Additionally, with modern day living comes repeated overexposure to environmentally-sourced toxins known as endocrine disruptors, requiring critical detoxification processes to restore hormone health.



ZENDOCRINE® SOFTGELS for Detoxifying Body Systems

- Supports body's natural ability to rid itself of unwanted substances.*
- Supports healthy liver function.*
- Promotes body systems' natural purifying and detoxifying processes.*

I Usage: 1 softgel with AM and PM meals.



ZENDOCRINE® COMPLEX for Detoxification

- Supports healthy cleansing and filtering functions of liver, kidneys, colon, lungs, and skin.*
- Supports organ capacity to self-detoxify and rid itself of stored toxic waste products.*

I Usage: 1 capsule with AM and PM meals.

CELLULAR

MAINTAINING HEALTHY CELLS is key to the well-being of every organ and system of the body. The immune system and other internal functions dictate when compromised cells are either repaired or eliminated, a process that is far more successful and efficient when the right support, such as antioxidants, are present in abundance.



DDR PRIME® for Cellular Health*

- Promotes healthy cellular, immune, cognitive function, and body's response to free-radicals.*
- Protects body and cells from oxidative stress.*
- Supports health of brain and nervous system.*

I Usage: Take 1-2 softgels with AM and PM meals.



LEMON for Cleansing and Purification

- Naturally aids in digestion.*
- Provides cleansing benefits to liver, blood and kidneys.*
- Promotes a positive mood and healthy respiration.

I Usage: Take 2 drops in 8oz water, 5 times per day.

30-DAY PROGRAM CHECKLIST

PHASES

CELLULAR	ENDOCRINE	GASTROINTESTINAL		FOUNDATION	I ACTIVATE	II RESET	III RENEW	
<p>LEMONGRASS OIL & WATER</p>  <p>Essential oil that naturally cleanses the body and aids in digestion.* Add 2 drops in 8oz of water 5 times per day for a total of 10 drops per day for all 30 days. Continue daily use after cleanse completion.</p>	<p>DDR PRIME® SOFTGELS</p>  <p>Essential oil blend designed to support cellular health, function, and renewal.* Take 1-2 softgels with both AM and PM meals for 10 days. Continue daily use after cleanse as desired.</p>	<p>ZENDOCRINE® SOFTGELS</p>  <p>Essential oil blend designed to support the body's natural ability to rid itself of unwanted substances.* Take 1 softgel with both AM and PM meals for 30 days. Continue daily use after cleanse as desired. <i>*Optional to continue post day 10.</i></p>	<p>ZENDOCRINE® COMPLEX</p>  <p>Botanical blend designed to support liver, kidneys, colon, lungs, and skin.* Take 1 capsule with both AM and PM meals for all 30 days. Continue daily use after cleanse as desired.</p>	<p>PB ASSIST®+</p>  <p>Combination of 6 different strains of probiotics (6 billion CFU's), wrapped in prebiotic fiber, in a time-released, double-layered capsule.* Take 2-3 capsules before bedtime for 10 days. Continue modified daily use after cleanse for maintenance.</p>	<p>GX ASSIST®</p>  <p>Combination of essential oils and caprylic acid designed to help cleanse and support the digestive system.* Take 1 softgel with PM meal for 10 days. Optional: add 1 softgel with AM and/or Noon meals. Reduce consumption if digestive upset occurs.</p>	<p>DIGESTZEN® TERRAZYME</p>  <p>Blend of whole food enzymes designed to aid in the digestion of food and absorption of nutrients.* Take 1 capsule on an empty stomach morning and night. Take 1-2 capsules with AM, Noon, and PM meals; for a total of 5 capsules per day for 30 days. Continue use of 1+ capsule per meal after cleanse.</p>	<p>dōTERRA LIFELONG VITALITY PACK®</p>  <p>Blend of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.* Take 1-2 capsules each of xEO Mega®, Microplex VMZ®, and Alpha CRS®+ per day with AM and PM meals for all 30 days. Continue regular daily use after cleanse completion.</p>	<p>DAYS 1-30</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/></p> <p>11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/></p> <p>21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30 <input type="checkbox"/></p>
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This 30-day program can be repeated for 3 consecutive months as needed or for routine cleansing one month every quarter or twice per year as desired.

*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.