

dōTERRA MetaPWR™ System



Live Your Most Powerful Life

In our modern world, average life expectancies are higher than ever, and with continual breakthroughs and advances in the fields of science and medicine, they'll likely continue to rise. Are the many years we're living filled with wellness and vitality?

MetaPWR™ System



STEP 1

Add MetaPWR Essential Oil Blend to your daily routine to support metabolism and curb cravings.



STEP 2

Take MetaPWR Assist with your largest meal to help sustain energy level throughout the day.



STEP 3

Daily use of MetaPWR Advantage with marine collagen and antioxidants may promote youthful vitality and metabolic health.

What's in MetaPWR™?



Cinnamon Bark Essential Oil

Cinnamon is derived from a tropical, evergreen tree that grows up to 45 feet high and has highly fragrant bark, leaves, and flowers. The sweet, spicy aroma of cinnamon is loved around the world. Cinnamon is frequently used in mouth rinses and chewing gum for its iconic flavor. *



Grapefruit Essential Oil

Referred to as a "forbidden fruit" and one of the "Seven Wonders of Barbados," Grapefruit was first documented in 1750 by Welshman Rev. Griffith Hughes. The name "grapefruit" is attributed to the fruits growing in clusters resembling grapes. doTERRA Grapefruit essential oil can create an uplifting, stimulating environment—ideal when motivating yourself throughout the day.



Lemon Essential Oil

Lemon essential oil is cold pressed from the rind of the fruit. Lemon oil has a clean, fresh citrus scent that provides an uplifting, positive boost throughout the day. It also adds a refreshing twist when added to water. Lemon is sourced in Italy and Brazil, which offer ideal growing conditions for producing this bright, tangy essential oil.



Peppermint Essential Oil

The peppermint plant is a hybrid of water mint and spearmint and was first described by Carl Linnaeus in 1753. A high menthol content—like that found in the doTERRA Peppermint essential oil—distinguishes the best quality Peppermint oil from other products. Peppermint essential oil's sharp, sweet scent can create an exhilarating, stimulating environment during physical activity.



Ginger Essential Oil

doTERRA Ginger essential oil is derived from the fresh rhizome of the ginger plant—the subterranean stalk of a plant that shoots out the root system.



MetaPWR™ Essential Oil Blend

Developed with dōTERRA clinical researchers, MetaPWR Essential Oil Blend is a proprietary balanced ratio of CPTG® Cinnamon Bark, Ginger, Grapefruit, Lemon, and Peppermint essential oils. The MetaPWR Essential Oil Blend can be important to a daily healthy metabolic regimen.*

Primary Benefits

- Promote a positive environment you need during a vigorous workout, when used aromatically
- Helps curb hunger cravings and promotes mindful eating
- Creates an uplifting, stimulating environment

Direction for uses

- Add two to three drops in a veggie capsule.
- Add 1 to 2 drops to favorite drinks or water to enhance flavor.
- Diffuse or place a few drops on your hands, cup them over the nose, and inhale deeply to enjoy a stimulating environment that's ideal for exercise.
- Combine with a carrier oil or lotion during an uplifting massage.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

MetaPWR™ Beadlets

MetaPWR Beadlets offer a convenient and easy way to enjoy the benefits of the dōTERRA MetaPWR Essential Oil Blend. They are free from GMOs, dairy, soy, gluten, preservatives, and artificial sweeteners or flavors. These beadlets provide an uplifting, stimulating flavor and deliver the powerful MetaPWR blend in a simple, on-the-go format.

Primary Benefits

- Provides the MetaPWR Essential Oil Blend in a convenient beadlet.
- Delivers an uplifting, stimulating flavor.

Direction for use

- Chew a beadlet up to four times, as needed, throughout the day.



MetaPWR™ Assist

MetaPWR Assist is a powerful addition to a metabolic health regimen when taken daily before the day's largest meal.* Each sachet contains standardized Mulberry Leaf Extract, Lemon Bioflavonoids Complex, Brown Seaweed Extract, and the proprietary MetaPWR Essential Oil Blend.*



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Primary Benefits

- May help release glucose more slowly and steadily, which can lead to lower postprandial (post meal) blood glucose levels.*
- May reduce the absorption of simple carbohydrates and sugars.*
- May support a healthy metabolic profile.*
- May contribute to healthy fat metabolism.*
- Provides three times the active component—1-deoxynojirimycin (DNJ)—typically found in mulberry leaf extract supplements.

Direction for use

- Take 1 sachet daily. Mix with at least 200 mL of water and consume with your largest meal of the day. For best results, drink approximately 15 minutes before your meal.

Key Ingredients

Developed with doTERRA Clinical Researchers that utilizes a superior process to maximize 1-deoxynojirimycin (DNJ) in Mulberry Leaf Extract.



Mulberry Leaf Extract

- Rich in DNJ, which may:
 - Help regulate and stabilize post-meal (postprandial) blood glucose levels*
 - Reduce absorption of carbohydrates and sugars*
 - Support healthy fat metabolism*
- Clinically evidenced to slow carbohydrate absorption and promote blood sugar regulation*



Brown Seaweed Extract

- Naturally rich in marine polyphenol Phlorotannin
- Blocks activity of digestive enzymes:
 - Lipase (fat digestion)
 - Amylase (carbohydrate digestion)



Lemon Bioflavonoids Complex (Eriocitrin)

- Delivers a multifunctional approach to managing elevated blood sugar*
- Derived from:
 - Lemon Bioflavonoids (via proprietary extraction process)
 - Promotes insulin sensitivity
 - Supports balanced glucose levels

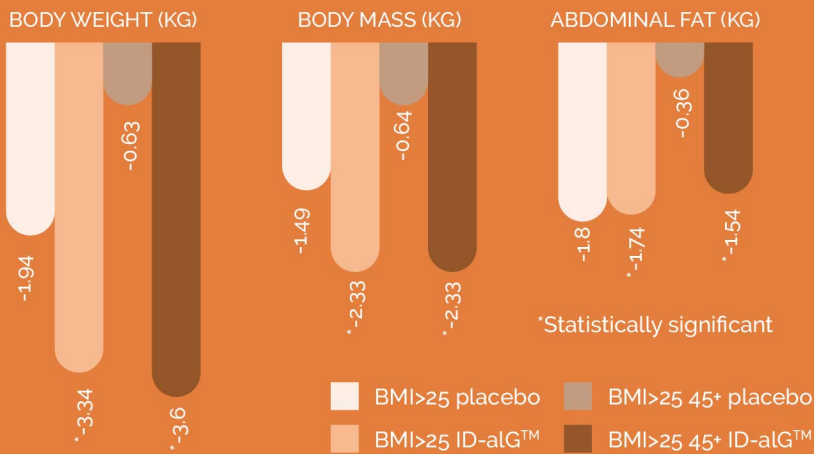


MetaPWR Essential Oil Blend

- Inhibits fat cell maturation
- Supports a healthy metabolism
- Helps to curb hunger

Supported By Clinical Evidence

BODY COMPOSITION 16 WEEKS (KG)

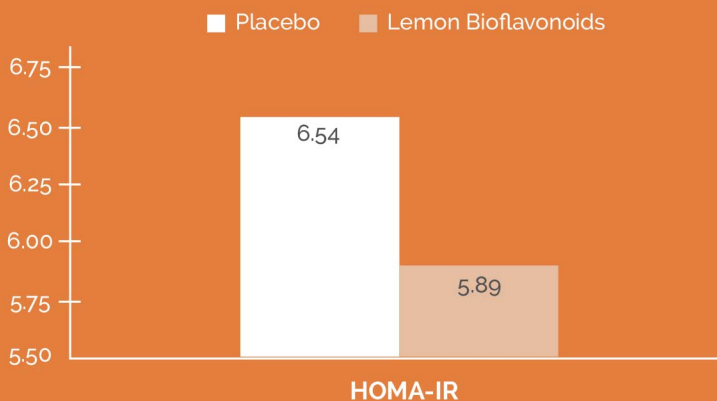


Brown Seaweed Extract is beneficial for overweight women & more specifically for those 45 years & over.

64.7%
of body weight loss is closely correlated to fat mass loss.

Bicentric, randomized, placebo-controlled, in a parallel, double-blind study, run in 2014-2015 on 88 women using 200 mg ID-aIG™ twice daily for 16 weeks.

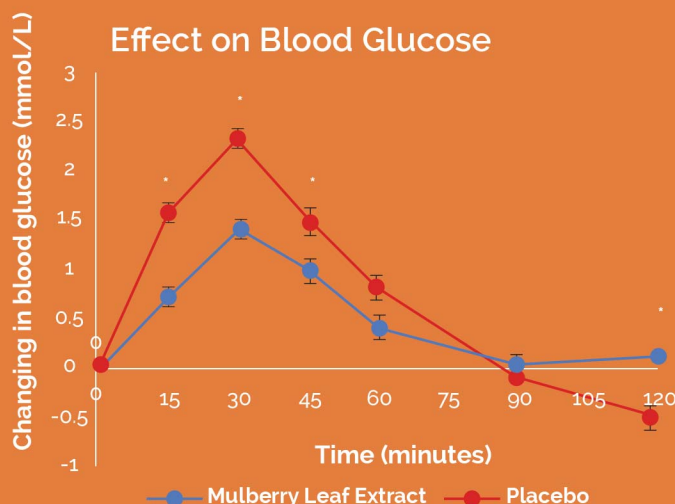
Effect on HOMA-IR (Insulin Resistance)



improvement in HOMA-IR after 12 weeks of **lemon bioflavonoids** intake

*Homeostatic Model Assessment for Insulin Resistance (HOMA-IR) is the measurement of insulin sensitivity

Cesar, T. B., Ramos, F. M. M., & Ribeiro, C. B. (2022). Nutraceutical eriocitrin (Eriomin) reduces hyperglycemia by increasing glucagon-like peptide 1 and downregulates systemic inflammation: A crossover-randomized clinical trial. *Journal of Medicinal Food*, 25(11), 1050-1058



-40.0%
improvement in peak blood glucose levels after 15 minutes of **mulberry leaf extract** intake

Thondre, P. S., Lightowler, H., Ahlstrom, L., & Gallagher, A. (2021). Mulberry leaf extract improves glycaemic response and insulaemic response to sucrose in healthy subjects: results of a randomized, double blind, placebo-controlled study. *Nutrition & metabolism*, 18(1), 1-9.

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MetaPWR™ Advantage

MetaPWR™ Advantage is a premium food product made with marine-sourced collagen tripeptides, pomegranate, red orange, vitamin C, grape seed extract, sea buckthorn, beta-carotene, rose apple, nicotinamide and biotin. This thoughtfully crafted blend adds a refreshing touch to your daily wellness routine.

Direction for use

- Take 1 sachet daily in the morning (after waking up) or at night (before bed) with 200mL of cold or room temperature water. Stir or shake well before drinking.



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Formulated with Synergistic Ingredients



Marine Collagen Tripeptides

Known for: Strengthens skin, joints, and connective tissues, supporting mobility and elasticity*



Phytoceramides

Known for: Promotes healthy cellular aging and skin firmness*



MetaPWR™ Essential Oil Blend

Known for: Curbs cravings and may inhibit fat cell growth*



Liposomal Vitamin C

Known for: Provides antioxidant with immune benefits and may stimulate the biosynthesis of collagen*



Nicotinamide

Known for: May increase NAD+ in the body, according to preclinical studies*



Biotin

Known for: Promotes healthy utilization of fats, carbs, and amino acids and maintenance of nails*



Red-Orange Fruit Extract

Known for: Promotes antioxidant activity*



Phospholipids

Known for: Major component of cell membranes. Helps retain moisture, making the skin appear plump, full, and hydrated. Supports brain function and metabolism*



Pomegranate Extract

Known for: Promotes healthier, more supple skin*



Medium Chain Triglycerides (MCT)

Known for: Rapidly metabolized to provide immediate energy and support metabolism*



Grape Seed Extract

Known for: May help regulate blood pressure, improve circulation, and protect against oxidative stress*



L-α-Tocopherol (Vitamin E)

Known for: Helps maintain brain, eye, skin, and blood cell health. Slows down aging*



Sea Buckthorn Fruit Extract

Known for: Promotes antioxidant activity*



Beta-Carotene

Known for: Converted into Vitamin A in the body. Essential for eye and skin health*



Rose Apple Fruit Extract

Known for: Promotes antioxidant activity*



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Marine Collagen

Our collagen is sourced from sustainably harvested cold-water marine fish in Italy.

Tilapia, cod, basa, and sea bass. Marine-sourced collagen is more sustainable, cost-effective, and environmentally friendly compared to other sources.

Peptide Type	Bodily Function
Collagen Type I	Related to skin beauty
Collagen Type II	Bone protection, the main component of cartilage
Collagen Type IV	Malleable dermis and epidermis
Collagen Type V	Stabilizes the structure of Types I and II collagen
Collagen Type VI	Supports muscle function, cell membranes, and inhibits cell apoptosis & oxidative stress
Collagen Type IX	Supports cartilage, growth plates, joints, and intervertebral discs
Collagen Type XXV	Supports normal brain aging
Col1a2 protein	Collagen fibrillin
Vacuolar protein sorting 37A	Involved in cell growth and differentiation



**This product contains fish and is not suitable for vegetarians.*

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MetaPWR System Daily Use

Morning

- Take MetaPWR Advantage before breakfast
- Add 2 drops of MetaPWR Essential Oil Blend in water



Afternoon

- Consume MetaPWR Assist* 15 minutes before lunch (if it is the largest meal of the day)
- Take / apply MetaPWR Essential Oil Blend
- Pop a beadlet or two for a quick burst of energy



Evening

- Consume MetaPWR Assist* 15 minutes before dinner (if it is the largest meal of the day)
- Take / Apply MetaPWR Essential Oil Blend
- Take MetaPWR Advantage before sleep (if you are consuming 2 sachets per day)



NO GMO

NO Dairy

NO Soy

NO
Gluten

NO
Preservatives

NO
Artificial
Sweeteners, or
Flavors

