

Reducing Toxic Load

Body Detoxification System



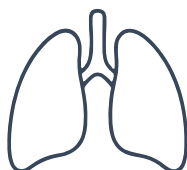
Liver

Filters toxins and metabolizes nutrients.



Kidneys

Eliminate waste and balance fluids.



Lungs

Expel airborne pollutants and carbon dioxide.



Skin

Eliminates waste through sweat and surface shedding.



Digestive Tract

Breaks down food, eliminates waste, and supports immune function.

30-Day Detox Protocol

This gentle daily routine supports your body's natural detox pathways without doing a more intense cleanse.

| Days | Protocol Focus | Suggested Products |
|------------|----------------|---|
| Days 1-30 | Prepare | Days 1-30 VMG+™, EO Mega®+, dōTERRA PB Restore®, RevitaZen+™ Complex, TerraZyme™, RevitaZen™ Detoxification Blend |
| Days 11-20 | Cleanse | Days 1-30 products + GX Assist® |
| Days 21-30 | Renew | Days 1-30 products + DDR Prime®+ |

Suggestion: Use organic, hexane-free Castor Oil topically with a castor oil pack or belly button patch for additional detox support.

Daily exposure to environmental toxins impacts your energy, mood, skin, hormones, immune function, and more. This daily detox approach supports your bodily systems without disrupting your lifestyle.

Daily Wellness Tips

- Start your morning with **Lemon** in water.*
- Take **dōTERRA PB Restore** before a meal for gut health and toxin elimination.*
- Apply **RevitaZen** over your liver before bed or use in a castor oil pack.
- Diffuse **Adaptiv®** to promote a bright, tranquil atmosphere.
- Use **Copaiba** and **Deep Blue®** to aid your inflammatory response and recovery.
- Support restful sleep with **Lavender** and **dōTERRA Serenity®**.

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Targeted Detox Tools



RevitaZen+™

Promotes healthy liver function, kidney filtration, and digestion.*



RevitaZen™

Supports organ function and natural detoxification when used internally, based on preclinical research.*



Castor Oil

Encourages healthy-looking skin and hydration, which fortifies your skin barrier.

Daily Detox Rituals to Stack

| Time of Day | What to Use |
|-------------|--|
| Morning | Lemon essential oil, VMG+, EO Mega+, and RevitaZen+™ |
| Midday | dōTERRA PB Restore |
| Evening | RevitaZen essential oil blend, Castor Oil |



Your Wellness Journey Starts Here

Get your detox toolkit, use it daily, and stack in habits that support long-term vitality. Use your dōTERRA membership to access exclusive solutions, savings, and inspiration along the way!

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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.

1 Activate

2 Reset

3 Renew

| | | | | |
|---|---|--|---|---|
|  | <p>Microplex VMz®</p> <p>This vegan-friendly supplement provides 22 bioavailable vitamins and minerals absent in most modern diets, including essential antioxidant vitamins A, C, and E; a methylated form of vitamin B9 and B12; the mineral selenium; and more.</p> <ul style="list-style-type: none">Take 2 capsules with morning meal and 2 capsules with evening meal for a total of 4. | <div>Days 1-10</div> <div>AM<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"/></div> <div>PM<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"/></div> | <div>Days 11-20</div> <div>AM<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"/></div> <div>PM<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"/></div> | <div>Days 21-30</div> <div>AM<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"/></div> <div>PM<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"/></div> |
|  | <p>Alpha CRS+®</p> <p>This cellular vitality complex is formulated with natural botanical extracts to specifically support healthy cell function.</p> <ul style="list-style-type: none">Take 2 capsules with morning meal and 2 capsules with evening meal for a total of 4. | <div>Days 1-10</div> <div>AM<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"/></div> <div>PM<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"/></div> | <div>Days 11-20</div> <div>AM<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"/></div> <div>PM<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"/></div> | <div>Days 21-30</div> <div>AM<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"/></div> <div>PM<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"/></div> |
|  | <p>EO Mega®+</p> <p>This rich source of omega 3 essential fatty acids supports the healthy functioning of body systems, with an emphasis on comprehensive support for heart health and cardiovascular function.*</p> <ul style="list-style-type: none">Take 1-2 with AM and PM for a total of 3 softgels per day. | <div>Days 1-10</div> <div>AM<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"/></div> <div>PM<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"/></div> | <div>Days 11-20</div> <div>AM<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"/></div> <div>PM<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"/></div> | <div>Days 21-30</div> <div>AM<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"/></div> <div>PM<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"/></div> |
|  | <p>dōTERRA PB Restore™</p> <p>Using patented encapsulation technology, the inner and outer capsules ensure delivery of 30 bioactive pre-, pro-, and postbiotic components at just the right time to appropriate areas in the digestive system.*</p> <ul style="list-style-type: none">Take 1 capsule with evening meal. | <div>Days 1-10</div> <div>PM<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"/></div> | <div>Days 11-20</div> <div>PM<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"/></div> | <div>Days 21-30</div> <div>PM<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"/></div> |
|  | <p>RevitaZen™ Detoxification Blend</p> <p>This synergistic blend of essential oils supports liver, kidney, and digestive function, while also promoting gentle detoxification.*</p> <ul style="list-style-type: none">Add 3-5 drops 3 times daily, internally in a Veggie Capsule or in water.Apply topically over the abdomen or liver. Consider using with Castor Oil for enhanced topical detox support. | <div>Days 1-10</div> <div>AM<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"/></div> <div>Noon<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"/></div> <div>PM<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"/></div> | <div>Days 11-20</div> <div>AM<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"/></div> <div>Noon<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"/></div> <div>PM<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"/></div> | <div>Days 21-30</div> <div>AM<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"/></div> <div>Noon<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"/></div> <div>PM<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"/></div> |
|  | <p>RevitaZen+™ Advanced Organ Support Complex</p> <p>This product offers daily support for liver, kidney, and colon detoxification with clinically studied botanicals and CPTG® essential oils.*</p> <ul style="list-style-type: none">Take 1 capsule daily with AM and PM meals. Increase for additional support as needed. | <div>Days 1-10</div> <div>AM<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"/></div> <div>PM<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"/></div> | <div>Days 11-20</div> <div>AM<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"/></div> <div>PM<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"/></div> | <div>Days 21-30</div> <div>AM<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"/></div> <div>PM<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"/></div> |
|  | <p>GX Assist®</p> <p>This GI cleansing formula is a combination of essential oils and caprylic acid to help support a healthy digestive tract by creating an unfriendly environment for potential threats.*</p> <ul style="list-style-type: none">Take 1-2 with noon and PM meals for a total of 3 softgels per day. If digestive upset occurs, increase fiber intake. | | <div>Days 11-20</div> <div>AM<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"/></div> <div>PM<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"/></div> | |
|  | <p>TerraZyme™</p> <p>This product is a proprietary blend of active whole-food enzymes that support healthy digestion and metabolism of enzyme-deficient, processed food.*</p> <ul style="list-style-type: none">Take 1 capsule in AM and PM on an empty stomach and 1-2 per meal as needed. | <div>Days 1-10</div> <div>AM<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"/></div> <div>PM<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"/></div> | <div>Days 11-20</div> <div>AM<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"/></div> <div>PM<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"/></div> | <div>Days 21-30</div> <div>AM<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"/></div> <div>PM<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"/></div> |
|  | <p>DDR Prime® Cellular Complex</p> <p>This essential oil cellular complex is a proprietary blend of essential oils combined to support cellular health, function, and renewal.*</p> <ul style="list-style-type: none">Take 1-2 softgels with morning and evening meals. | | | <div>Days 21-30</div> <div>AM<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"/></div> <div>PM<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"/></div> |

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