

# MetaPWR<sup>®</sup>

Metabolic Blend 15 mL

dōTERRA<sup>®</sup>

Product Information Page



**Application:** A T I N

**Ingredients:** Grapefruit, Lemon, Peppermint, Ginger, Cinnamon Bark

**Aromatic Description:** Citrusy, spicy, minty, sweet

## Primary Benefits

- + May support healthy metabolic function when ingested
- + May help reduce adipose fat cells when ingested
- + Helps curb hunger cravings and promote mindful eating
- + May help improve exercise performance
- + Creates an uplifting, stimulating environment

## Description

Developed with dōTERRA clinical researchers, MetaPWR Metabolic Blend is a proprietary balanced ratio of CPTG<sup>®</sup> Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark essential oils. The MetaPWR blend can serve as an important part of a daily healthy metabolic regimen when used internally. Limonene, a prominent chemical component in MetaPWR, may support a healthy metabolism when ingested. Consuming Peppermint essential oil, a MetaPWR ingredient, may help decrease appetite and enhance exercise performance. The citrusy, spicy, and minty aroma of MetaPWR creates a stimulating, uplifting environment.

MetaPWR Metabolic Blend—part of the MetaPWR Metabolic System—is created to support healthy lifestyle regimens focused on increased energy and vitality, metabolic health, and weight management to add health to your lifespan.

## Uses

- + Diffuse or place a few drops on your hands, cup them over the nose, and inhale deeply to create a stimulating environment that's ideal for exercise.
- + Add drops to a carrier oil or lotion during an uplifting massage.
- + Take internally to help reduce hunger cravings.

## Directions

**Aromatic use:** Add four drops to the diffuser of your choice.

**Internal use:** Take one drop in 120mL of water.

**Topical use:** Apply one to two drops to the desired area. Dilute with a carrier oil to minimize any skin sensitivity.

See additional precautions below.

## Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.