

dōTERRA  
**CLEANSE & RESTORE**  
Kit

30-Day Cleanse



Every season we clean our house and rid ourselves of things that are not just taking up space but impeding our ability to enjoy life. Why should our bodies be any different? The products in this kit, taken at the right time and in the right amounts, can help us deal with toxic loads and help our bodies have the health we need to maximize our lives!

**DDR Prime Softgels** - essential oil blend to support cellular health, function and renewal

**Terrazyme** - blend of digestive enzymes to aid in the digestion of food and absorption of nutrients

**GX Assist** - combination of essential oils and caprylic acid to help cleanse and support the digestive system

**PB Assist** - 6 billion CFUs of 6 different strains of probiotics plus prebiotic fiber in a unique, double-layer capsule

**Zendocrin Complex** - botanical blend to support liver, kidneys, colon, lungs and skin

**Zendocrin Softgels** - essential oil blend to support the body's natural ability to rid itself of unwanted substances

**Lemon Essential Oil** - naturally cleanses and aids in digestion

**LifeLong Vitality Pack** - essential nutrients and powerful antioxidants to promote energy, health, and vitality

Purchased separately the total would be \$324.05 wholesale.

Part Number: 60200541

**Wholesale: \$245.00**

PV: 175 PV

Savings: \$79.05

# PHASES

## dōTERRA 30-DAY PROGRAM CHECKLIST

# ELIMINATION PATHWAYS

	I ACTIVATE	II RESET	III RENEW
<b>FOUNDATION</b>  <b>LIFELONG VITALITY</b> <p><b>Blend of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.*</b>                      Take 2-4 capsules of each xEO Mega®, Microplex VMz®, and Alpha CRS+® per day with food based on your needs. Continue daily after the cleanse completion.</p>	1 2 3 4 5 6 7 8 9 10 Days 1-30 <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"/> <input type="checkbox"/>	11 12 13 14 15 16 17 18 19 20 <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"/> <input type="checkbox"/> <input type="checkbox"/>	21 22 23 24 25 26 27 28 29 30 <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"/> <input type="checkbox"/> <input type="checkbox"/>
<b>GASTROINTESTINAL</b>  <b>TERRAZYME</b> <p><b>Blend of digestive enzymes to aid in the digestion of food and absorption of nutrients.*</b>                      1 capsule on empty stomach in morning and night, 1 capsule with AM, Noon, and PM meals, for a total of 5 capsules per day for 30 days, and beyond at 1-3 capsules with meals. Continue daily after the cleanse completion.</p>  <b>GX ASSIST+</b> <p><b>Combination of essential oils and caprylic acid to help cleanse and support the digestive system.*</b>                      1 softgel with PM meal for a total of 1 softgel per day for 10 days (Optional as needed: 1 softgel with AM and Noon meals).†</p>  <b>PB ASSIST+</b> <p><b>6 billion CFUs of 6 different strains of probiotics.</b>                      3 capsules with PM meals for a total of 3 capsules per day for 10 days, and beyond at 1 capsule per day. Continue daily after the cleanse completion.</p>	Days 1-30 <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"/> <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"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Days 21-30 <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"/> <input type="checkbox"/> <input type="checkbox"/>
<b>ENDOCRINE</b>  <b>ZENDOCRINE COMPLEX</b> <p><b>Botanical blend to support liver, kidneys, colon, lungs and skin.*</b>                      1 capsule with AM and PM meals for a total of 2 capsules per day for 30 days.</p>  <b>ZENDOCRINE</b> <p><b>Botanical blend to support the body's natural ability to rid itself of unwanted substances.*</b>                      1 softgel with AM and PM meals for a total of 2 softgels per day for 10 days.</p>	Days 1-30 <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"/> <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"/> <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"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>CELLULAR</b>  <b>DDR PRIME</b> <p><b>Essential oil blend to support cellular health, function and renewal.*</b>                      1 softgel with AM and PM meals for a total of 2 softgels per day for 10 days. Continue daily after the cleanse completion.</p>  <b>LEMON OIL &amp; WATER</b> <p><b>Naturally cleanses the body and aids in digestion.*</b>                      1 to 2 drops in 8 oz. of water 5 times per day. Continue daily after the cleanse completion.</p>	Days 1-30 <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"/> <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"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Days 21-30 <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"/> <input type="checkbox"/> <input type="checkbox"/>

†For individual, targeted needs, GX Assist may be taken with AM, Noon, and PM meals. Can repeat 30-day cleanse for up to 3 months, 1 to 2 times per year. Reduce amount or discontinue if GI upset occurs.

\*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.