



ESSENTIAL CLEANSE

DOTERRA 30 DAY CLEANSE + RESTORE PROTOCOL

What is the Essential Cleanse?

A 30 day protocol of supplements containing whole-foods, herbs, essential oils, vitamins, nutrients, & minerals, strategically formulated to Reset, Renew, then Restore your body to its most optimal state.

What will you get out of the Essential Cleanse?

You will establish a daily routine of self-care & wellness, shift your current habits & behaviors, take action in alignment with the vision of how you most want to feel, & find more balance in your immune, digestive, & emotional health.

PHASE 1: *Reset*

PHASE 2: *Renew*

PHASE 3: *Restore*

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WHAT TO ORDER:

Cleanse + Restore Kit

CLEANSE + RESTORE KIT INCLUDES:

- 1 LIFELONG VITALITY**
Staple daily nutritional supplements –
 - xEO Mega® (fish oil, vegan available)
 - Microplex VMz® (multi-vitamin)
 - Alpha CRS+® (cellular complex)
- 2 TERRAZYME**
Whole-food digestive enzyme
- 3 GX ASSIST**
Gut sweeping GI cleansing blend
- 4 PB ASSIST+**
Double encapsulated probiotic/prebiotic with 6 billion CFU
- 5 ZENDOCRINE COMPLEX**
Whole-food extracts to support healthy cleansing, filtering, & detoxifying functions of the liver, kidneys, colon, lungs, and skin
- 6 ZENDOCRINE SOFTGEL**
Essential oil detoxification blend
- 7 DDR PRIME**
Essential oils blend to support cellular health, function, & renewal; fights against free radicals & oxidative stress
- 8 LEMON ESSENTIAL OIL**
Purifying & cleansing to the body & digestive system; supports a healthy immune system



Current clients

Investment: \$245*

*or purchase items individually if you already have some of the supplements on hand

New clients

Investment: \$280

Purchase your kit at bit.ly/BWYLcleansekit

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PHASE 1: *Reset*

PRODUCT	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
LIFELONG VITALITY 2-4 total capsules of each daily with meals (xEO Mega®, Microplex VMz®, and Alpha CRS+®).	<input type="checkbox"/>	<input type="checkbox"/>	<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 5 total capsules daily - 1 on empty stomach in AM & PM + 1 capsule with AM, Noon, & PM meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GX ASSIST <i>Not used in this phase</i>										
PB ASSIST+ <i>Not used in this phase</i>										
ZENDOCRINE COMPLEX 2 total capsules daily - 1 with AM & PM meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ZENDOCRINE SOFTGEL 2 total softgels daily - 1 with AM & PM meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DDR PRIME <i>Not used in this phase</i>										
LEMON ESSENTIAL OIL 1 drop per 8oz. of water, drink at least half body weight in ounces per day.	<input type="checkbox"/>	<input type="checkbox"/>	<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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PHASE 2: *Renew*

PRODUCT	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
LIFELONG VITALITY 2-4 total capsules of each daily with meals (xEO Mega®, Microplex VMz®, and Alpha CRS+®).	<input type="checkbox"/>	<input type="checkbox"/>	<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 5 total capsules daily - 1 on empty stomach in AM & PM + 1 capsule with AM, Noon, & PM meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GX ASSIST 1 softgel daily with PM meal (Option to add with AM & Noon meals also)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PB ASSIST+ <i>Not used in this phase</i>										
ZENDOCRINE COMPLEX 2 total capsules daily - 1 with AM & PM meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ZENDOCRINE SOFTGEL <i>Not used in this phase</i>										
DDR PRIME <i>Not used in this phase</i>										
LEMON ESSENTIAL OIL 1 drop per 8oz. of water, drink at least half body weight in ounces per day.	<input type="checkbox"/>	<input type="checkbox"/>	<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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PHASE 3: *Restore*

PRODUCT	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
LIFELONG VITALITY 2-4 total capsules of each daily with meals (xEO Mega®, Microplex VMz®, and Alpha CRS+®).	<input type="checkbox"/>	<input type="checkbox"/>	<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 5 total capsules daily - 1 on empty stomach in AM & PM + 1 capsule with AM, Noon, & PM meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GX ASSIST <i>Not used at this phase</i>										
PB ASSIST+ 3 total capsules daily - take all after PM meal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ZENDOCRINE COMPLEX 2 total capsules daily - 1 with AM & PM meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ZENDOCRINE SOFTGEL <i>Not used in this phase</i>										
DDR PRIME 2 total softgels daily - 1 with AM & PM meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LEMON ESSENTIAL OIL 1 drop per 8oz. of water, drink at least half body weight in ounces per day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>