

dōTERRA™ 30-DAY CLEANSE



The dōTERRA 30-Day Cleanse regime is a great place to help you begin your dōTERRA journey. The regime is divided into three phases: **Activate, Reset, Renew**. Below is a timeline that shows which products to take during the full regime (days 1-30) and which ones to take during each phase. As you become more familiar with the products, you can customise this regime to meet your specific needs.

DAYS 1-30



xEO Mega™

xEO Mega™ blends CPTG™ essential oils with natural marine and plant-sourced Omega-3 oils and carotenoids. It contains EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) which contribute to the normal function of the heart.



Microplex VMz™

The formula includes a balanced blend of essential vitamins A, C, and E, and a complex of B vitamins. Microplex VMz™ also contains chelated minerals including calcium, magnesium and zinc.



Alpha CRS™+

Alpha CRS™+ contains a proprietary blend exclusive to dōTERRA that includes powerful polyphenols and natural botanical extracts.



TerraZyme™

TerraZyme™ is a proprietary combination of enzymes that are most likely deficient in the modern diet. TerraZyme will help you enjoy the benefits of a healthy diet by helping to ensure that your body gets the nutrients it needs.



ZenGest™ Softgels

Each vegetarian softgel contains 120 mg of ZenGest™, the oil blend you know and trust. ZenGest proprietary blend contains a unique combination of Ginger, Peppermint, Caraway, Anise, Coriander, Tarragon and Fennel to aid in offering soothing relief.



Lemon

One of dōTERRA's top-selling essential oils, Lemon has multiple benefits and uses. This is a great addition to the 30-Day Cleanse regime.

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

DAYS 11-20

ACTIVATE



Zendocrine™ Softgels

Zendocrine™ Softgels contain Zendocrine Restart Blend, a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry and Cilantro essential oils.



GX Assist™

GX Assist™ is a combination of CPTG Certified Pure Tested Grade™ essential oils and caprylic acid. GX Assist contains essential oils of Oregano, Tea Tree, Lemon, Lemongrass, Peppermint and Thyme.

DAYS 21-30

RENEW



PB Assist+™

PB Assist+™ is a proprietary formula of pre-biotic fibre and six strains of probiotic micro-organisms in a unique double-layer vegetable capsule.



DDR Prime™ Softgels

DDR Prime™ Softgels includes Frankincense, Wild Orange, Litsea, Thyme, Clove, Summer Savory, Niaouli and Lemongrass essential oils. DDR Prime Softgels provide an easy and convenient method for consuming the DDR Prime essential oil blend.

DAYS 1-30

xEO Mega™

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

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Microplex VMz™

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

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Alpha CRS™+

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

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TerraZyme™

Take 1 capsule with each meal for a total of 3.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ZenGest™ Softgels

Take 1 softgel daily with a meal.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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DAYS 1-10 ACTIVATE

Zendocrine™ Softgels

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

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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DAYS 11-20 RESET

GX Assist™

Take 1 softgel with evening meal.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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DAYS 21-30 RENEW

PB Assist+™

Take 3 capsules with evening meal.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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AND

DDR Prime™ Softgels

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

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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