

# dōTERRA® 90-Day Reset

## Month 2 Cleanse Phase



**Welcome to the Cleanse Phase of your 90-Day Reset! Congratulations on near completion of Month 1 and readying yourself for one of the most significant of health experiences – the Cleanse Phase!** The Cleanse & Restore collection was specifically created for this very process! It's time to meet your detoxification partners and learn how to use them. Print and place these pages for quick reference during your next 30-days, most especially the attached Daily Tracker.

### Benefits of the Cleanse Phase

**Reducing the body's toxic load is a critical and powerful habit of lasting health.** Just like cleaning your house and changing filters in your car, your body also needs cleansing.

**To better appreciate your decision to jump into this cleanse, consider what happens when the body's ability to eliminate waste has become compromised.** Vital organs are overwhelmed and stressed, underperforming or exaggerating their efforts. For example, the liver, kidneys, or bowels can become sluggish and other organs such as the skin and respiratory system then take on excess loads. Greater waste elimination expressed through these channels can then manifest in the form of skin breakouts or sickness and congestion. And for most people, these occurrences are then met with short-term symptom management that misses the mark.

**This awareness empowers you to pursue a better way.** The entire 90-Day Reset points you in the direction of meeting the root needs of the body, not chasing symptoms. In the case of toxicity, the risk of not resolving real issues is the evolution of autointoxication or self-poisoning which leads to poor cellular and body systems performance and more.

**In this Cleanse Phase, your focus is on opening, clearing, and sustaining pathways of elimination.** Here are some beneficial outcomes you are nurturing:

- Improved digestive and gut function.\*
- Realigned and stabilized microbe population.\*
- Enhanced nutrient utilization.\*
- Energized elimination and motivated detoxification processes of the body.\*
- Lightened toxic load of eliminative and other organs.\*
- Upregulated cellular metabolism as excess digestive and eliminative burdens are alleviated.\*
- Supported weight management.\*
- Increased energy.\*
- Enhanced brain function and mood.\*

*Consistency pays big dividends when it comes to your health.*

The big payoff for your dedication to Month 2 is how ready you'll be for renewing cells, tissues, organs, and systems during the Renew Phase, setting your body up for long-term optimal performance.

## ACTIVATE

**GUT HEALTH** is foundational to all other organ and body systems functions. Over the last month, you have made great strides in reclaiming healthy digestion and intestinal function. Reflect on where you were before you started. What differences have you noticed in your sleep, mood, mental clarity, movement, and other targeted areas of need you wanted to focus on? Ready for more?

In this Cleanse Phase, the focus is to "declutter" the gut and create space for right things to grow. It is vital to fill that space right away with a robust population of flourishing beneficial microbes, indicating "no vacancy" for other organisms to take up housing. Your Activate products are essential to this success. **TerraZyme®** ensures food is properly broken down, digested, and absorbed, leaving behind no trail to tempt or feed unwanted guests. **PB Restore™** is all-things-needed for a healthy microbial community.



#### **PB Restore™** ProBiome Complex

- Supports health of GI tract, particularly the upper and lower intestines.\*
- Restores intestinal flora that has been compromised by digestive stressors.\*
- Promotes colonization of friendly gut flora.\*

**1 Take 1 capsule with AM meal. Do not consume at the same time with GX Assist®.**



#### **TerraZyme®** Digestive Enzyme Complex

- Supports healthy production of metabolic enzymes and promotes healthy conversion of food nutrients to cellular energy.\*
- Supports healthy digestion and metabolism of enzyme-deficient, processed foods.\*
- Promotes gastrointestinal comfort and food tolerance.\*

**1 Take 1-2 capsules with meals at least twice per day and/or on an empty stomach for detox enhancement.**

\*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.

## BUILD

**A RICH SUPPLY OF QUALITY AND PROPER NUTRITION makes all the difference in optimizing body organ and systems performance, positively impacting important detoxification functions.** Your Build partners continue to play a significant role in your Cleanse Phase efforts, providing the fuel your body needs as it takes on the task of more intense cleansing and waste elimination.



### dōTERRA VMG+™ Whole-Food Nutrient Complex

- Micro-nutrient and antioxidant rich, plant-derived supplement for daily nutritional needs.
- Offers daily support for energy levels, gut health and digestion, immune, liver, brain, hormone function, and much more.
- Comprised of 5 proprietary super-food blends with enzymes, probiotics, CPTG essentials oils, and liposomes for improved absorption and nutrient bioavailability.
- Delicious, easy-to-consume powder that features clean ingredients, is vegan, gluten-free, dairy-free, sugar-free, non-GMO, and contains nothing artificial.

**1 Take 1 sachet per day in 5-8 ounces of cold water or liquid of choice. Do not add to hot drinks. Mix well.**



### dōTERRA EO Mega®+ Essential Oil Omega Complex

- Promotes heart and circulatory health, healthy skin, and joint function and comfort.\*
- Supports a healthy inflammatory response and function of the brain, eyes, and nervous system.\*
- Supports healthy digestive and respiratory systems and provides immune-boosting nutrients.\*
- Delivers 900mg pure, molecularly filtered fish oil with 800 mg of EPA and DHA + 100 mg other omega 3s + 300mg CPTG® Wild Orange essential oil per daily serving.

**1 Take 1-2 softgels with AM and PM meals for a total of 3.**

## CLEANSE

**READY TO CLEAN HOUSE?!** With your Month 1 complete, now it's time to get to work, "clear the clutter," and dump unwanted waste in Month 2. You've got a team of top-notch Cleanse products ready to help take out the trash!

**RevitaZen™+ Advanced Organ Detoxification Complex** continues in its role, helping keep channels open for effective elimination. **RevitaZen™ Detoxification Blend** is on the job attending to organ function so the body skillfully wrangles the effects of our modern environment, helping to restore organ, hormone health, and more. **GX Assist®** is all about ridding the gut of unwanted guests and **DDR Prime®** addresses housekeeping at a cellular level as well as helps rebalance microbial populations throughout the entire body.



### RevitaZen™+ Advanced Organ Detoxification Complex

- Botanical extracts amplified by essential oils to empower the body's innate ability to cleanse, rebalance, and thrive.\*
- Targeted functional support combined with biochemical cofactors to enhance the body's natural detoxification processes and efficiency.\*
- Supports healthy liver and kidney function, promotes digestion and colon health.\*

**1 Take 1 capsule with AM meal. Add 1 with PM meal as needed.**



### RevitaZen™ Detoxification Blend

- Supports healthy liver, gallbladder, kidney function and detoxification pathways and promotes bile flow.\*
- Provides antioxidant-rich liver protection, helps reduce fat accumulation and oxidative stress.\*
- Promotes digestive and colon health.\*
- Promotes detoxification of heavy metals and helps reduce water retention.\*

**1 Take 3-5 drops in a capsule and/or add to 8 or more ounces of water 2-3x's per day.**



### GX Assist® GI Cleansing Formula

- Important component of a digestive maintenance program and may improve microbial balance.\*
- Helps purify, cleanse, and support a healthy digestive environment.\*
- Provides a natural cleanse for a healthy intestinal system.\*

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



### DDR Prime® Essential Oil Cellular Complex

- Promotes healthy cellular, immune, cognitive function, and body's response to free-radicals.\*
- Protects body and cells from oxidative stress.\*
- Supports health of brain and nervous system.\*

**1 Take 1-2 softgels with AM and PM meals.**

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# TARGETED SOLUTIONS

**STAY ON TOP OF WHAT YOU NEED.** Each phase of your 90-Day Reset has a set core objective. In addition, you are invited to continue personalizing your program. Retake the *Lifestyle Assessment* before you begin Month 2 to assess your progress and any new areas that may need attention.

Based on your answers, identify top priorities and choose products to support, adding those items to your dōTERRA Rewards order before your ship date. **Consult your Live guide, Wellness Advocate, and other resources for support to help with selections. The images below are also meant to give you quick exposure to some favorite products from dōTERRA.** Then add those products on your Daily Tracker on the following page, along with how to use them.

**This is a great time to deepen your commitment to “Out with the bad. In with the good.”** Choose one or more diet or lifestyle changes to complement your program and eliminate competition to your prime objective: better health and greater success in meeting your body’s root needs. You are on your way to earning long-term wellness!

## Children & Babies



PB Assist+®, VMG+™, Kids Collection, Baby collection

## Digestion



Fiber, Celery Seed, DigestZen® (15mL, Softgels, Touch, Tabs), SuperMint™ & Peppermint (15mL, Beadlets)

## Home



abōde™ Collection and On Guard® home, laundry, and cleaning products

## Immune & Respiratory



On Guard® (15mL, Softgels, Touch), Breathe® (15mL, Drops, Stick)

## Mind & Cognition



MetaPWR™ Advantage, Copaiba, DDR Prime®, Frankincense, Spanish Sage

## Mood & Stress



Adaptiv™ System, Shinrin-Yoku™ (15mL, Touch) Balance®, Copaiba (15mL, Softgels, Touch), Emotional Aromatherapy Collection, PastTense® Stick

## Movement



Deep Blue® (5mL, Stick, Rub, Complex), Copaiba (15mL, Softgels, Touch), AromaTouch, MetaPWR™ Advantage

## Nutrition



MetaPWR™ Advantage, MetaPWR Recharge™, VMG+™

## Sleep



Serenity® System (15mL, Stick, Softgels), Lavender, Vetiver (15mL, Touch)

## Skin



Yarrow|Pom Collection, Frankincense Stick, HD Clear®, Verage Collection, Essential Skin Care, Sun Care, Castor Oil

## Weight & Metabolic Health



MetaPWR™ Advantage, Assist, Softgels, and Beadlets

## Women's Hormone Health



Clary Sage, Phytoestrogen Complex, Bone Nutrient Complex, ClaryCalm, Whisper®, Thyme

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# dōTERRA® 90-Day Reset

## DAILY TRACKER

Month 2 Cleanse Phase

Goal: Stimulate detoxification and elimination.\*

ACTIVATE



### dōTERRA PB Restore™

Take 1 capsule with AM meal. Do not consume at the same time with GX Assist®.

	Days 1-10	Days 11-20	Days 21-30
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"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



### TerraZyme™

Take 1 capsule on an empty stomach AM and PM and 1-2 capsules with meals, especially when eating enzyme-deficient foods.

	Days 1-10	Days 11-20	Days 21-30
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"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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BUILD



### VMG+™

Take 1 sachet in water daily.

	Days 1-10	Days 11-20	Days 21-30
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"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



### EO Mega®+

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

	Days 1-10	Days 11-20	Days 21-30
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"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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CLEANSE



### RevitaZen+™ Complex

Take 1 capsule with AM meal. Add 1 with PM meal as needed.

	Days 1-10	Days 11-20	Days 21-30
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"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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### RevitaZen™ Blend

Take 3-5 drops in a capsule and/or add to 8 or more ounces of water 2-3x's per day.

	Days 1-10	Days 11-20	Days 21-30
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"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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### GX Assist®

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

	Days 1-10	Days 11-20	Days 21-30
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"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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### DDR Prime® Complex

Take 1-2 softgels with AM and PM meals.

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TARGETED SOLUTIONS

Include in your daily routine oils and blends to be used topically and aromatically.

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