

dōTERRA *Cleanse + Restore* 30 Day Checklist

Take 1-3 capsules of each 15 min. before Morning, Noon and Evening meals



TerraZyme® + Zendocrin® Detoxification Complex

MORNING

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
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NOON

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
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EVENING

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
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Take as directed with morning and evening meals



dōTERRA Lifelong Vitality Pack®

MORNING

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
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EVENING

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
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Take 1 softgel 2-3 times daily with meals



Zendocrin® Softgels

MORNING

1	2	3	4	5	6	7	8	9	10
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NOON

1	2	3	4	5	6	7	8	9	10
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EVENING

1	2	3	4	5	6	7	8	9	10
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Begin with a single softgel each day to assess your tolerance



*Take up to 3 daily

GX Assist®

MORNING

11	12	13	14	15	16	17	18	19	20
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NOON

11	12	13	14	15	16	17	18	19	20
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EVENING

11	12	13	14	15	16	17	18	19	20
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Take 1 of each with Morning and Evening meals



DDR Prime® + PB Assist®+

MORNING

21	22	23	24	25	26	27	28	29	30
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EVENING

21	22	23	24	25	26	27	28	29	30
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Add 1-2 drops to your favorite beverage 3-5 times daily