

Key Questions to Address on MetaPWR® System

Why do we need an entire system to address metabolic health?

The MetaPWR® System is more than an essential oil blend, it's more than a collagen supplement, it's more than any one singular benefit from one of the products. It's called the MetaPWR® System because it is supposed to be used as a system. 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.

Do I need both Lifelong Vitality and the MetaPWR® System?

The function of Lifelong Vitality and MetaPWR® are quite different. They each address unique needs. We know even the best diets are deficient in vital micronutrients. The dōTERRA Lifelong Vitality Pack® (LLV) was created to support a healthy diet and lifestyle. Optimise your energy levels, skin health and general wellbeing, with MetaPWR®. MetaPWR® does not provide all the minerals and vitamins that your body needs to support function.

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.

Nutrition and metabolic support go hand in hand. They are the perfect health and Vitality pairing.

Can kids and teenagers use MetaPWR®?

Children's metabolic health is largely under the influence of parents. Focusing on the other 4 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 have poorer diets outside of our homes, it may be beneficial for them to use these supplements. MetaPWR® is not suitable for children. Consult with a healthcare professional for more advice.

Is MetaPWR® safe 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, and MetaPWR® is no exception. Talk to your provider about your

personal situation. Generally, MetaPWR® is not recommended for use by pregnant and lactating women.

Is the MetaPWR® System safe for those who have challenges with blood sugar control?

Everyone can benefit from better glucose control and our MetaPWR® Assist has been specifically formulated to help balance blood glucose levels and sustain energy levels throughout the day.

What makes our collagen different than others 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 too, but a competitive advantage we are extremely excited about is that it does not have just one or two types of collagen. It includes nine unique collagen peptide types. We are emphasising the whole-body role of collagen.

In addition to being powdered, our collagen is also hydrolysed, meaning it is cut into specific tripeptide fragments, which dramatically increases its bioavailability. In fact, it was demonstrated to be 12 times more absorbable. There are more fantastic ingredients in MetaPWR® Advantage, our collagen is just a piece.

Why did we choose to offer powdered collagen instead of liquid?

MetaPWR® Advantage comes in single-serve, hydrolysed powder format. It is activated by you when you mix with water before consuming, for a more active and bioavailable delivery system - at the time of consumption.

Is our MetaPWR® Advantage collagen powder gluten free?

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

Will a vegan version of MetaPWR® Advantage be 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 realise it is usually a collection of vegan sourced amino acids, not the actual collagen tripeptides.

Does MetaPWR® Advantage contain Rice Seed Oil?

The ingredient 'Oryza sativa (Rice) seed oil fixed' is actually phytoceramides derived from rice bran extract. Phytoceramides are one of the active ingredients in MetaPWR® Advantage that target skin and connective tissue health. Ceramides make up nearly half of the skin's outer layer, and plant-based ceramides (phytoceramides) support their production.

Why is Maltodextrin part of the ingredients in MetaPWR® Advantage?

Maltodextrin is used as an excipient (processing aid or carrier or incidental additive) and is a crucial ingredient for the production process. The maltodextrin

used to produce dōTERRA supplements is sourced from natural sources like corn, wheat, cassava or tapioca root and is used in very small amounts.

Always read the label and follow the directions for use. Not recommended for use by pregnant and lactating women. Adults only. Resveratrol may affect the way some medicines work, including Warfarin. Consult your health professional before taking with other medicines. Not suitable for children.