

# dōterra

Product Information Page



Developed with dōTERRA clinical researchers, MetaPWR Metabolic Blend is a proprietary balanced ratio of CPTG® Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark essential oils.

MetaPWR<sup>®</sup> | Metabolic Blend 15 ml

Aromatic Description: Citrusy, spicy, minty, sweet Ingredients: Grapefruit, Lemon, Peppermint, Ginger, Cinnamon Bark

## Description

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.

#### 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.

## Directions

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

**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.