

dōTERRA™ MetaPWR™



Choose any of these approved, Europe-compliant key messages to inspire your next social post, or invitation to your MetaPWR class. If you see an asterisk (*) beside any statement, remember you will need to use the disclaimer provided in any written materials using this statement.

We cannot wait to see what you create! When posting to social media, use #MetaPWR so we can celebrate what you create.

What is Metabolism?

1. Your metabolism influences your energy, weight, body composition and even your cognitive performance.
2. Metabolism is the chemical reactions that change food into energy for our cells. Our cells need this energy to power us in life, this energy is the foundation for everything, from moving to thinking to growing to aging.
3. Metabolism is a complicated chemical process. We may have only been taught about metabolic health in its simplest sense: as something that influences how easily our bodies gain or lose weight.
4. At its core, metabolism is simply our body using fuel (like food) to create the building blocks it needs and to generate the energy required to run cellular processes.
5. Few people know our metabolic function is affected by aging—and that is certainly partially true—the reality is that optimal metabolic function can support healthy aging.
6. Factors that reflect the state of your metabolic health include: blood sugar, blood pressure, lipid types and levels, and weight.
7. Good inputs—exercise, eating right, developing strong relationships, managing stress, getting rest and smart supplementation—can positively affect metabolic health outputs like blood pressure, blood sugar, body composition and weight.

A Metabolic Health Awakening

- Only 20% of adults in Europe are metabolically healthy.
- 12 out of every 14 adults in Europe can benefit from metabolic health support right now.
- If you are someone who is in the 20% of adults in Europe who is metabolically healthy, you may be looking for a way to maintain your metabolic health!
- How we move, what we eat, quality of relationships and rest, along with managing stress and choosing superior supplementation, all play a role in optimal metabolic health.
- Genetics affects metabolic health too, but exercise, diet, rest, relationships—these are all lifestyle factors that you can influence for the better!
- 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 choices.
- Sometimes when you don't see immediate results from your healthy lifestyle choices, or the results aren't as pronounced as you hoped they'd be, it's discouraging. The MetaPWR™ System can help your healthy choices count a little extra.

Healthspan, Biological Aging & Metabolic Health

- Today is the best day to influence the rest of your life.
- Getting older shouldn't rob you of your quality of life—and it doesn't have to.
- You deserve a life full of health and vitality at every age.
- Metabolic health and biological age are inseparable.
- The stronger and healthier your metabolic function, the better you'll feel from the inside-out.
- While 'lifespans' might be increasing around the globe, how many of those extra years are spent truly feeling healthy and with the fullest vitality and wellness?
- Or are we spending those extra years unable to do the things we love because of poor health?
- There is a big difference between our 'lifespan' and our potential for 'healthspan'.

- Unlike lifespan, which is strictly the years in your life, healthspan refers to how long your wellness and health last.
- It's time to close the gap between lifespan and healthspan.
- Put more life in your years.
- What if we could look great and feel better from the inside out?
- dōTERRA™ MetaPWR™ Advantage contains our proprietary Healthspan Complex, formulated with 12 synergistic active ingredients that can slow biological aging and extend our healthspan.

NAD+ / NADH

- Remember that aging happens from the inside, outward. It's all rooted at the cellular level.
- By middle age, NAD+ levels in the body are half what they are during our youth!
- NAD+ ensures proper cell function so we can age in a healthy way.
- NAD+ is a naturally produced molecule crucial for the function of all 37.2 trillion cells in your body. It gives power to cellular repair and helps generate the vast majority of your cellular energy.
- Supplementing with natural, quality sources of NMN may increase NAD+ levels in the body according to preclinical studies. More confirming clinical research is needed.

Collagen

- Collagen is a protein found in bones, muscles, skin and tendons that helps hold the body's cells together.
- Collagen is the most abundant protein in the body.
- At a young age, the body is made up of 30% collagen, but this percentage declines with age.
- There are 28 known types of collagen in the human body.
- Most collagen products on the market have 1 or 2 types of collagen at most.

- dōTERRA™ MetaPWR™ Advantage with marine collagen and NMN doesn't have just one or two types of collagen. It includes nine unique collagen tripeptide types.
- Supplementing with a wide range of diverse collagen types helps promote joint mobility, tissue strength and skin elasticity. Which means you can recover faster and move with more ease.
- dōTERRA™ MetaPWR™ Advantage provides nine types of collagen tripeptides from sustainable marine sources, infused with dōTERRA Certified Pure Tested Grade (CPTG)™ essential oils. We are truly emphasising the whole-body role of collagen.

Blood Sugar Stability and Optimal Energy

- Blood sugar levels are one of the most significant markers of health. These levels naturally fluctuate depending on eating and activity patterns.
- It's important to note constant spikes and crashes in your blood sugar are hard on your body and contribute to poor functioning cells.
- Like blood sugar levels, a rollercoaster ride once or twice a year probably wouldn't cause long-term issues. However, riding the rollercoaster multiple times a day, week after week might have some consequences.
- MetaPWR™ Assist helps minimise the impact of this wear and tear on your body.
- Considering that 20% of adults in Europe have optimal metabolic health, most of us can benefit from a little support. That's what MetaPWR™ Assist is for.
- Complex carbohydrates are aptly named as their sugar chains are longer and more complicated to digest, making them "slower" and less likely to spike your blood glucose.
- When taken before a large meal, MetaPWR™ Assist includes natural ingredients that can help turn "fast carbs" into "slow carbs". In basic terms, the mulberry leaf extract binds to carbohydrates, so the glucose doesn't hit your blood stream as quickly.

MetaPWR™ System and Products

- **Meta** – short for Metabolic Health meets **PWR** – *Personal. Wellness. Realised.*
- The dōTERRA MetaPWR™ System can help you optimise your metabolism and have more stamina throughout your day. It can also help to slow biological aging and extend your healthspan.
- dōTERRA™ MetaPWR™ is not a single product. It's an entire SYSTEM designed to help you optimise your metabolic health. These products combined with healthy lifestyle choices, are a powerful key for unlocking your personal wellness.
- Every product in this system features the new MetaPWR™ Essential Oil Blend as a key ingredient – the power of our pure essential oils fuelling every aspect of the system.
- MetaPWR™ Essential Oil Blend contains ingredients known to help to support the digestion.
- This synergistic blend has been scientifically optimised and tested for maximum metabolic impact.
- MetaPWR™ Assist features mulberry leaf extract which can contribute to the maintenance of the carbohydrate metabolism balance of the body.*
- When you take MetaPWR™ Assist before a meal, the mulberry leaf extract helps your body to metabolise what you just ate more slowly. Of course, MetaPWR Assist is designed to be paired with a healthy, whole-food approach to eating.
- MetaPWR™ Advantage with marine collagen and NMN is redefining how we slow biological aging to put more life into our years.

*These health claims are still under decision of the EU and EFSA.

- Although more studies are needed, initial research demonstrates MetaPWR Advantage assists with maintaining heart, cardiovascular, and vessel health, and supports metabolism.*
- MetaPWR™ Advantage with marine collagen, NMN and 10 other active ingredients is the product that's going to support natural production of NAD+ in your body while helping you to slow the signs of aging both inside and out.
- The ingredients in MetaPWR Advantage contain naturally occurring antioxidants for cell protection, and help protect cells from free radical damage. They are scientifically proven to help protect the skin from premature aging by reducing erythema and stress caused by harmful free radicals.*

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