

## 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 <b>VMG+™</b> , <b>EO Mega®+</b> , <b>dōTERRA PB Restore®</b> , <b>RevitaZen+™ Complex</b> , <b>TerraZyme™</b> , <b>RevitaZen™ Detoxification Blend</b>
Days 11-20	Cleanse	Days 1-30 products + <b>GX Assist®</b>
Days 21-30	Renew	Days 1-30 products + <b>DDR Prime®+</b>

**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®**.

\*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.

# 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.\*

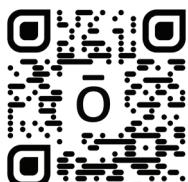


## Castor Oil

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®

# 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



### Microplex VMz®

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.

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



### Alpha CRS+®

This cellular vitality complex is formulated with natural botanical extracts to specifically support healthy cell function.

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



### EO Mega®+

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.\*

- Take 1-2 with AM and PM for a total of 3 softgels per day.



### dōTERRA PB Restore™

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.\*

- Take 1 capsule with evening meal.



### RevitaZen™ Detoxification Blend

This synergistic blend of essential oils supports liver, kidney, and digestive function, while also promoting gentle detoxification.\*

- 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.



### RevitaZen+™ Advanced Organ Support Complex

This product offers daily support for liver, kidney, and colon detoxification with clinically studied botanicals and CPTG® essential oils.\*

- Take 1 capsule daily with AM and PM meals. Increase for additional support as needed.



### GX Assist®

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.\*

- Take 1-2 with noon and PM meals for a total of 3 softgels per day. If digestive upset occurs, increase fiber intake.



### 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 in AM and PM on an empty stomach and 1-2 per meal as needed.



### DDR Prime® Cellular Complex

This essential oil cellular complex is a proprietary blend of essential oils combined to support cellular health, function, and renewal.\*

- Take 1-2 softgels with morning and evening meals.

Days 1-10									
AM					PM				
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Days 11-20									
AM					PM				
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Days 21-30									
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# dōTERRA® | 30-Day Cleanse

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## VMG+™

This superfoods blend supplement is designed to meet a wide scope of daily nutritional needs to promote foundational health and lifelong vitality.\*

- Take 1 sachet per day in water.



## EO Mega+™

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.\*

- Take 1-2 with AM and PM for a total of 3 softgels per day.



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## (1) Activate

1 2 3 4 5 6 7 8 9 10

Days 1-10

AM

Days 1-10

AM

PM

Days 1-10

PM

Days 1-10

AM

Noon

PM

Days 1-10

AM

PM

Days 1-10

Noon

PM

Days 1-10

AM

PM

Days 1-10

AM

PM

## (2) Reset

11 12 13 14 15 16 17 18 19 20

Days 11-20

Days 11-20

Days 11-20

Days 11-20

Days 11-20

Days 11-20

## (2) Renew

21 22 23 24 25 26 27 28 29 30

Days 21-30

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