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.

	(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
IQ 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.*	*Days 1–30* ☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
A2Z Chewable® This product combines a blend of B vitamins with botanical extracts and vitamins A, C, and E to provide nutrients your child's body needs for optimal health. It supports healthy immunity, provides antioxidant protection, promotes healthy cell development and longevity, all with a great watermelon flavor! ▪ *Children 4 years of age and older: Take 2 tablets daily with meals.*	*Days 1–30* ☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DigestZen 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 before each meal.*	*Days 1–30* ☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Zendocrine® Complex 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 capsule with morning meal and 1 capsule with evening meal for a total of 2.*	*Days 1–30* ☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Zendocrine® Essential Oil This detoxification blend is a proprietary blend of essential oils that help detoxify the body and promote healthy liver, lung, kidney, colon, and skin function.* ▪ *Take 1 softgel with morning meal and 1 softgel with evening meal for a total of 2.*	*Days 1–10* ☐	☐	☐	☐	☐	☐	☐	☐	☐	☐																				
GI Cleansing Roller Oils: Lemon, Lemongrass, Melaleuca, Oregano, Peppermint and Thyme. Dilution... Ages 2-5: 1 drop of each oil topped off with fracitonated coconut oil in a 10mL roller bottle. Ages 6-10: 2 drops each oil. Ages 11+: 3 drops each oil. ▪ *Roll bottoms of feet morning and evening.*											*Days 11–20* ☐	☐	☐	☐	☐	☐	☐	☐	☐	☐									
PB Assist®+ Jr. This probiotic supplement includes 5 billion live cells of a unique blend of six different probiotic strains, specifically selected for their benefits among children. These have been blended into a delicious powder that can be poured directly into the mouth.* ▪ *Take one sachet a daily.*																					*Days 21–30* ☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
DDR Prime® Essential Oil Blend This essential oil cellular complex is a proprietary blend of essential oils combined to support cellular health, function, and renewal.* Dilution... 1 drop of oil pe3r year of age topped off with fracitonated coconut oil (FCO) in a 10mL roller bottle. Example for a 5 year old is 5 drops of oil in a 10mL roller bottle topped off with FCO. ▪ *Roll bottoms of feet and spine morning and evening.*																					*Days 21–30* ☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Lemon Essential Oil This essential oil naturally cleanses the body and aids in digestion.* ▪ *Ages 6+ years: Add 1 drop to 16 ounces of water 3 times per day for a total of 3 drops.*	*Days 1–30* ☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

*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.