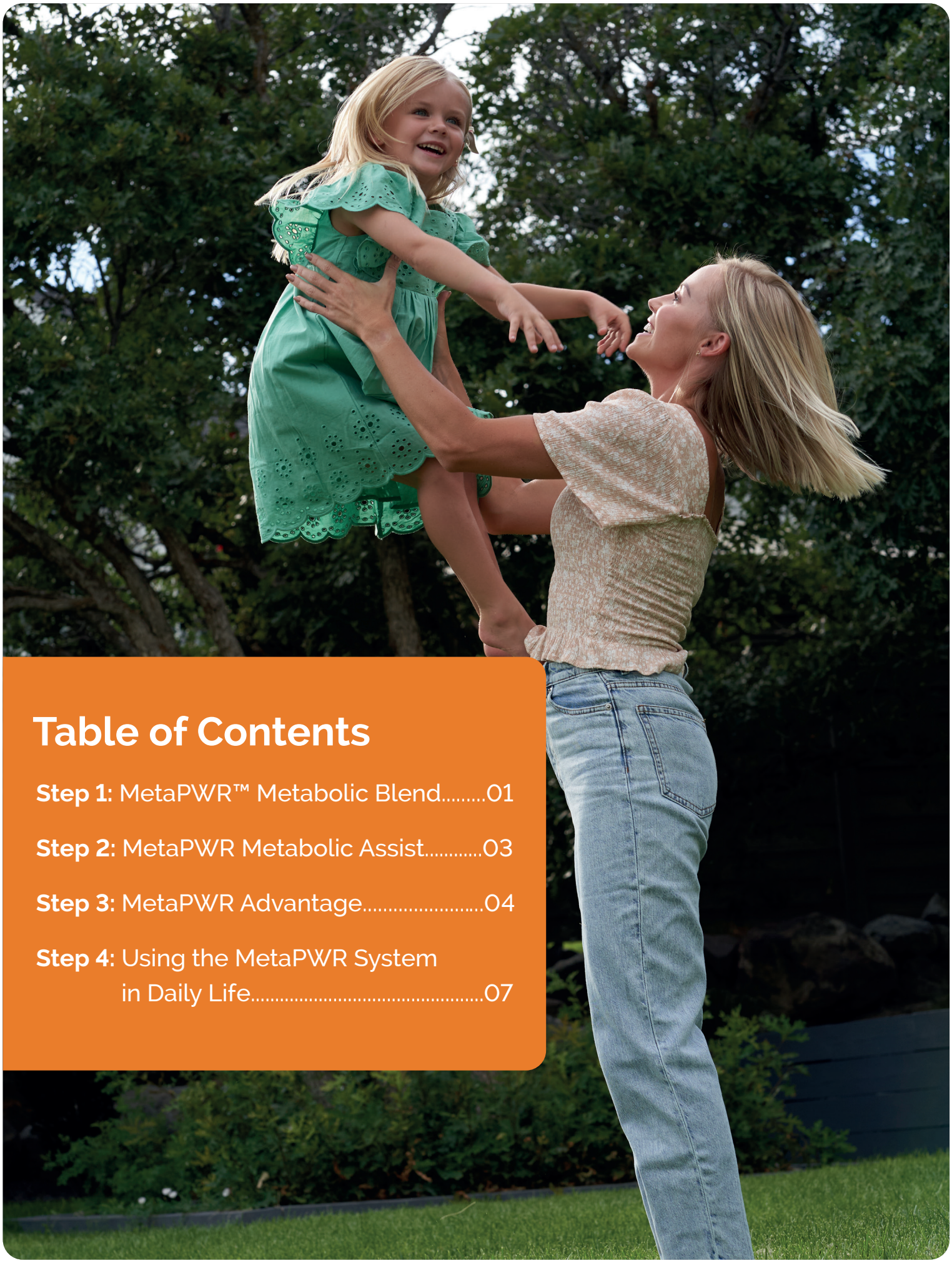
dōTERRA®

MetaPWR™

The 3-Step System for Metabolic Health



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Step 1 : MetaPWR™ Metabolic Blend

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. Of course, there are no quick-fixes to optimal metabolic function—you still have to make smart and healthy lifestyle decisions—but the MetaPWR™ system can maximize and optimize the effects of your wellness lifestyle choices so that your healthy choices count a little extra.

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 system 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 doTERRA 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.*

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MetaPWR™ Metabolic Blend

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

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Step 2 : MetaPWR™ Metabolic Assist

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 have 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.*

Usage Tip:

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

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Step 3 : MetaPWR™ Advantage

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+, NADH, and collagen.*

What Are NAD+ and NMN?

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

While NAD+ serves numerous functions, the most critical are metabolic processes and mitochondrial function. NAD+ converts food into energy and offers protection to your cellular energy factories. Without sufficient NAD+ levels, cells can't generate the energy to survive and carry out their functions. By the time you reach age 50, NAD+ 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+, 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+ and NADH levels in your body!*

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MetaPWR™ Advantage

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 hydrolyzed 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!)

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MetaPWR™ Advantage

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).

Other MetaPWR Advantage 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?

doTERRA 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! doTERRA 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.

Usage Tip:

- Add one sachet of MetaPWR Advantage to 5-8 ounces of cold water.
- Mix vigorously or combine with a blender, drinking immediately.

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Step 4 : Using the MetaPWR™ System in Daily Life

The MetaPWR essential oil blend is available in a variety of forms, which makes it easy to customize your experience. If you enjoy the flavor of MetaPWR, then the 15 mL bottle is perfect for spicing up your water, and you'll love chewing the gum. If taking essential oils internally is easier for you when they're supplements, you'll love the beadlets and softgels.

MetaPWR customizations go beyond personal preferences too—you can create a routine with this system that matches your personal lifestyle. You might start your morning by mixing MetaPWR Advantage with water in a shaker bottle (add a drop of MetaPWR oil too if you like the flavor!) alongside a nutritious, high-protein breakfast and a MetaPWR softgel. Then during your workout, you could diffuse MetaPWR or apply it topically for an invigorating aroma. Midmorning, you might take a couple of beadlets to curb cravings.* After lunch, you can chew MetaPWR Satiety Gum to help you get through the afternoon. Finally, you might enjoy MetaPWR Assist before dinner to help your body manage the curve and then end your day with another softgel before bed.

Whether you're just starting on the path to healthy eating and exercise or have been practicing intermittent fasting for years, you can use MetaPWR to help you reach your goals and live your most powerful life.

Sample MetaPWR™ Daily Schedule

MORNING

- Two drops MetaPWR Metabolic Blend and Meta Advantage with water.
- MetaPWR Softgel with LLV

DAYTIME

- MetaPWR Assist with lunch (if largest meal of the day)
- MetaPWR Softgel after lunch
- MetaPWR Metobolic Blend, Satiety Gum, or Beadlets when cravings hit

EVENING

- MetaPWR Assist with dinner (if largest meal of the day)
- MetaPWR Softgel after dinner
- MetaPWR Metobolic Blend, Satiety Gum, or Beadlets to curb after-dinner cravings

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