

dōTERRA® MetaPWR® System



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 superior supplementation — can positively affect metabolic health outputs like blood pressure, blood sugar, body composition and weight.



A Metabolic Health Awakening

- Only 6.8% of American adults have optimal cardiometabolic health! (Source)
- That means 13 of every 14 people can benefit from metabolic health support right now.
- And if you're someone who is in the 6.8%, you may even be looking for superior ways 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.
- And of course, 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 maximize and optimize 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.
- That means, 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 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.
- On average, the last 8 years of life are typically spent with inhibited ability to enjoy life fully due to health limitations.
- 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® Advantange 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

- Most of what you've been taught about collagen is wrong! Let's talk about why.
- 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 recovery faster and move with more ease.
- dōTERRA® MetaPWR® Advantage provides nine types of collagen tripeptides from sustainable marine sources, infused with dōTERRA® CPTG® essential oils. We are truly emphasizing 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® Metabolic Assist helps minimize the impact of this wear and tear on your body.
- Considering that less than 7% of the US adult population have optimal metabolic health, most of us can afford 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® Metabolic 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. Realized.
- The dōTERRA® MetaPWR® system can help you optimize your metabolism, curb cravings, shed excess weight, 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 optimize 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® Metabolic Blend as a key ingredient – the power of our pure essential oils fueling every aspect of the system.

MetaPWR® Oil & MetaPWR® Softgels

- May inhibit adipose fat cell maturation.
- Helps curb cravings.
- May support metabolic health.
- Supports lifestyle changes that help manage weight.



MetaPWR® Assist

- Decreases post meal glucose spikes.
- Supports healthy blood sugar responses already in normal range.
- Stabilizes energy levels throughout the day.

MetaPWR® Advantage

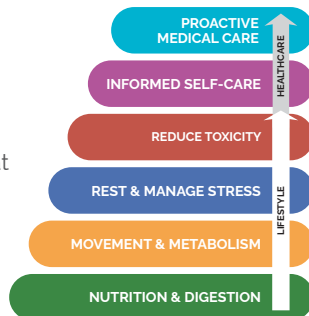
- It contains nine different types of collagen that each support different biological systems—from bone and cartilage strength to skin elasticity and firmness.
- The collagen tripeptides in it are 12 times more bioavailable than most conventional collagen supplements on the market.
- It's formulated with naturally derived nicotinamide mononucleotide, or NMN, to help naturally increase NAD+ and NADH levels in the body.
- Promotes healthy biological aging.
- Improves cognitive function.
- Supports lean muscle and connective tissues.



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.



Daily Schedule

Morning



Two drops MetaPWR® Metabolic Blend and MetaPWR® Advantage in five to eight ounces of water



First dose of LLV (two of each supplement)



One to two PB Assist+® capsules MetaPWR® Softgel when necessary

Daytime



Second dose of LLV (two of each supplement)



One to two DigestZen TerraZyme® capsules with lunch



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



MetaPWR® essential oil blend, gum or beadlets* when cravings hit

Evening



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



One to two DigestZen TerraZyme® capsules with dinner



Lavender essential oil diffused before bed

Additional Lifestyle Habits to Consider

Morning

- Eat a hearty breakfast of whole, fresh foods.
- Meditate or take a moment for personal reflection.
- Go for a jog.
- Establish a regular yoga practice.

Daytime

- Eat a balanced, light lunch.
- Take a five- to 10-minute walk.
- Drink two to three liters of water throughout the day.
- Take a quiet moment to write in a gratitude journal.

Evening

- Eat a nutritious dinner.
- Stretch thoroughly.
- Take a relaxing bath or shower.
- Take a break from electronics before bed by reading a book instead!
- Get seven to nine hours of sleep.

*MetaPWR® satiety gum and beadlet are USNRF products.

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Power To Be

dōTERRA®
MetaPWR®

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