

Building a Balanced Lifestyle, One Day at a Time

MetaPWR™ Solutions



Step 1

Eat a well-balanced, whole-food diet and add one or more of the MetaPWR Blend products to your daily routine. When you're craving the taste of sugary foods and drinks, satisfy your sweet tooth with MetaPWR instead.

Step 2

Take MetaPWR Assist with your largest meal of the day. It includes mulberry leaf extract to help support healthy glucose metabolism and maintain healthy blood glucose levels after meals.*

Step 3

With consistent daily use of one sachet in a cool drink, MetaPWR Advantage can support the healthy metabolism of nutrients and help in the formation of collagen for healthy bones, skin, and connective tissue.*

Foundations for Wellness

These supportive products will give you a solid foundation for daily habits based on wellness:



dōTERRA Lifelong Vitality® Pack

The dōTERRA Lifelong Vitality Pack (LLV) is a daily nutritional supplement trio that offers optimal, all-around support for your habits of daily vitality. This set of three nutritional supplements gives you an optimized daily dose of vitamins, minerals (Microplex VMz™), omega-3 fatty acids (xEO Mega®), and antioxidants (Alpha CRS+®)*

Lemon Essential Oil

Lemon provides a bright, refreshing taste that can help encourage hydration throughout the day. Using this tart, citrusy essential oil to enhance the flavour of beverages is a simple and effective way to help increase your daily water intake.

Lavender Essential Oil

Lavender is a must-have essential oil because of its versatility. Its calming, relaxing aroma promotes a restful nighttime environment, and it can be used in aromatherapy as a nervine and calmative.* Diffusing or adding a drop to a warm tea are ideal ways to take advantage of these benefits.

Deep Blue®

Deep Blue is a signature line of dōTERRA products designed to support your exercise habits. Massage Deep Blue essential oil blend, Rub, or Stick into the skin for cooling comfort and targeted soothing.



Daily Routine for Your Most Empowered Life

Morning

- MetaPWR™ Advantage and Lemon essential oil in water
- First dose of LLV (two of each supplement)
- Morning stretches with Deep Blue®

Daytime

- Second dose of LLV (two of each supplement)
- MetaPWR Assist (if lunch is the largest meal of the day)
- MetaPWR oil blend, gum, or beadlets when sweet cravings hit
- Deep Blue on shoulders and neck while working

Evening

- MetaPWR Assist (if dinner is the largest meal of the day)
- Post-workout massage with Deep Blue
- Lavender essential oil diffused before bed

Additional Lifestyle Habits to Consider

Morning

- Eat a hearty breakfast of whole, fresh foods.
- 10 minutes of meditation and affirmations.
- 10 minutes of light stretching.
- Go for a morning jog.

Daytime

- Eat a light, balanced lunch.
- Take a 5-to-10-minute walk.
- Drink plenty of water throughout the day.
- Take a moment to write in a reflection journal.

Evening

- Eat a nutritious dinner.
- 5 to 10 minutes of stretching.
- Take a relaxing bath or shower.
- Take a break from electronics before bed!
- Get seven to nine hours of sleep.

Customize Your Wellness Plan

Wellness Pyramid

Wellness is a journey. The idea behind it is to give your body what it needs across several areas of life to achieve a well-rounded, healthy version of yourself. These dōTERRA® products are here to help as you continue on your wellness journey.



Nutrition and Diet

- LLV
- MetaPWR™ Products
- ZenGest®
- PB Assist+
- TerraZyme®



Movement and Activity

- Deep Blue® Products
- Turmeric Dual Chamber Capsules
- Mito2Max®



Rest and Harmony

- Adaptiv™ Capsules
- dōTERRA Serenity® Restful Complex
- AromaTouch Technique



Reduce Toxic Exposure & Support Detoxification

- abōde®
- dōTERRA sun
- dōTERRA hair



Informed Self-Care

- Easy Air®
- dōTERRA On Guard®



Proactive Medical Care

Example Daily Routine

Morning



Lemon essential oil and MetaPWR™ Advantage in water



First dose of LLV (two of each supplement)



Morning stretches with Deep Blue

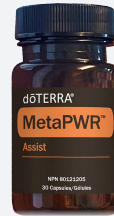
Daytime



Second dose of LLV (two of each supplement)



Deep Blue on shoulders and neck while working



MetaPWR Assist (if lunch is the largest meal of the day)



MetaPWR essential oil blend, gum, or beadlets when sweet cravings hit

Evening



MetaPWR Assist (if dinner is the largest meal of the day)



Deep Blue-enhanced massage



Lavender essential oil diffused before bed

Daily Tracker

Track your progress every day to ensure you're creating a routine that'll support a healthy, vibrant lifestyle!

Products/Habits	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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