

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. SLOW START version: Cut all doses in 1/2 if daily dose is more than one.

*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.



	(1) Activate	(2) Reset	(3) Renew
	1 2 3 4 5 6 7 8 9 10	11 12 13 14 15 16 17 18 19 20	21 22 23 24 25 26 27 28 29 30
EO MEGA	Days 1-30 ☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐
MICRO FLEX VM	Days 1-30 ☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐
ALPHA CRS+	Days 1-30 ☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐
TerraZyme	Days 1-30 ☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐
Zendocrine	Days 1-30 ☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐
Zendocrine (with Bee Pollen)	Days 1-10 ☐☐☐☐☐☐☐☐☐☐		
GX Assist		Days 11-20 ☐☐☐☐☐☐☐☐☐☐	
PE Assist+			Days 21-30 ☐☐☐☐☐☐☐☐☐☐
DDR PRIME			Days 21-30 ☐☐☐☐☐☐☐☐☐☐
	Days 1-30 ☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐