



# Product Reveal

dōTERRA®  
pursue what's pure™

connection  
2022



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# Guaiacwood

## Essential Oil

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### Guaiacwood

*Bulnesia sarmientoi*

Guaiacwood is steam-distilled from the heartwood of the *Bulnesia sarmientoi* tree and has been used for centuries by Native Americans in wellness practices and ceremonies. This rich, earthy essential oil has a grounding, woody aroma with a hint of sweetness.

### Usage Tips:

- Diffuse Guaiacwood to create a grounding atmosphere.
- Apply a drop or two to minor skin irritations for a soothing effect.
- Use Guaiacwood aromatically in the evening for a tranquil aroma.

### What's Guaiacwood Essential Oil?

Our Guaiacwood essential oil comes from the heartwood of *Bulnesia sarmientoi*, which grows in the Gran Chacho Forest of Paraguay. Locally, the trees or harvested guaiacwood are known as palo santo. However, palo santo *Bursera graveolens* is separate and distinct from guaiacwood *Bulnesia sarmientoi*. Though they have similarities, the two essential oils are distinct, with different chemistries and aromas. Most importantly, they're different in their ability to be harvested sustainably and ethically. Palo santo *Bursera graveolens* has had a long, troubled history in terms of sustainability and illegal harvesting. However, guaiacwood *Bulnesia sarmientoi* harvesting and production can be sustainably sourced, which is why we deliberately worked with our partner to provide this essential oil.

Guaiacwood is a complicated essential oil to produce. Its density requires it be ground into sawdust or chips for distillation—far finer than your average wood oil. After distillation, if the essential oil is left at room temperature, it becomes semisolid. This solidifying change is why our Guaiacwood comes in a base of Fractionated Coconut Oil, so the essential oil can be delivered at a consistency that easily pours from your bottle.







## How to Use Guaiacwood

CPTG Certified Pure Tested Grade® Guaiacwood essential oil can be used aromatically and topically. Its deep, woody aroma supports a harmonious, rooted environment. You can enjoy the earthy-sweet scent by diffusing, applying it to your hands and wrists or neck, or simply smelling it straight from the bottle. Topical use of Guaiacwood may provide comfort to minor skin irritations and supports your skin's natural hydration.

## Guaiacwood Sourcing

Unfortunately, the Gran Chaco Forest—where Guaiacwood comes from—is one of the most rapidly deforested areas in the world. Though Paraguay has regulations and policies helping to minimize deforestation, much of the forest has already been cut down and continues to be for cattle grazing and other types of agricultural production.

So why source Guaiacwood from the Gran Chaco Forest? Sustainable sourcing from well-managed forests actually helps preserve and regenerate forested lands. As our trusted sourcing partner responsibly manages and maintains forested areas—and compensates local growers for their wood, which is used for Guaiacwood essential oil—these landowners are motivated to keep their forests thriving and honor their value. Together with our sourcing partner (and you), we're changing the future of the Gran Chaco Forest, one of the most biologically diverse areas in the world.



## Chapter Two

# SuperMint™ Blend



## SuperMint™

### *Mentha Blend*

A refreshing, clean blend of Peppermint, Japanese Mint, Bergamot Mint, and Spearmint, SuperMint is the ultimate combination of pure mint essential oils.

### Usage Tips:

- Add a few drops of SuperMint to water for sweet digestive support.\*
- Place a drop under your tongue to freshen your breath.
- Massage gently into the abdomen for a soothing effect.
- Rub a few drops SuperMint between your hands and inhale deeply.
- Diffuse SuperMint for a crisp, clean aroma and invigorating atmosphere.

## What's SuperMint?

A new proprietary blend of pure mint essential oils, SuperMint Mentha Blend combines Peppermint, Japanese Mint, Bergamot Mint, and Spearmint. Its sharp, minty aroma is softened by sweet, herbal undertones.

Along with the essential oil blend, SuperMint is available in beadlet form for convenient internal use on the go. It's also available as SuperMint Touch, which is SuperMint prediluted with Fractionated Coconut Oil in a roller bottle for easy topical application.

## How to Use SuperMint

SuperMint can be used aromatically, topically, and internally. Its energizing aroma is ideal for creating an uplifting environment. Diffuse it in your workspace, enjoy its scent while you're preparing for your day, or take some deep breaths for a midafternoon boost. The fresh aroma of SuperMint may be soothing while traveling or during long car rides. The aroma can also help contribute to feelings of clear, open airways.

Topically, SuperMint offers a comforting, cooling sensation. After a large meal or when trying new foods, dilute SuperMint with carrier oil and gently massage into the abdomen for this soothing and comforting effect. The SuperMint blend should always be diluted with carrier oil before topical application. As previously mentioned, SuperMint Touch can be helpful for topical application because it's prediluted and comes in a simple roller bottle.

SuperMint can be taken internally to support healthy digestive function.\* With its unique minty flavor, it's also a terrific addition to drinks, desserts, dressings, and more! SuperMint Beadlets make taking the essential oil blend internally simple and easy. They're also a great way to freshen your breath when you're out and about.



# Spanish Sage Essential Oil



## Spanish Sage

*Salvia lavandulifolia*

Spanish Sage (*Salvia lavandulifolia*) is a small evergreen shrub that's grown in the cool mountain air of Spain and France for centuries. Its refreshing aroma creates a stimulating atmosphere, and it supports a calm mind and sense of alertness when used internally.\*

### Usage Tips:

- Diffuse Spanish Sage while studying or focusing on a task or project.
- Take Spanish Sage with water before an important conversation or presentation.
- Apply topically as part of a midafternoon reset.

## What's the Difference between Sage and Spanish Sage?

You may already be familiar with the delicious, bold flavor of sage. Sometimes called common sage or garden sage, the sage you use in the kitchen is *Salvia officinalis*. Common sage's sister Spanish sage is *Salvia lavandulifolia*. dōTERRA also offers Clary Sage essential oil, which comes from another sage sister: *Salvia sclarea*.

While all the sage plants naturally share similarities, each variety offers its own benefits.

## What's Spanish Sage Essential Oil Good For?

Spanish Sage is a beautiful, refreshing essential oil that supports a calm mind and sense of alertness when taken internally.\* When diffused, it can help create a stimulating atmosphere supportive of cognitive performance training. The next time you have a big presentation, conversation, or other situation where you need a positive atmosphere helpful for focus and composure, Spanish Sage is the essential oil you want at your side.

But Spanish Sage doesn't need to be reserved for special events or performances. It can serve you in everyday life by ingesting when you need a calm mind and sense of alertness.\* Spanish Sage essential oil can help you naturally.

Spanish Sage essential oil is CPTG Certified Pure Tested Grade® and can be used internally, topically, and aromatically. When applying topically, consider diluting it with a carrier oil, especially for those with sensitive skin.

## What Does Spanish Sage Smell Like?

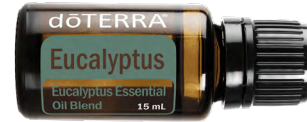
Camphoraceous, herbal, and sage-like, the scent of Spanish Sage helps create an environment that's supportive of memory and cognitive performance.



# Eucalyptus

## Essential Oil

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### Eucalyptus

*Eucalyptus radiata*, *E. polybractea*, *E. kochii*, *E. loxophelba lissophlia*, *E. globulus*

Eucalyptus essential oil has a clean, refreshing aroma that supports feelings of easy breathing, dispels odors, and provides an herbaceous aroma. Eucalyptus oil is used to create a calm atmosphere.

### Usage Tips:

- Add one drop of Eucalyptus oil with carrier oil or lotion during a soothing massage.
- Combine Eucalyptus oil with Lemon oil and Peppermint oil in a spray bottle and use it to wipe down surfaces in your kitchen or bathroom.
- While showering, place a few drops of Eucalyptus oil in the hands, place over nose, and inhale deeply for a spa-like experience.
- For a DIY deodorizing spray, combine a few drops of Eucalyptus oil, Lavender oil, and your choice of citrus oil to a spray bottle with water.
- Diffuse Eucalyptus oil with Juniper Berry oil and Douglas Fir oil for a refreshing, relaxing winter scent in the home.

### What is Eucalyptus Oil Good For?

There are dozens of benefits of Eucalyptus oil, which makes it popular and beloved in the essential oil world. Diffuse Eucalyptus oil, or rub a couple drops onto your chest, to promote feelings of open airways. The cooling properties of Eucalyptus oil also make it deal for a soothing massage. Add a few drops of Eucalyptus oil to your favorite carrier oil, such as Fractionated Coconut Oil, and massage gently.

### How do I use Eucalyptus oil?

The aroma of Eucalyptus oil has a relaxing quality that makes it a favorite scent for spas. The minty aroma of Eucalyptus oil creates a calm atmosphere during stressful circumstances. Diffuse Eucalyptus oil during such circumstances, or before bed as you unwind. Try putting a few drops of Eucalyptus oil at your feet during your next shower to experience the oil's invigorating aroma.

Eucalyptus oil may be cleansing, due to its main constituent 1,8 cineole (also known as Eucalyptol). This makes it a great option to incorporate in your cleaning routine. Eucalyptol also produces a cooling, soothing sensation when inhaled or applied topically. This sensation is beneficial to the airways when inhaled.

Eucalyptus oil can also be used as a room deodorizer. To make a natural deodorizing spray, add Eucalyptus essential oil to a spray bottle filled with distilled water.





## How is Eucalyptus oil made?

For hundreds of years, Australian Aboriginal people have used eucalyptus to soothe skin irritations and promote feelings of clear airways. Australia is home to nearly all 700 known species of Eucalyptus.

Eucalyptus trees can grow up to 50 feet tall, with long green leaves. As an evergreen tree, the Eucalyptus tree requires a lot of water to survive.



## dōTERRA Eucalyptus Essential Oil

Our Eucalyptus essential oil is actually a blend of multiple species of eucalyptus. Blending multiple plant species into one product is something we've done before. Our Frankincense essential oil is a blend of *Boswellia carterii*, *B. sacra*, *B. papyrifera*, and *B. frereana*. Our Copaiba essential oil is a blend of *Copaifera reticulata*, *C. officinalis*, *C. coriacea*, and *C. langsdorffii*. And our Cypress essential oil is a blend of *Cupressus sempervirens* and *C. lusitanica*. Before we jump into which species are in our Eucalyptus essential oil, let's touch on some of the benefits of blending multiple plant species.

First, blending helps us achieve more consistent chemical profiles across all seasons and other important variables. While it's easy to customize chemistry in a lab with synthetic constituents, that's never been the dōTERRA way—and it never will be. Instead, we support optimal chemistry by the way we grow our plants. Growing conditions, locations, harvesting practices, and more can produce plant materials that yield excellent natural chemical profiles, and blending more than one of these plant species creates more consistent chemistry bottle to bottle, while still ensuring every drop is completely pure.

Another benefit of blending multiple plant species is sourcing sustainability and reliability. It removes dependency on a single source or species, so if something were to go wrong in one location or with one crop, we'd still have a sustainable and reliable supply from other yields or species.

Previously, our Eucalyptus essential oil was solely *Eucalyptus radiata*. The species is still part of Eucalyptus essential oil, along with *E. polybractea*, *E. kochii*, *E. loxophelba* subspecies *lissophlia* (commonly referred to as eucalyptus lox liss), and *E. globulus*. You may already be familiar with this final species from dōTERRA On Guard® Protective Blend.

You can use this updated Eucalyptus essential oil in the same ways as before! Eucalyptus can be used aromatically and topically, and diluting is recommended for topical application.

Its refreshing, cool scent promotes feelings of easy breathing. Diffusing Eucalyptus creates a calming atmosphere during stressful circumstances.



# Jasmine

## Essential Oil

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### Jasmine

*Jasminum grandiflorum*

For the first time, Jasmine is available as a pure steam-distilled essential oil! The fragrant, captivating aroma of jasmine blossoms has been captured with exquisite potency.

### Usage Tips:

- Diffuse Jasmine to enjoy its enchanting, uplifting aroma or create an optimistic environment.
- Add a few drops with a carrier oil to a warm evening bath.
- Apply Jasmine with a carrier oil to your wrists and neck as a ravishing personal fragrance.

### True Jasmine Essential Oil

Because of the delicate nature of jasmine petals, it's traditionally been available only as an absolute. Absolutes are similar to essential oils—they're both ways of extracting volatile aromatic compounds from plants. Extracting absolutes involves a complex solvent process that separates the volatile compounds from the waxes and resins of the plant materials, while essential oils are extracted through steam distillation, hydrodistillation, or expression (also known as cold-pressing). Absolutes hold onto heavier compounds than essential oils and won't have quite the same chemical makeup as an essential oil from the same plant. But with some botanicals, absolutes are the only way to extract anything aromatic from a plant, making them a beautiful, helpful solution. This was the case with our Jasmine until recently.

After years of research, Jasmine essential oil is available for the first time. In partnership with our sourcing partners, we've discovered a way to successfully extract the pure, natural essential oil from fragile jasmine blossoms through steam distillation. The floral aroma of Jasmine essential oil is potent and powerful. Enjoy its sweet, warm, and distinctive scent.



# dōTERRA® Hope® Touch



## dōTERRA Hope® Touch

### *Uplifting Blend*

Bright, fresh, and sweet, dōTERRA Hope Touch serves as a wonderful personal fragrance. As you enjoy its uplifting scent, you can also feel good knowing \$10 of your purchase was donated to the dōTERRA Healing Hands Foundation® to fight human trafficking.

View the donation disclosures here:

<https://doterrahealinghands.org/donation-disclosure>.

### Usage Tips:

- Apply to the wrists, neck, and pulse points for a personalized fragrance.
- Keep dōTERRA Hope Touch at your desk, in your purse, or elsewhere nearby, applying it throughout the day for a positive, encouraging aroma.

Move confidently during your day with the inspiring scent of dōTERRA Hope Touch. This beautiful blend contains Cedarwood, Wild Orange, Petitgrain, Petitgrain Lemon, Pink Pepper, Bergamot, Sandalwood, Lemon, Jasmine (essential oil and extract), Vetiver, and Magnolia in a base of Fractionated Coconut Oil.

- [Cedarwood](#) offers a grounding and rooted aroma, while [Wild Orange](#) is known for its bright and vibrant scent.
- [Petitgrain](#) is steam-distilled from the leaves of the bitter orange tree. Similarly, Petitgrain Lemon is an essential oil steam-distilled from the leaves of the lemon tree. Petitgrain, Petitgrain Lemon, and regular [Lemon](#) are all included in dōTERRA Hope Touch.
- [Pink Pepper](#) comes from the steam-distilled red-pink berries of the pink peppercorn tree, which is actually in the same family as the cashew tree. Pink Pepper is both spicy and fruity. It's a popular aroma in perfumes.
- Another popular aroma in fine perfumes, [Bergamot](#) is extracted from the peels of bergamot citrus fruits. Its scent is uniquely subtle and sweet among citrus oils.

- [Sandalwood](#) is distilled from the fragrant wood of sandalwood trees, which grow in various tropical locations worldwide. Sandalwood trees are among the most expensive trees in the world, and the essential oil is equally precious. Like all dōTERRA products, Sandalwood is ethically and sustainably sourced.
- With its earthy, steady aroma, [Vetiver](#) encourages a tranquil atmosphere.
- Traditionally, Jasmine couldn't be distilled like other flowers because of the delicate nature of the blossoms. Instead, a precious, highly concentrated absolute was extracted from the flowers. However, after years of exploration, research, and innovation, our sourcing partner has successfully distilled Jasmine essential oil. So Jasmine essential oil is available for the first time in history, and we continue offering Jasmine absolute. Both [Jasmine absolute](#) and [Jasmine essential oil](#) are part of dōTERRA Hope Touch.
- From the fragrant blossoms of the magnolia tree, [Magnolia](#) offers a sweet, calming, and floral scent.
- [Fractionated Coconut Oil](#) makes up the base of this blend, offering added skin hydration benefits, decreasing the chance of skin sensitivity, and increasing essential oil absorption.

dōTERRA Hope Touch is remarkable just as an essential oil blend, but its purpose is far greater. Every time you purchase or someone else purchases dōTERRA Hope Touch, \$10 is donated to the dōTERRA Healing Hands Foundation to fight human trafficking and victimization. The purpose behind dōTERRA Hope Touch truly spreads hope and empowerment with every life it touches.



dōTERRA® hair

# Shampoo and Conditioner Strengthening Bars

The dōTERRA hair Shampoo and Conditioner Strengthening Bars are full of hydrating and nourishing natural ingredients. By using a bar formula, these shampoo and conditioner alternatives each save almost 13.6 fluid ounces of water.

## Usage Tips:

- Soak your hair in the bath or shower.
- Rub the Shampoo Strengthening Bar between wet hands until suds appear.
- Lather the shampoo bar directly or between your hands on the scalp, massaging in.
- Rinse your hair.
- Rub the Conditioner Strengthening Bar with wet hands to activate.
- Apply the conditioner bar directly onto your hair, focusing from the middle to the ends.
- Rinse your hair well.
- Between uses, keep dōTERRA hair Shampoo and Conditioner Bars dry so they last longer.

## What's a Shampoo or Conditioner Bar?

Rather than employing the more common liquid delivery, shampoo or conditioner bars offer a concentrated solid format. They provide many environmental benefits because they save water, reduce shipping impact, and don't require plastic bottle packaging.

The dōTERRA hair Shampoo and Conditioner Strengthening Bars are sustainably and ethically sourced, and each save nearly 13.6 fluid ounces of water. They're packaged in bio-based and recyclable materials, highly concentrated to hold their shape, and travel-friendly.



## Shampoo and Conditioner Strengthening Bars Formulas

Both the dōTERRA hair Shampoo and Conditioner Strengthening Bars are safe for color-treated hair and suitable for all hair types. They're free of sulfates, parabens, phthalates, silicones, and synthetic fragrances and dyes.

The Shampoo Strengthening Bar is designed to gently cleanse the scalp and strengthen hair, and it features the powerful benefits of fermented rice water. The Conditioner Strengthening Bar also features this ingredient. Fermented rice water is rich in vitamins and antioxidants, smoothing, nourishing, and strengthening hair. It also improves hair texture.

Both formulas also feature multiple nourishing and hydrating ingredients like cocoa seed butter, jojoba oil, shea butter, broccoli seed oil, aloe vera leaf juice, and radish root ferment.

Of course, they're also infused with dōTERRA CPTG® essential oils like Bergamot Mint, Cedarwood, Litsea, Patchouli, and Rose. Restorative Rosemary and refreshing Japanese Mint complete the aromatic experience and offer you refreshing haircare benefits.



## Chapter Eight

# dōTERRA® On Guard® Hand Sanitizing Gel

Infused with dōTERRA On Guard Protective Blend, this hand sanitizing gel provides a warm, spicy-sweet aroma alongside its cleansing properties.

### Usage Tips:

- Keep in your car or purse for convenient access.
- Take with you while traveling.

dōTERRA On Guard Hand Sanitizing Gel contains 70% plant-derived ethyl alcohol, which kills 99.9% of most germs.\* It's safe to use with the whole family, and the formula dries quickly with no sticky residue. There are no parabens, triclosan, or phthalates. And the formula is extra moisturizing with apple extract and glycerin. The hand sanitizing gel is infused with the warm, spicy dōTERRA On Guard blend of Eucalyptus, Wild Orange, Clove, Cinnamon Bark, and Rosemary essential oils.

*\*Escherichia coli, Staphylococcus aureus, Salmonella typhimurium, Pseudomonas aeruginosa, Burkholderia cepacia, Enterobacter cloacae, Enterococcus faecalis, Streptococcus pyogenes, Candida albicans, Aspergillus brasiliensis*





# MetaPWR™

## Metabolic Blend



### MetaPWR™

#### *Metabolic Blend*

MetaPWR Metabolic Blend features proprietary balanced ratios of CPTG Certified Pure Tested Grade® Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark essential oils. It may help reduce adipose fat cells, curb cravings, and support healthy metabolic function when ingested.\*

### Usage Tips:

- Add a few drops of MetaPWR blend to your water.
- Take a beadlet or softgel as needed.
- Diffuse for an uplifting atmosphere.

### What's the MetaPWR System?

The MetaPWR system helps you live your most powerful life, supporting your metabolism, energy, and health on a cellular level.\* Designed to be used as a system, each product offers a specialty, while also supporting and enhancing the benefits of the other products in the line. The whole is truly greater than the sum of its parts with the MetaPWR system.

### What Does *MetaPWR* Mean?

You might be wondering, "What does *MetaPWR* even mean?" Meta comes from the word metabolic, which is apt because the MetaPWR product line is designed to support metabolic health.\* Meta can also mean "comprehensive" or "transcendent." Power (spelled as P-W-R) can—of course—mean "power" as it's pronounced, but it simultaneously stands for "personal wellness realized."

### What's MetaPWR Metabolic Blend?

The MetaPWR Metabolic Blend features proprietary balanced ratios of CPTG® Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark essential oils. This essential oil blend is present in all the MetaPWR products, including MetaPWR Assist and MetaPWR Advantage.

Preclinical research suggests Grapefruit, with its naturally high levels of the chemical constituent limonene, may support a healthy metabolism when ingested.\* Lemon is also high in limonene. Also, Peppermint has been shown to help improve exercise performance when ingested.\*

But when all five essential oils are combined at the right ratios, something powerful can happen. Preclinical research on the MetaPWR essential oil blend suggests it can limit the development of new fat cells and the growth of existing fat cells when taken internally.\* More confirming clinical research is needed, and dōTERRA is committed to continuing research on this important topic.

Daily use of this proprietary essential oil blend can also help curb your hunger cravings and support your metabolic health.\*





## What Does MetaPWR Blend Smell Like?

The aroma of MetaPWR Metabolic Blend is a delicious balance of citrus and spice with a hint of mint, which makes it a beautiful blend to diffuse. Aromatic use can promote an uplifting, stimulating environment as you focus on mindful eating.

## How to Use MetaPWR Metabolic Blend

Take MetaPWR essential oil blend internally, which may help curb hunger cravings, reduce adipose fat cells, and support healthy metabolic function.\*

MetaPWR blend is available in multiple delivery forms in order to be as convenient and accessible as possible. Along with a 15 mL bottle, MetaPWR also comes in vegetarian and keto-friendly beadlet and softgel form. The beadlets and softgels make taking MetaPWR internally simple—near effortless.

You can also chew MetaPWR Satiety Gum when those disruptive cravings hit. With multiple ways to conveniently access the benefits of MetaPWR Metabolic Blend, at home and on the go, your journey to personal wellness realized just became a whole lot easier.



# MetaPWR™

## Metabolic Assist

Developed with dōTERRA clinical and medical scientists to help crush normal-range blood sugar spikes, sustain metabolic health, and put more life in your years, MetaPWR Assist is your new go-to product!\* MetaPWR Assist slows the conversion of carbohydrates to glucose (blood sugar), so instead of a giant spike and drop in levels, you'll experience more narrow changes or an optimal curve.\*

### Usage Tips:

- Take MetaPWR Assist with your biggest meal of the day or the meal with the most carbohydrates.

### Balancing Blood Sugar

Blood sugar levels are among the most significant health markers. These levels naturally fluctuate, depending on eating and activity patterns. Excessively high peaks and low valleys are hallmarks of metabolic problems.

Lots of people enjoy a good rollercoaster. The anticipation of the climb and exhilaration of the drop often lead to long lines and excited enthusiasts. Like blood sugar levels, a rollercoaster ride once or twice a year shouldn't cause long-term issues. However, riding a rollercoaster multiple times a day, week after week, might have consequences. Over time, elevated blood sugar levels can have some consequences for the body.

A whole-food diet and regular exercise are the best ways to promote healthy blood sugar regulation, but considering that under 7% of the US adult population has optimal cardiometabolic health, most of us could use a little support.

### What's MetaPWR Assist?

MetaPWR Assist is part of the MetaPWR system, which is made up of products that support metabolic health.\* It builds upon the MetaPWR Metabolic Blend and features additional herbs and phytonutrients.

In a recent preclinical double-blind, placebo-controlled trial that monitored glucose levels in 15 patients, results confirmed MetaPWR Assist, when taken before meals, decreased the glycemic impact of carbohydrate-heavy meals and lowered blood sugar spikes.\* However, more confirming clinical research is needed.



### How Does MetaPWR Assist Work?

MetaPWR Assist contains multiple natural compounds that've been clinically evidenced to promote healthy metabolism.\* Chief among them is mulberry leaf extract, which slows the absorption of all types of carbohydrates and promotes healthy regulation of normal-range blood sugar levels.\* The iminosugars of the mulberry interact with the digestive enzymes that metabolize carbohydrates, slowing their digestion so the glucose doesn't hit your blood stream as quickly.\*

When you take MetaPWR Assist with a meal, the mulberry extract helps your body slow the digestion of the carbohydrates you just ate.\* Of course, MetaPWR Assist is supposed to be paired with a healthy, balanced diet. You need to eat nutrient-rich, fiber-filled complex carbohydrates for good health! From there, MetaPWR Assist can help keep your blood glucose levels steady.\*



## Chapter Eleven

# MetaPWR™ Advantage

MetaPWR Advantage has been clinically developed to strengthen metabolic health, addressing healthy aging with NAD<sup>+</sup>, NADH, and collagen.\*

### Usage Tips:

- Add one sachet of MetaPWR Advantage to five to eight ounces of cold water.
- Mix vigorously or combine with a blender, drinking immediately.

### What's MetaPWR Advantage?

MetaPWR Advantage was developed to support healthy metabolic function on a cellular level.\* While most people think metabolism is affected by aging—and that's partially true—metabolism also affects healthy aging. The MetaPWR system, especially MetaPWR Advantage, addresses the relationship between metabolism and aging with NAD<sup>+</sup>, NADH, and collagen.\*

### What Are NAD<sup>+</sup> and NMN?

Nicotinamide mono nucleotide, or NMN, is a vital precursor in the biosynthesis of nicotinamide adenine dinucleotide, or NAD<sup>+</sup>, which is a coenzyme found in every cell of the body.

While NAD<sup>+</sup> serves numerous functions, the most critical are metabolic processes and mitochondrial function. NAD<sup>+</sup> converts food into energy and offers protection to your cellular energy factories. Without sufficient NAD<sup>+</sup> levels, cells can't generate the energy to survive and carry out their functions. By the time you reach age 50, NAD<sup>+</sup> levels are generally half of what they were at age 20, contributing to health challenges like difficult weight management and decreased energy levels.

Preclinical studies suggest supplementing with NMN may increase NAD<sup>+</sup>, leading to more youthful functioning of cells and body systems, but more confirming clinical research is needed.\* MetaPWR Advantage is formulated with yeast powder NMN to help naturally increase NAD<sup>+</sup> and NADH levels in your body!\*





## What's Collagen?

Collagen gives your skin its elasticity and firmness and supports lean muscle and connective tissues. Your body produces collagen naturally, but its production also drops with age. Taking supplements can bolster collagen in the body, but not all collagen types work equally well. Most collagen nutraceutical products only feature one or two collagen peptide types (usually the types most relevant to skin beauty, elasticity, and wrinkles).

Along with these popular collagen types, MetaPWR Advantage includes nine unique collagen peptide types. Collagen is the most abundant protein in the body and performs important roles across its 28 different types, so we're emphasizing the whole-body role of collagen with MetaPWR Advantage.

### The nine types of collagen in MetaPWR Advantage:

- Collagen type I is related to skin beauty.
- Collagen type II is related to bone protection and is the main component of cartilage.
- Collagen type IV is the main protein of the basement membrane, connecting the dermis and the epidermis and forming a network structure to make the basement membrane malleable.
- Collagen type V is related to the regular arrangement of collagen fibers, stabilizing the structures of type I and type II collagen.
- Collagen type VI maintains mechanical function in the cell, supporting both muscle function and cell membrane integrity. Additionally, this collagen type inhibits oxidative damage and apoptosis.
- Collagen type IX is an important component of cartilage and is mainly distributed in the cartilage cells of growth plates, joints, and intervertebral discs.
- Collagen type XXV inhibits the fibrillation of amyloid beta peptide.
- Col1a2 protein is collagen fibrillin.
- Vacuolar protein sorting 37A is involved in cell growth and differentiation.

Each collagen type plays a role in improving skin density, elasticity, and hydration; strengthening blood vessels; supporting connective tissue; and improving overall vitality.\*

When you mix MetaPWR Advantage, which is a powder, with cool or room temperature water, you're consuming it as a liquid, meaning your body can easily absorb the stable, nondegraded nutrients. Most prepackaged liquid collagens use a pasteurization process to sterilize their water-based delivery system, which eliminates harmful bacteria—but also destroys beneficial active ingredients like vitamins, flavonoids, and polyphenols. And despite this process, it's actually less shelf stable than a powder delivery like MetaPWR

Advantage. It also requires shipping heavy water around the globe, increasing carbon emissions. By mixing MetaPWR Advantage powder with water, you still get the absorption benefits of a liquid delivery, but without the value loss that occurs during pasteurization (and without the sugar content that generally accompanies a prepackaged juice format!)

Additionally, our collagen is sourced from sustainably harvested cold-water marine fish and has been hydrolyzed (predigested) by endo- and exo-nuclease enzymes known as proteases. These enzymes create small tripeptide fragments of three amino acid sequences for optimal absorption. Other collagens in the market—whether from land animals or marine sources—typically contain tripeptide content of 15–35%. MetaPWR Advantage collagen contains more than 70% tripeptide fragments for superior absorption (in some cases, up to 12 times more absorbable).

## More Synergistic Ingredients

MetaPWR Advantage also contains resveratrol, rose apple extract, ceramides from rice, red-orange complex, sea buckthorn, biotin, hyaluronic acid, and liposomal vitamin C.

According to preliminary studies, red-orange complex and sea buckthorn are both polyphenol antioxidants, but more confirming clinical research is needed. Antioxidants fight free radicals and prevent oxidative damage and stress to your cells.

As a chief component of the extracellular matrix, hyaluronic acid maintains the integrity and health of your skin.\* Its unique ability to absorb and retain water helps prevent dry or damaged skin.\*

Liposomal vitamin C not only encourages your body's fibroblasts to synthesize new collagen, but it also stabilizes the collagen fibrils in your body via hydroxylation.\*

## How to Use MetaPWR Advantage

MetaPWR Advantage is a delightful orange-lemon powder you can mix with five to eight ounces of cold or room temperature water, but not hot. Mix vigorously in a shaker bottle or blend into a smoothie, drinking immediately.

Take MetaPWR Advantage at least once a day for best results. You can take MetaPWR Advantage any time of day but morning works well for most people. MetaPWR Advantage does not need to be taken with food.

MetaPWR Advantage helps keep your cells functioning as if they were young!\* Extend your health-span, support your metabolic health, and enjoy plenty of other internal and external benefits.\*



## Are There Plant-Based or Vegan Collagen Options?

dōTERRA tries to provide plant-based supplement options when possible, and those who don't wish to consume fish or marine-based products because of diet restrictions or personal preferences may be wondering whether a plant-based MetaPWR Advantage will be available. Collagen is synthesized by animals, so it's available exclusively from them. You may see products marketed as vegan collagen; however, if you look closely, you'll see it's usually a collection of vegan-sourced amino acids—not actual collagen tripeptides.

But remember, collagen is something your body makes naturally! MetaPWR Advantage is designed to supplement the collagen your body isn't producing as abundantly as it used to. Think of supplemental collagen in MetaPWR Advantage that helps replace collagen in your body.

There are also collagen-building alternatives, including compounds that naturally assist your body and increase its own collagen supply! dōTERRA already offers an excellent product that fills this role. Yarrow|Pom Cellular Beauty Complex Capsules (which are vegan) naturally support your body's synthesis of collagen.\* You can learn more about this product [here](#).