



dōTERRA  
**Live Your Most  
Active Life**

—  
Health and Vitality at Every Age

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Are you ready to live your most active life? Raise of hands—who here wants health and vitality at every age?

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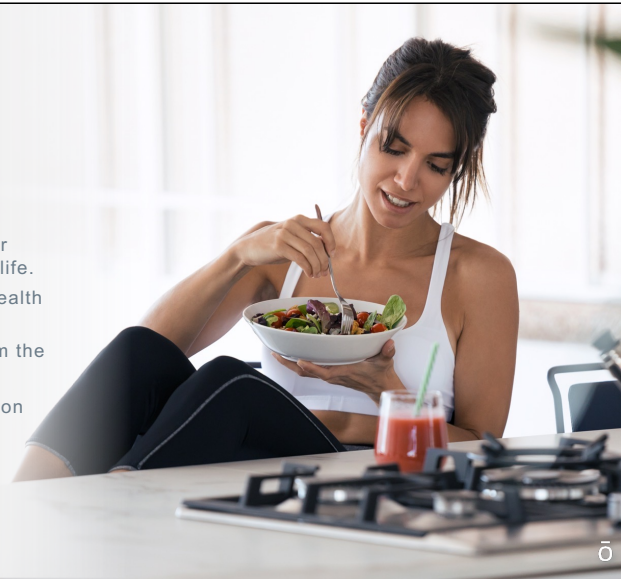
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## Goals for today

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- Identify what's standing in your way of living your most active life.
- Keys to unlocking metabolic health at any age.
- How to look and feel good from the inside out.
- Introduce smart supplementation to improve your vitality and energy.



My goal today is for you to walk away from this class with the answers you need. We're going to address four points:

1. Identify what's standing in your way of living your most active life.
2. Keys to unlocking metabolic health at any age.
3. How to look and feel good from the inside out.
4. Introduce smart supplementation to improve your vitality and energy.

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## What's preventing you from living your most active life?



Energy



Sleep



Weight



Clarity



Mood



Stress

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Before we dive into the class, I want us to all get to know each other better. Struggling with health challenges, big or small, is something we can all relate to.

### What's keeping you from living your best, fullest life?

Energy? Sleep? Weight? Mood? Stress? Cognitive clarity?

On your handout, there's a space for you to rank how you've been feeling recently. Rank each of these health areas on a scale of one to ten.

One means, "This is a really important area to focus on improving."

Ten means, "I feel great about this area. It's not holding me back right now."

*Presenter's Note:*

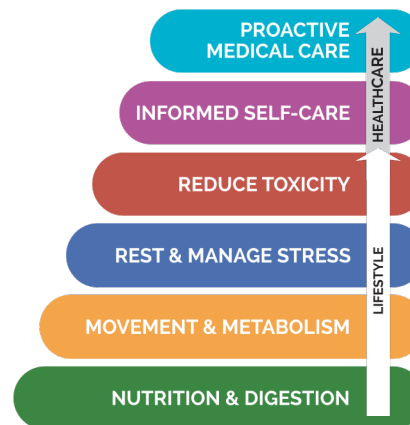
*Ask the attendees to share (if they feel comfortable) their areas to improve and what their challenges in those areas are currently.*

Now that we have some understanding of what each of us is dealing with, let's talk about what steps we've taken to improve those troubled areas.

*Presenter's Note:*

*Ask for responses from the attendees.*

## Level up your health and wellbeing



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This is the dōTERRA Wellness Pyramid. It was created around foundational health principles that build on top of each other. Think of it like Jenga blocks. If you remove the foundation, the pyramid would topple because nutrition, digestion, and metabolism impact all other aspects of your health and well-being.

dōTERRA is about proactive, natural ways to address the root concerns. Temporary or superficial solutions aren't enough. In this class, we're going to focus on the metabolism level of this wellness pyramid. We'll discuss how you can support your body so you can live a life filled with energy and vitality at any age.

**The lifestyle choices you make each day are the foundation for your wellness. dōTERRA has created an easy-to-follow wellness path, and I'm here today to help guide you on that journey.**

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## What is Metabolic Health?

Metabolic health refers to the overall health and functioning of the body's metabolic system, which includes processes like digestion, energy production, and hormone regulation. Maintaining good metabolic health is important for overall wellbeing, as it can affect everything from weight management to long-term disease.

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## FIVE PILLARS OF METABOLIC HEALTH



**Healthy eating**



**Stress management**



**Daily movement**



**Smart supplementation**



**Healthy connections**

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The good news is the choices you make daily can put you in control of your metabolic health! Your metabolism can be optimised at any stage of life by attending to these five pillars.

Healthy eating, daily movement, healthy connections, stress management (including restorative sleep), and smart supplementation are the five keys that will help you to unlock optimal metabolic health.

Smart supplementation is how you double down on the benefits of the other pillars, granting you a greater return on your efforts.

What does optimal metabolic health look like for you? **More energy** so you can keep up with your kids *and* your social life, **more stamina** throughout the day (ditching caffeine and curbing craving), improved **endurance** during your workouts, a **clearer mind** so you can crush it at work—and who doesn't want to **feel and look great**?





## How's your Metabolic Health?

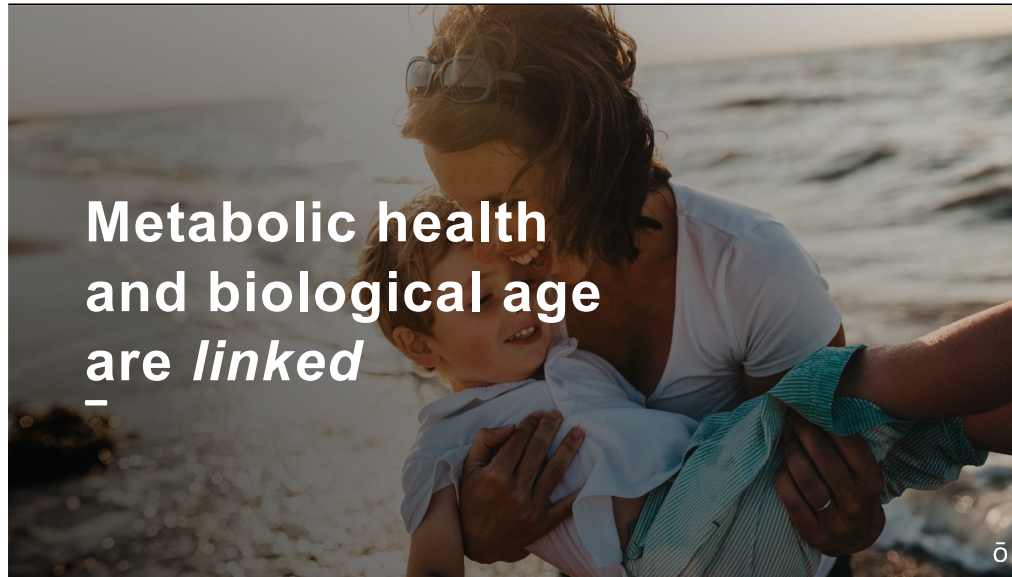
When the body's metabolic system is functioning properly, it can work more efficiently to process and use nutrients from food.

Good metabolic health also plays a role in maintaining energy levels and improving vitality. When the body's metabolic system is functioning properly, it can assist in converting food into energy, which can help prevent fatigue and sluggishness.

Overall, maintaining good metabolic health is an essential aspect of overall health and wellbeing.

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Do you know people who look years younger than the number of candles on their birthday cake? Or someone who's the opposite, seeming older? This isn't just a phenomenon that happens with physical appearances.

Different people can appear to be different ages on a cellular level too—it's known as biological age.

Good news! When you take control of your metabolic health, you also slow the signs of biological ageing and extend your health-span. So, if you have strong and healthy metabolic function, the younger you'll feel from the inside out.

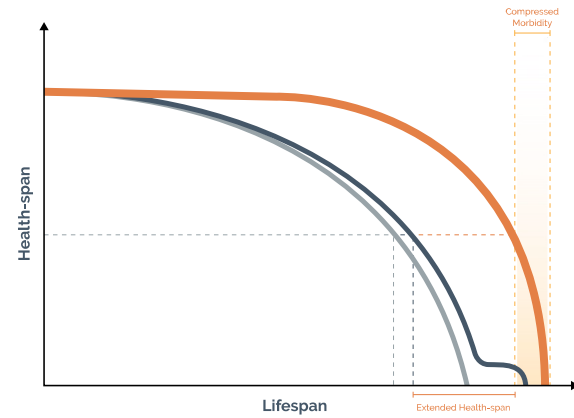
It's a fact of life: as you age, so does your metabolic function. And because your metabolism influences your energy, weight, digestion, hormone regulation, and general wellbeing, a decline in metabolic health can dramatically impact your quality of life.

Put simply, it's important to take control of your metabolic health- NOW!

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## Lifespan vs Healthspan



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**There's a big difference between your lifespan and your potential for health-span.**

Medical advances are helping us live longer, but not always with the quality of life needed for fulfilling, powerful and active lives. Lifespan has exceeded health-span, meaning we're living longer, but not necessarily with vitality and health for all those years. In fact, the last eight years of life are statistically spent with inhibited enjoyment of life because of health limitations.

And it's not just the effects of ageing.

Is that how you want to live each precious day of your life? Is that how you want to feel in the extra years we've gained through medical advances?

It's time to get our metabolic health in check and optimise our overall health and wellbeing for our entire lifespan.

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Close your eyes for a moment.

*Presenter's Note:*

*Slowly count to five in your mind between guiding your class with each of these prompts.*

What if all the years of your life could be lived at their fullest?

*Count to five slowly.*

What does that look like for you?

*Count to five slowly.*

Picture waking up after a great night's sleep with low stress levels and the energy to do whatever you wanted.

*Count to five slowly.*

Your mind's clear, you're at your healthiest weight, and you can't help but smile as you look in the mirror, seeing the outside you matches how you feel on the inside.

*Count to five slowly.*

Now open your eyes. What did you see? How did it feel?

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Say hello to the **MetaPWR** System! *Meta* for “metabolic health” and *PWR* for “personal wellness realised.”

Remember the five pillars of metabolic health: healthy eating, daily movement, healthy connections, stress management, and smart supplementation? Well, smart supplementation is how you can get a greater return on your efforts with the other four pillars. We all eat, move, sleep—supplementation is where MetaPWR steps in.

These natural products—combined with healthy lifestyle choices—are powerful keys for unlocking your personal wellness.

MetaPWR isn't a single product. It's a product system designed to help optimise your health.

You don't just want to live a long life—you want to live a long, healthy life.

The MetaPWR® System helps you live your most active life, maintaining energy production and general health. Designed to be used as a system, each product offers a specialty, while also supporting and enhancing the benefits of the other products in the MetaPWR® range. The whole is truly greater than the sum of its parts with the MetaPWR® system.

Of course, there are no quick-fixes to optimal metabolic function—you still have to make smart and healthy lifestyle decisions—but the MetaPWR® system can maximise and optimise the effects of your wellness lifestyle so that your healthy choices count that little bit more.

Let's break down three key steps in the system!

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# MetaPWR® Range

## 3 STEPS TO METABOLIC HEALTH

### Step 1:



#### MetaPWR® Active Blend

Eat a well-balanced, whole-food diet and add MetaPWR® Active Blend into your daily routine. Add a drop of the 15mL essential oil blend to your water throughout the day.

### Step 2:



Smooth  
the Spikes



#### MetaPWR® Assist

Take MetaPWR® Assist with your largest meal of the day. This can help support healthy blood sugar levels. This powerhouse supplement is formulated with mulberry leaf extract, which can support sustained energy more evenly throughout the day. Take one capsule of MetaPWR® Assist 15–30 minutes before your meal.

### Step 3:



Look  
Better, Feel  
Better



#### MetaPWR® Advantage

With consistent daily use of one sachet per day in a cool drink, MetaPWR® Advantage can support your general wellbeing, maintain your energy levels, skin health and more. When combined with the rest of the MetaPWR® System and healthy lifestyle choices, MetaPWR® Advantage can help support energy production. Pour the contents of one sachet into a shaker bottle with cool or room temperature liquid. Shake well before drinking.

Stay feeling fit and active with our MetaPWR® range. Showcasing a proprietary blend of powerful natural ingredients including essential oils, plant extracts and supportive co-factors, this innovative and synergistic product range complements your daily health and wellness routine, supporting healthy energy production. So, you can get your vitality back and maintain your active lifestyle.

Our MetaPWR® range is formulated using natural ingredients and is free from artificial colours, flavours and preservatives.

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# STEP 1

## MetaPWR®

### *Active Blend*

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- Featuring our MetaPWR® proprietary blend of CPTG® essential oils.
- Supports a healthy diet and exercise routine.
- Developed with dōTERRA® clinical researchers.



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Live your most active life with our MetaPWR® Active Blend. Developed with dōTERRA clinical researchers, this stimulating combination of CPTG® essential oils complements your wellness lifestyle.

Featuring our MetaPWR® proprietary blend of Grapefruit, Lemon, Peppermint, Ginger and Cinnamon Bark essential oils, our MetaPWR® Active Blend supports a healthy diet and exercise routine, with an invigorating citrusy, spicy and minty aroma. Our MetaPWR® Active Blend can be taken internally or diffused to energise your fitness routine.

**Sampling moment:**  
Who wants to try it?

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It's been said each time your blood sugar spikes, you age. I love thinking of bodies like cars. If you're putting your foot to the floor on the accelerator and then slamming on the brakes, it's going to wear down your car. It isn't good for your brakes, tires, seatbelt, and more.

Even normal-range spikes and dips in your blood sugar can be hard on your body, contributing to poor cellular function. Most people naturally have post meal blood glucose spikes. Some may also experience blood glucose dips if the wait between meals is too long.

The more you can smooth out the spikes and dips in your blood glucose the better! Doing so also helps to optimise and sustain your energy levels throughout the day.

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## Step 2

# MetaPWR®

### Assist

- Helps support healthy blood sugar and glucose levels, avoiding the spikes after eating by helping to balance out the release of sugars and sustain energy levels throughout the day.
- Reduces carbohydrate metabolism.
- Support healthy lifestyle regimens focused on increased vitality.
- Developed to assist with your healthy lifestyle regimen and increase vitality.

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MetaPWR Assist is a natural supplement formulated to help smooth out the curves in normal-range blood sugar around mealtimes.

This product is so important for closing the gap between your lifespan and health-span. We want to live longer and enjoy maximum amount of life in those years, right?

Blood sugar levels are one of the most significant markers of health. These levels naturally fluctuate, depending on food and activity patterns. Over time, elevated blood sugar levels can have permanent consequences on the body. Coming back to the car analogy, if you're slamming on the gas and braking hard every day, that car's wear and tear will progress faster than if you're driving smoothly. It'll end up costing you more in repairs and losing value quicker!

A powerful addition to your active lifestyle routine, MetaPWR® Assist contains standardised mulberry leaf extract, berberine, cinnamon bark powder and our proprietary MetaPWR® Active Blend of essential oils. Developed to assist with your healthy lifestyle regimen and increase vitality, MetaPWR® Assist can help maintain healthy blood sugar and glucose levels, avoiding the spikes after eating by helping to balance out the release of sugars and sustain energy levels throughout the day.

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So, we've talked about how the MetaPWR® Range can help you feel good. But you also want to look good for your entire lifespan right?

Did you know that collagen is the most abundant protein in the human body is? Perhaps you didn't know you have 28 types of collagen in your body? Collagen is a key component of connective tissues that make up tendons, ligaments, skin, muscles, and more. Collagen gives your skin its elasticity and firmness, and it also supports lean muscle and connective tissues. Connective tissues give your body structure and strength. The ligaments in your knee, for example, are composed of collagen. They allow your knee to flex, bend, and absorb shock.

While collagen is something humans and animals produce naturally, the natural production of it drops with age, starting from age 25. As you age (or simply because of an active lifestyle), repeated stresses are put on your joints, muscles, tendons, and other connective tissues. Even the ever-present force of gravity is constantly taking its toll on your collagen-containing tissues.

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Here it is! The third powerhouse step in the MetaPWR system. Combined with healthy lifestyle choices, taking MetaPWR® Advantage once a day can help support daily vitality and wellness. Advantage also contains nine types of collagen tripeptides from marine sources, which supports a healthy complexion. Developed by doTERRA® researchers, MetaPWR® Advantage can serve as an important part of a daily healthy metabolic regimen, providing a source of collagen, and containing antioxidants, to support overall health and wellbeing.

**MetaPWR® Advantage includes nine unique collagen peptide types. In addition to being powdered, our collagen is also hydrolysed, which dramatically increases its bioavailability, meaning your body can properly absorb and utilise it fully.**

This enhances collagen formation in your body supporting your skins elasticity, density and firmness and giving that youthful glow as well as supporting your bones, ligaments, connective tissue, increases hydration in your skin and is

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amazing for your hair, teeth and nails.

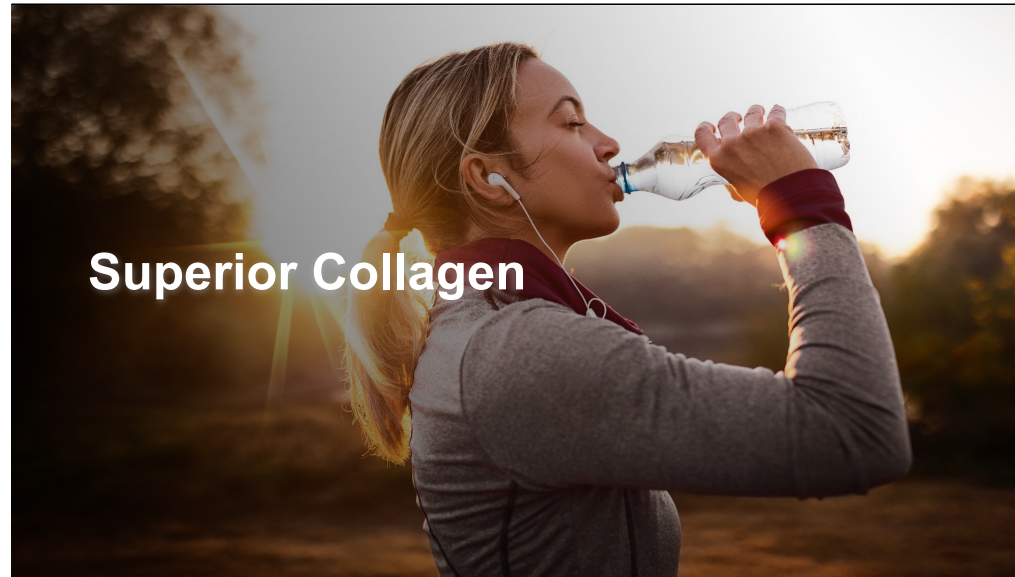
*Sampling moment:*  
Who'd like to try it?

*Pass out the shot glass—amount samples. Offer tips on how you add a drop of MetaPWR Active Blend or combine it with your greens.*

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## Superior Collagen

Some of you may already be taking a collagen supplement. Raise your hand if you're already using a collagen replacement.

However, a lot of what you've read about "the best collagen" available is just good marketing. dōTERRA doesn't spend loads of money on marketing. They spend their energy sourcing the best, purest ingredients available, as well as the best science to effectively deliver those ingredients to your cells.

So let me give you the highlights for why the collagen in MetaPWR® Advantage is superior to anything else you may have tried.

Collagen is something your body makes naturally, but its production also drops with age. Taking supplements containing collagen can bolster collagen levels in the body.

Our MetaPWR® Advantage helps enhance/promote collagen formation when dietary intake is inadequate.

Most pre-packaged liquid collagens use a pasteurisation process to sterilise their water-based delivery system, which eliminates harmful bacteria—but also destroys beneficial active ingredients like vitamins, flavonoids, and polyphenols. And despite this process, it's actually less shelf stable than a powder delivery like MetaPWR® Advantage.

It also requires shipping heavy water around the globe, increasing carbon emissions. By mixing MetaPWR® Advantage powder with water, you still get the absorption benefits of a liquid delivery, but without the value loss that occurs during pasteurisation (and without the sugar content that generally accompanies a pre-packaged juice format). When you mix MetaPWR® Advantage, which is a hydrolyzed powder, with cool or room temperature water, you're consuming it as a liquid, meaning your body can easily absorb the stable, non-degraded nutrients.

Additionally, our collagen is sourced from sustainably harvested cold-water marine fish and has been hydrolysed, (pre-digested) by endo- and exo-nuclease enzymes known as proteases. These enzymes create small tripeptide fragments of three amino acid sequences for optimal absorption.

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# Marine Collagen



Our collagen is sourced from sustainably harvested cold-water marine fish in Italy.

Peptide type	Bodily Function
Collagen Type I	Related to skin beauty
Collagen Type II	Bone protection, the main component of cartilage
Collagen Type IV	Malleable dermis and the epidermis
Collagen Type V	Stabilising the structure of Types I and II collagen
Collagen Type VI	Muscle function and cell membranes and inhibiting of cell apoptosis and oxidative stress
Collagen Type IX	Cartilage, growth plates, joints and intervertebral discs
Collagen Type XXV	Supports normal brain aging
Col1a2 protein	Collagen fibrillin
Vacuolar protein sorting 37A	Involved in cell growth and differentiation

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dōTERRA sources collagen from sustainably harvested cold-water marine fish in exotic locations like Italy. MetaPWR® Advantage is tested more extensively for heavy metals than any other dōTERRA supplement.

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I know that was quite a bit of information—you might be feeling overwhelmed. So, let's talk about how to seamlessly incorporate the MetaPWR system into your daily wellness routine. So, you can begin to feel the benefits. When used regularly, most people begin to feel the benefits within a week or two.

Always create a routine that matches your personal lifestyle.

Why not start your morning by mixing MetaPWR® Advantage in a shaker bottle with water and adding a drop or two of MetaPWR® Active Blend and having this alongside a nutritious, high-protein breakfast to help you feel energised and full of life-loving vitality. Then, during your afternoon workout session, try diffusing MetaPWR® Active Blend or apply it topically to invigorate your exercise routine.

Later in the day, before dinner you might enjoy MetaPWR® Assist to help your body manage the blood glucose curve in a more balanced way.

Whether you're just starting on the path to healthy eating and exercise or have been practicing this lifestyle for years, you can use our doTERRA MetaPWR® System to help you reach your goals and LIVE YOUR MOST ACTIVE LIFE.

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**MetaPWR®**  
*Active Blend*

**Step 1**  
Add MetaPWR® Active Blend to your daily routine.

To make it even more simple, think of the MetaPWR System in three simple steps. Step 1, Add MetaPWR® Active Blend to your daily routine.

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Take one to two capsules of MetaPWR® Assist, 15–30 minutes before your largest meal of the day. (If forgotten or preferred, take with your meal.)  
For extra support, take with each meal of the day.

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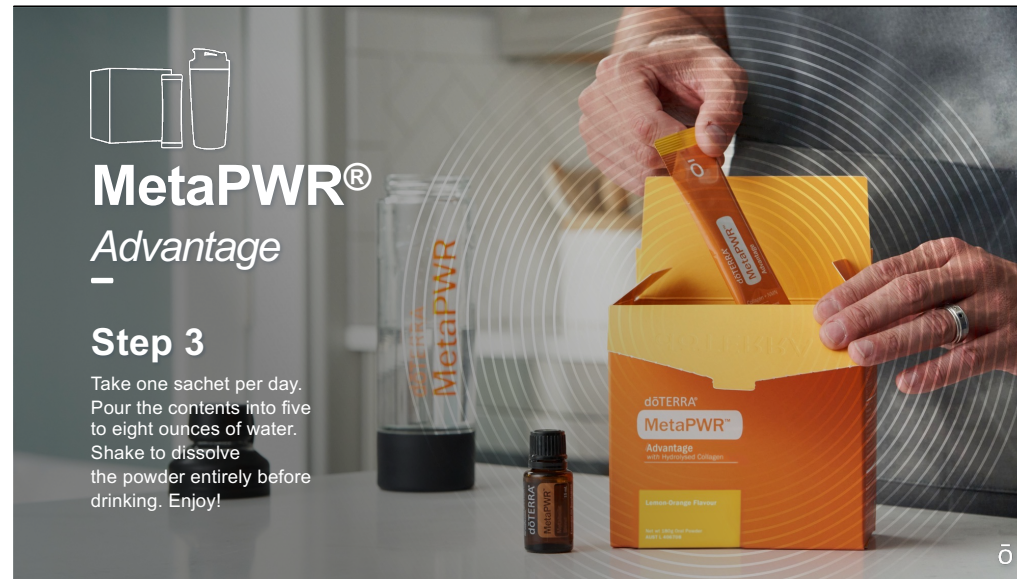


# MetaPWR<sup>®</sup>

## Advantage

### Step 3

Take one sachet per day.  
Pour the contents into five to eight ounces of water.  
Shake to dissolve the powder entirely before drinking. Enjoy!



Once a day whenever you like, add one sachet to cold or room temperature water in a shaker bottle.

doTERRA<sup>®</sup>  
**MetaPWR<sup>™</sup>**

## Sample MetaPWR® Daily Schedule

### MORNING

Two drops MetaPWR® Active Blend and MetaPWR® Advantage with cold water.

Enjoy with Long Life Vitality, (LLV) and a high-protein breakfast.

### AFTER NOON

MetaPWR® Assist with lunch (if largest meal of the day)

Diffuse MetaPWR® Active Blend to energise your exercise routine.


### EVENING

MetaPWR® Assist with dinner (if largest meal of the day)

*Presenter's Note:  
Read the day summary and then pause for any questions.*

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**Nutrition &  
Metabolic Support**  
go hand-in-hand

Nutrition and metabolism have a synergistic effect on your health and overall wellness. While nutrition is the process of nutrient acquisition from your environment, metabolism is the chemical process your body uses to transform the food you eat into fuel. Studies have found persistent disturbance of nutrient metabolism or energy homeostasis—caused by either nutrient deficiency or excess—induces cellular stress, leading to metabolic dysregulation.

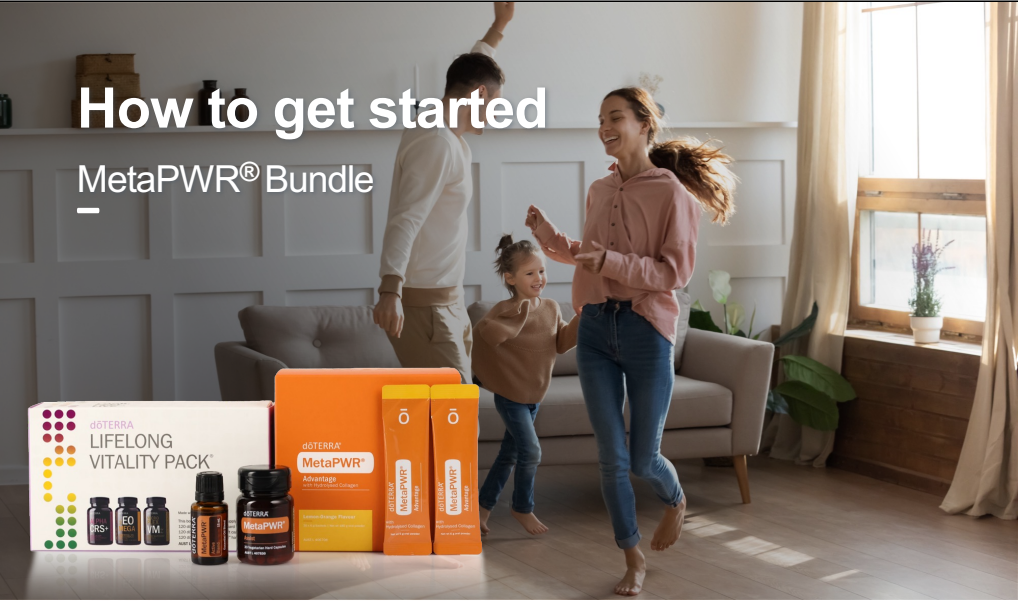
**Nutrition and metabolic support go hand in hand.**

We know even the best diets are deficient in vital nutrients. The dōTERRA Lifelong Vitality Pack® (LLV) was created to fill the gaps. So our MetaPWR system and LLV are the perfect health and vitality pairing.

*Presenter's Note:*

*You can also say, "If you'd like, you can also add on the dōTERRA Lifelong Vitality Pack® when you get started. If you would like to know more about the LLV, just let me know I come around to answer your individual questions."*

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# How to get started

MetaPWR® Bundle

Purchase your MetaPWR Bundle today. It's the best way to start your journey to better health and wellbeing.

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