dōTERRA® 30-DAY PROGRAM CHECKLIST

ELIMINATION PATHWAYS

			PHASES		
			I ACTIVATE	II RESET	III 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
FOUNDATION	LIFELONG VITALITY	***Blend of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.**** 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.	*Days 1-30* ☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐
GASTROINTESTINAL	TERRAZYME	***Blend of digestive enzymes to aid in the digestion of food and absorption of nutrients.**** 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.	*Days 1-30* ☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐
	GX ASSIST®	***Combination of essential oils and caprylic acid to help cleanse and support the digestive system.**** 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).†		*Days 11-21* ☐☐☐☐☐☐☐☐☐☐	
	PB ASSIST®+	***6 billion CFUs of 6 different strains of probiotics.*** 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.			*Days 21-30* ☐☐☐☐☐☐☐☐☐☐
ENDOCRINE	ZENDOCRINE® COMPLEX	***Botanical blend to support liver, kidneys, colon, lungs and, skin.**** 1 capsule with AM and PM meals for a total of 2 capsules per day for 30 days.	*Days 1-30* ☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐
	ZENDOCRINE®	***Botanical blend to support the body's natural ability to rid itself of unwanted substances.**** 1 softgel with AM and PM meals for a total of 2 softgels per day for 10 days.	*Days 1-10* ☐☐☐☐☐☐☐☐☐☐		
CELLULAR	DDR PRIME®	***Essential oil blend to support cellular health, function and renewal.**** 1 softgel with AM and PM meals for a total of 2 softgels per day for 10 days. Continue daily after the cleanse completion.			*Days 21-30* ☐☐☐☐☐☐☐☐☐☐
	LEMON OIL & WATER	***Naturally cleanses the body and aids in digestion.**** 1 to 2 drops in 8 oz. of water 5 times per day. Continue daily after the cleanse completion.	*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.

†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