

# MetaPWR™

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## 1. Why do I need an entire product line to address metabolic health?

The MetaPWR™ System is more than an essential oil blend, collagen supplement, or any singular benefit from one of the products. It's called the MetaPWR™ System because the products were created and designed to be used in conjunction with each other. You'll see better results and have greater success if you use all the MetaPWR™ products together. They don't all do the same thing—each offers specific and unique benefits—but they also magnify the effectiveness of each other. For example, using MetaPWR™ Advantage has its own benefits and speciality, but it also improves the effectiveness and success of MetaPWR™ Essential Oil Blend and MetaPWR™ Assist. The same is true in reverse. The MetaPWR System is truly a case where the whole is greater than the sum of the parts.

## 2. What's the best routine for taking the MetaPWR™ System?

The best routine is the one you'll follow. Customising your use of the MetaPWR™ System is important because everyone's goals and needs are different. One person might need to take one to three MetaPWR™ Softgels spread throughout their day, while another may rely more on the beadlets to help them as needed. MetaPWR™ Advantage should generally be taken once a day, but can be taken twice a day if desired. MetaPWR™ Assist can be taken daily with your largest meal. Remember, MetaPWR™ products are only part of the equation. Exercise, healthy meals and sleep are all essential to anyone's MetaPWR™ routine and are also subject to personalisation and customisation depending on individual goals and circumstances. You can also combine MetaPWR™ with other supplementation like the dōTERRA Lifelong Vitality Pack™ (LLV)—which we recommend as the foundation of all supplementation routines to give your body the micronutrients it needs to function optimally.

## 3. Do I need both dōTERRA Lifelong Vitality Pack™ (LLV) and the MetaPWR™ System?

The functions of LLV and the MetaPWR™ System are different, each addressing unique needs. We know even the best diets are deficient in vital micronutrients. The MetaPWR™ System doesn't provide the minerals and vitamins that LLV does. Rather, its products offer additional support. 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. If you're experiencing a vitamin deficiency, your metabolism is going to struggle.

Nutrition and metabolic support go hand in hand. They're the perfect health and vitality pairing.

## 4. Can kids and teenagers use the MetaPWR™ System?

MetaPWR is not designed for children. In addition children's metabolic health is largely influenced by parents. Focusing on the pillars of metabolic health (healthy eating, daily movement, stress management and health connections) in the younger years of our children's lives will be of great benefit. As teenagers start to control their diets outside of their homes, it may be beneficial for them to use these supplements.

**5. Is the MetaPWR™ System safe to use during pregnancy and breastfeeding?**

As a rule, expectant and breastfeeding mothers should always consult with their healthcare provider about anything they plan to take during their pregnancy or while nursing. MetaPWR™ products are no exception. Talk to your provider about your personal situation.

**6. Can MetaPWR™ Assist help with blood glucose control?**

Everyone can benefit from better glucose control. This product helps with that challenge in two ways: by decreasing absorption of carbohydrates into the bloodstream and by contributing to the maintenance of the carbohydrate metabolism balance of the body\*. Anyone with a medical condition should check with their physician when trying any new metabolic product.

**7. Can people on a ketogenic diet use the MetaPWR™ products?**

With powerful ingredients such as resveratrol, sea buckthorn, NMN, NADH and collagen, those on a ketogenic diet can still receive incredible benefits from taking these products.

**8. How long will it take for me to feel any positive impact from the MetaPWR™ System?**

Participants in pilot focus groups in the US, who were adhering to a fitness and nutrition plan in addition to their daily use of the MetaPWR™ System, reported benefits to their cognitive clarity, energy and cravings within one to three weeks.

**9. How is the MetaPWR System classified?**

The MetaPWR™ System is a supplement line. As with all dōTERRA products there are limits on the types of claims you can make about MetaPWR™ products, and you should include the EU/EFSA disclaimer where required. For support to know what you can and cannot say about MetaPWR™ products, refer to the dōTERRA Europe Key Messages document.

**10. Can people who want healthy aging benefit from the MetaPWR™ products?**

Yes! Metabolism affects healthy aging. A healthy body that is functioning efficiently at the cellular level provides our organ systems with optimal amounts of energy, and this process can be sustained by making healthy lifestyle choices. Indeed, our cells can function at a more youthful level if we pay close attention to our metabolism and how our bodies use energy.

Think of the way a car engine burns petrol for fuel. This process generates kinetic energy (movement) and has a byproduct: exhaust. As your body creates and uses energy, it creates another byproduct: free radicals. Free radicals are generated during metabolic processes. They have some purposes, but a buildup of free radicals can cause oxidative stress, which ages your cells. MetaPWR™ products can optimise the positive effects of your healthy choices. Many of the ingredients included in MetaPWR™ products were specifically chosen for their ability to optimise metabolic efficiency, so fewer free radicals are generated.

**11. Are there any major health risks or concerns with taking the new products? Which categories of people need to be careful?**

dōTERRA always encourages persons to consult with their healthcare providers whenever they have questions about how using a new product may affect them. In addition, anyone with a medical condition should consult a healthcare provider before starting a new supplement. These supplements are powerful and will support our system in maintaining and optimising metabolic health. Those with blood sugar challenges, in addition to consulting a physician, should closely monitor the effects these products have on their response to the foods they eat and the exercise they engage in.

**12. Are the MetaPWR™ products vegan?**

The MetaPWR™ Essential Oil Blend—including the beadlets and softgels — are vegetarian and vegan-friendly. So is MetaPWR™ Assist. However, MetaPWR™ Advantage isn't.

dōTERRA tries to provide plant-based supplement options when possible. Those who don't wish to consume fish or marine-based products because of diet restrictions or personal preferences may wonder whether a plant-based MetaPWR™ Advantage will be available. Collagen is synthesised by animals, so it's available exclusively from them. You may see products marketed as vegan collagen. However, if you look closely, you'll see the collagen is usually a collection of vegan-sourced amino acids—not actual collagen tripeptides. But remember, collagen is something your body makes naturally!

MetaPWR™ Advantage is designed to supplement the collagen your body isn't producing as abundantly as it used to. Supplemental collagen in MetaPWR™ Advantage helps replace collagen in your body. There are also collagen-building alternatives, including compounds that naturally assist your body to increase its own collagen supply!

## Key Questions to Address with MetaPWR™ Essential Oil Blend

**1. How does MetaPWR™ Essential Oil Blend reduce adipose fat cells?**

When all five of these essential oils—Grapefruit, Lemon, Peppermint, Ginger and Cinnamon—are combined at the right ratios, something powerful can happen. Preclinical research suggests ingestion of the essential oil blend may help reduce the amount of fat stored by your fat cells, but more confirming clinical research is needed.

**2. Does dōTERRA have scientific support that MetaPWR™ Essential Oil Blend works?**

Recent preclinical research on the MetaPWR™ Essential Oil Blend suggests it can limit the development of new fat cells and growth of existing fat cells, but more confirming clinical research is needed.

**3. How can I benefit from MetaPWR™ Essential Oil Blend?**

Daily use of this proprietary essential oil blend can be part of a healthy, active lifestyle in other ways. Limonene, a prominent chemical compound in the product, may support a healthy metabolism when ingested, and Peppermint essential oil—one of the ingredients—has been shown to enhance exercise performance when consumed. The essential oil blend also has an uplifting, stimulating aroma that can be incorporated into daily routines supporting individual goals.

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## 4. Does the suggested daily dose of MetaPWR™ Essential Oil Blend provide me with the same amount as what was used in the studies?

The dose used in the MetaPWR™ Essential Oil Blend adipogenesis studies is physiologically relevant. The multiple use forms (softgel, beadlet, essential oil blend) are formulated to provide both a safe and effective dose of essential oil throughout the day. Direct dosing between in vitro studies and in vivo application is a complicated process that involves future dōTERRA research and clinical confirmation.

## 5. Research on MetaPWR™ Essential Oil Blend shows it can pause the growth of adipose fat cells. What about fat that's already been deposited?

Preclinical research on the MetaPWR™ Essential Oil Blend suggests it can limit the development of new fat cells and growth of existing fat cells. More confirming clinical research is needed, and dōTERRA is committed to continuing research on this important topic.

## Key Questions to Address with MetaPWR™ Assist

### 1. Why is it important to smooth blood sugar dips and spikes?

Blood sugar levels are among the most significant markers of health. These levels naturally fluctuate within the normal range depending on eating and activity patterns. Excessively high peaks and low valleys are hallmarks of metabolic problems. Over time, elevated blood sugar levels can have permanent consequences on the body. Every time your blood sugar spikes, you age.

### 2. Can I use MetaPWR™ Assist with more than one meal a day?

Yes. When you take MetaPWR™ Assist with a meal, the mulberry leaf extract helps contribute to the maintenance of the carbohydrate metabolism of the body.\* Of course, MetaPWR™ Assist is supposed to be paired with a healthy, balanced diet. We want you to eat nutrient-rich, fibre-filled complex carbohydrates! MetaPWR™ Assist gives your body a little extra help keeping those normal-range blood glucose levels steady.

### 3. What's in MetaPWR™ Assist?

Mulberry leaf extract is the most prominent and important ingredient in MetaPWR™ Assist; it can contribute to the maintenance of the carbohydrate metabolism of the body.\*

### 4. How does MetaPWR™ Assist work?

One of the main ingredients in MetaPWR™ Assist is mulberry leaf extract, which can contribute to the maintenance of the carbohydrate metabolic balance of the body.\* The iminosugars of the mulberry leaves interact with the digestive enzymes that metabolise carbohydrates, slowing their digestion so the glucose doesn't hit your blood stream as quickly.

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## 5. Does dōTERRA have scientific support that MetaPWR™ Assist works?

dōTERRA completed a two-week double-blind, placebo-controlled trial in the US. Participants were given a standardised meal at breakfast and underwent continuous glucose monitoring throughout the day. For the first week of the trial, the participants were given a placebo, and in the second week, they were given MetaPWR™ Assist. Blood glucose monitoring occurred every 15 minutes throughout the trial to provide quality data. In the first week, when participants received the placebo, the average continuous blood sugar level was 102. In the second week, when participants received MetaPWR™ Assist, the average blood glucose level was down 13% to 89.

## 6. If I'm on a low-carb diet, can MetaPWR Assist still benefit me?

Yes. Low-carb diets aren't no-carb diets, and the ingredients in MetaPWR™ Assist may help block the carbs that sneak into our diets in ways we may not be aware of. Also, MetaPWR™ Assist may help the glucose our own system creates get into our cells where it belongs, thus supporting a normal glucose metabolism.

## 7. What's the difference between MetaPWR™ Assist and MetaPWR™ Softgels? Do I need both?

MetaPWR™ Softgels may help curb hunger cravings, reduce fat cells and support healthy metabolic function. MetaPWR™ Assist slows the conversion of carbohydrates to glucose (blood sugar).

## 8. Why do I need to pair MetaPWR™ Assist with MetaPWR Advantage?

The reality is also that metabolism affects healthy aging. A healthy body that is functioning efficiently at the cellular level provides our organ systems with optimal energy. Indeed, our cells can act younger if we pay close attention to our metabolism and how our bodies use energy and handle oxidative stress.

## Key Questions to Address with MetaPWR™ Advantage

### 1. What's NMN?

NMN stands for nicotinamide mononucleotide, a molecule naturally occurring in all life forms. At the molecular level, it is a ribonucleotide, which is a basic structural unit of the nucleic acid RNA. The molecule is composed of nicotinamide, ribose and phosphate groups. NMN is the direct precursor of the essential molecule nicotinamide adenine dinucleotide (NAD+) and is considered a key component to increased NAD+ levels in cells.

### 2. What's NAD+?

NAD+ is an essential coenzyme required for life and cellular functions. Enzymes are catalysts that make biochemical reactions possible. Coenzymes are 'helper' molecules that enzymes need in order to function. NAD+ is the most abundant molecule in the body besides water, and without it, an organism would die. NAD+ is used by many proteins throughout the body, such as the sirtuins, which repair compromised DNA. It is also important for mitochondria, which are the powerhouses of the cells that generate the chemical energy that our bodies use.

### 3. What's NADH?

NADH transfers extra electrons to the inner membrane of the mitochondria and is considered the activated carrier molecule. NADH converts back to NAD<sup>+</sup> in a reverse reaction, and the process of electron transfer is carried out with the movement of protons as H<sup>+</sup> ions.

### 4. When's the ideal time to take MetaPWR™ Advantage?

Customisation options with MetaPWR™ products go far beyond just personal preference.

You might start your day by mixing MetaPWR™ Advantage with water in a shaker bottle to pair with a high-protein breakfast.

Shortly before your nutritious lunch, you might add a dose of MetaPWR™ Essential Oil Blend to your MetaPWR™ Advantage. With dinner, you could take another MetaPWR™ Assist and another dose of the MetaPWR™ Advantage.

These are only two examples of how to use MetaPWR Advantage. Your life may follow a different schedule, and some schedules change daily. Your need for the product may depend on your current circumstances. One person may use the product to fine-tune an already active, healthy lifestyle while another may need it during a health overhaul. You can customise your use of MetaPWR™ products to help you realise your personal wellness.

### 5. What differentiates dōTERRA collagen from other types on the market?

Most collagen products only feature one or two collagen peptide types—usually the collagen types that are most relevant to skin beauty, elasticity and wrinkles. MetaPWR™ Advantage features those types of collagen, but our competitive advantage lies in the inclusion of nine unique collagen peptide types. We're emphasising the whole-body role of collagen.

In addition to being powdered, our collagen is also hydrolyzed, meaning it's cut into specific tripeptide fragments to dramatically increase its bioavailability. In fact, MetaPWR™ Advantage was demonstrated to be 12 times more absorbable than other forms of collagen.

### 6. Why did dōTERRA choose to include nine types of collagen? Is there enough of each type to make a difference?

MetaPWR™ Advantage provides nine types of collagen tripeptides from sustainable marine sources, infused with CPTG™ essential oils. We're emphasising the whole-body role of collagen.

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.

Collagen Type I (one) is related to skin beauty.

Collagen Type II (two) is related to bone protection and is the main component of cartilage.

Collagen Type IV (four) is the main protein of the basement membrane connecting the dermis and the epidermis, forming a network structure to make the basement membrane malleable.

Collagen Type V (five) is related to the regular arrangement of collagen fibres, stabilising the structure of Type I and Type II collagen.

Collagen Type VI (six) regulates muscle function, stabilises cell membranes, and inhibits cell apoptosis and oxidative stress.

Collagen Type IX (nine) is an important component of cartilage, mainly distributed in the cartilage cells of growth plates, joints and intervertebral discs.

Collagen Type XXV (twenty-five) inhibits the fibrillation of amyloid beta peptide.

Col1a2 protein is collagen fibrillin.

And finally, vacuolar protein sorting 37A is involved in cell growth and differentiation.

## 7. Why didn't dōTERRA include collagen Type III in MetaPWR™ Advantage?

Different organisms have different ratios of collagen types. Additionally, different endo and exonuclease enzymes can create different tripeptide types. The combination of our marine collagen didn't produce a Type III collagen that could be analytically confirmed.

## 8. Why did dōTERRA choose to use powdered collagen instead of liquid?

MetaPWR™ Advantage comes in single-serve, hydrolyzed powder format. It's activated by you when you mix it with water for a more active and bioavailable delivery system at the time of consumption.

Most prepackaged liquid collagens sterilise their water-based delivery system, which eliminates both the harmful bacteria and the beneficial active ingredients, like vitamins, flavonoids and polyphenols. Ironically, these liquid deliveries are actually less shelf-stable! Plus, shipping heavy water around the globe increases carbon emissions.

## 9. I've heard any type of collagen, whether it's a powder or liquid, has to go through a pasteurisation process, but MetaPWR™ Advantage is a powder and doesn't go through a pasteurisation process to keep key active ingredients. Is this true?

Pasteurisation is a common processing step used in commercial food production to reduce microbial content, extending a product's shelf life for safe consumption. MetaPWR™ Advantage contains 12 different active ingredients. Some of these ingredients are fragile and susceptible to degradation if exposed to high temperatures. We chose to deliver these ingredients in a powder format to avoid the need for pasteurisation—a step that's necessary for water-based products. We can also avoid adding preservatives, emulsifiers or suspension aids that would otherwise be needed in a liquid delivery, thus offering a simpler product with a clean ingredient deck.

## 10. I've added other collagen products to my morning coffee or tea. Why does dōTERRA suggest not adding MetaPWR™ Advantage to hot drinks?

High temperatures can damage or eliminate additional beneficial active ingredients, like vitamins, flavonoids and polyphenols. Some of these other delicate ingredients are part of what makes MetaPWR™ Advantage so unique and effective.

**11. What are NMN and NADH? Why combine them with a collagen supplement?**

While your body produces NAD<sup>+</sup> and NADH naturally, production drops dramatically around middle age and continues to drop over time. Preclinical studies suggest supplementing with NMN may increase NAD<sup>+</sup>, leading to more youthful functioning of cells and body systems, but more confirming clinical research is needed. MetaPWR™ Advantage is formulated with yeast powder nicotinamide mono nucleotide—or NMN—to help naturally increase NAD<sup>+</sup> and NADH levels in your body.

**12. Why did dōTERRA choose to include NMN instead of NAD<sup>+</sup> in MetaPWR™ Advantage?**

NAD is synthesised in the body via three pathways: Preiss-Handler from nicotinic acid, de novo from tryptophan, and salvage from NMN or NR. There are different efficiencies and advantages to each pathway, depending on starting material concentrations, location of the conversion, and transporters and enzymes involved in the conversion steps of each pathway. MetaPWR™ Advantage includes a yeast-synthesised NMN ingredient whose matrix also includes other NAD<sup>+</sup> precursors. These precursors facilitate your body's own production of NAD<sup>+</sup>. A stabilised form of reduced nicotinamide adenine dinucleotide (NADH) supports increased NAD levels both directly and indirectly.

**13. What makes dōTERRA NMN superior?**

We're providing a natural source of yeast NMN that contains other precursors for NAD<sup>+</sup> biosynthesis.

**14. Is the collagen powder in MetaPWR™ Advantage gluten-free?**

Yes. It's gluten free, dairy free, corn free and keto-friendly. The products are also free of maltodextrin, carrageenan, glyphosate, artificial sweeteners and added sugars.

**15. Will a vegan version of MetaPWR™ Advantage be made available?**

Collagen is synthesised by animals and available exclusively from them. Sometimes, you may see products marketed as vegan collagen. However, if you look closely at the product, you'll realise it's usually a collection of vegan-sourced amino acids, not the actual collagen tripeptides.

**16. Why did dōTERRA choose marine-sourced collagen?**

Our collagen comes from sustainably harvested cold-water fish. In general, marine-sourced collagen is more sustainable, economical and environmentally friendly. Collagen yields can be 50–70%, which makes marine collagen sustainable. Additionally, using marine sourced collagen makes MetaPWR™ Advantage friendly for those who avoid cow- or pig-sourced collagen.

**17. Is the marine collagen in MetaPWR™ Advantage kosher?**

Kosher and Halal are certifications we're exploring for MetaPWR™ Advantage. While we're not aware of any reason the marine collagen would not be Kosher and Halal, we currently don't have the product certification to support this claim.

**18. Why is dōTERRA not selling synthetic NMN?**

We chose to include a source of NMN derived from yeast. There are some unique characteristics around this form of NMN, including its complementary niacin analogs that are involved in the biosynthetic pathway of NAD<sup>+</sup>, which is something that can't be said for isolated, synthesised forms of NMN.



**19. When is the ideal time to take MetaPWR™ Advantage?**

We suggest taking it either in the morning or afternoon.

**20. Is the marine-sourced collagen in MetaPWR™ Advantage farmed or wild-caught?**

Using a variety of sustainably harvested, wild and farm-raised fish (tilapia, cod, basa and sea bass) from fresh water coastal lakes and streams is important in ensuring the provision of consistent collagen tripeptide types and quantities in every serving.

**21. Some products on the market have more collagen included. Why does MetaPWR™ Advantage only have three grams per serving?**

Bioavailability moderates the amount of collagen needed in supplements. When a supplement or nutrient is more easily absorbed and used by your body, it's considered more bioavailable. The number of grams you read on the label is not what determines how much collagen your cells will receive after taking it. Bioavailability will factor in. In other words, the percent of tripeptide content and the specific amino acid ratios are among the most important factors related to collagen supplementation benefits. The collagen tripeptides in MetaPWR™ Advantage exceed 70%, with particularly high ratios of glycine, proline and hydroxyproline amino acids. These unique factors make this collagen tripeptide product 12 times more bioavailable compared to standard, nonhydrolyzed collagen products with larger polypeptides or different amino acid ratios.

An exclusive and proprietary method reduces the particle size of collagen. The high tripeptide content of MetaPWR™ Advantage collagen makes it an exceptionally efficient supplemental source. Other collagens with lower tripeptide content have much lower rates of assimilation, making them less effective. Customers interested in consuming even higher amounts of superior collagen tripeptides are encouraged to consume MetaPWR™ Advantage more frequently.

**22. Is MetaPWR™ Advantage safe for children with autism?**

MetaPWR is not designed for children. In addition, children generally don't need this product. Parents should focus on providing clean, whole-food diets and reducing toxic loads for all children rather than incorporating a product for metabolic health. As teenagers start to control their diets outside of their homes, it may be beneficial for them to use these supplements. dōTERRA always encourages persons to consult with their healthcare providers whenever they have questions about how using a new product may affect them.

**23. Is MetaPWR™ Advantage safe for people with shellfish allergies?**

Yes. MetaPWR™ Advantage is fine for individuals with shellfish allergies. There are no shellfish allergens in any MetaPWR™ products.

The marine collagen is tested for more types of heavy metals than any of our other products. It's examined for stannum, arsenic, copper, antimony, cadmium, germanium, mercury, lead and chromium.

**24. Does MetaPWR™ Advantage contain artificial sweeteners?**

There are no artificial sweeteners in any of our products. MetaPWR™ Advantage includes a fermented stevia—a natural, nonnutritive and high intensity sweetener with negligible glycemic impact.

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## 25. Will there be an unsweetened version of MetaPWR™ Advantage?

It's possible. However, taste (including sweetness) is a subjective sense with a lot of variability and preference. We go to great lengths to design products that will appeal to the largest number of consumers but acknowledge that it's not possible to provide a taste that's loved by everyone because of varying taste preferences.

## 26. Does MetaPWR™ Advantage help with hot flushes?

While the MetaPWR™ System hasn't been studied for this benefit, equilibrium of sexual steroids and metabolic processes carries close correlations. Insulin is a potent regulator of human sexual steroid hormone production that modulates their signals at receptor level. As a result, the MetaPWR™ System—by supporting healthy metabolism—may help with hot flushes, but more confirming clinical research is needed.