

## Optimize Your Metabolic Health

### The MetaPWR™ System



#### Step 1

Eat a well-balanced, whole-food diet and add one or more of the MetaPWR Metabolic Blend products to your daily routine. Preclinical studies suggest doing so may inhibit fat cell maturation and curb cravings.<sup>†</sup>

#### Step 2

Take MetaPWR Assist with your largest meal of the day for optimal energy. It includes mulberry leaf extract, which may support the body's ability to stabilize normal-range glucose levels and sustain energy more evenly throughout the day.<sup>†</sup>

#### Step 3

With consistent daily use of one sachet in a cool drink, MetaPWR Advantage can support a healthy metabolic age, helping you feel great and look younger.<sup>†</sup>

## Foundations for Wellness

This product lineup will give you a solid foundation for a healthy life:



#### DigestZen TerraZyme®

DigestZen TerraZyme promotes food tolerance and eases both gas and bloating with 10 critical digestive enzymes required for healthy digestion but may be missing in modern diets.\* Take as needed for occasional upset or daily for proactive digestive support.\*

#### PB Assist+®

PB Assist+ Probiotic Defense Formula supports healthy digestive function and immunity with six strains of probiotics.\* Each serving provides six billion live probiotic cultures to maintain intestinal microflora balance and support the healthy functioning of the GI tract.\* This supplement also helps increase the number of good bacteria in the intestines, which are necessary for digestive health.\*

#### dōTERRA Lifelong Vitality Pack®

The dōTERRA Lifelong Vitality Pack (LLV) serves as an optimal daily nutritional supplement program for a lifetime of health and wellness.\* These supplements provide maximum nutrition for energy, focus, relief from discomfort, and well-being. This set of three nutritional supplements gives you the optimal daily dose of vitamins, minerals, omega-3 fatty acids, antioxidants, and essential oils, along with a vitality blend for energy support and lifelong wellness.\*

#### Lemon Essential Oil

Lemon has powerful cleansing and purifying properties. When taken internally, this sweet, citrusy essential oil provides cleansing and digestive benefits that help keep you feeling your best.\*

#### Lavender Essential Oil

Lavender is often considered a must-have essential oil because of its versatile uses. Its calming, relaxing aroma promotes a peaceful environment conducive to sleep, and it can ease feelings of tension when used internally.\*

#### Frankincense Essential Oil

Frankincense is often referred to as the king of oils because of its powerful benefits. It offers extraordinary health benefits when taken internally, including supporting healthy cellular function.<sup>†</sup>



# Daily Routine for Your Most Powerful Life

## Morning

- Lemon essential oil and MetaPWR™ Advantage in water
- First dose of LLV (two of each supplement)
- One to two PB Assist+® capsules
- Suggested: MetaPWR Softgel

## Daytime

- Second dose of LLV (two of each supplement)
- One to two DigestZen TerraZyme® capsules with lunch
- MetaPWR Assist (if lunch is the largest meal of the day)
- MetaPWR essential oil blend, gum, or beadlets when cravings hit

## Evening

- MetaPWR Assist (if dinner is the largest meal of the day)
- One to two DigestZen TerraZyme capsules with dinner
- Lavender essential oil diffused before bed

## Additional Lifestyle Habits to Consider

### Morning

- Eat a hearty breakfast of whole, fresh foods.
- Meditate or take a moment for personal reflection.
- Go for a jog.
- Establish a regular yoga practice.

### Daytime

- Eat a balanced, light lunch.
- Take a five- to 10-minute walk.
- Drink two to three liters of water throughout the day.
- Take a quiet moment to write in a gratitude journal.

### Evening

- Eat a nutritious dinner.
- Stretch thoroughly.
- Take a relaxing bath or shower.
- Take a break from electronics before bed by reading a book instead!
- Get seven to nine hours of sleep.

## Customize Your Wellness Plan

### Wellness Pyramid

Wellness is a journey. The idea behind it is to give your body what it needs across several areas of life to achieve a well-rounded, healthy version of yourself. These dōTERRA® products are here to help as you continue on your wellness journey.



### Nutrition and Digestion

- LLV
- dōTERRA Nutrition line
- DigestZen TerraZyme
- DigestZen®
- PB Assist+



### Movement and Metabolism

- MetaPWR system
- Deep Blue®
- Turmeric Dual Chamber Capsules
- Mito2Max®



### Rest and Stress Management

- Adaptiv® Capsules
- dōTERRA Serenity® Capsules
- AromaTouch Technique®
- Copaiba Softgels



### Reduced Toxicity

- abōde®
- dōTERRA sun
- dōTERRA hair
- dōTERRA's 30 Day Cleanse



### Informed Self-Care

- dōTERRA Breathe®
- dōTERRA On Guard®



### Proactive Medical Care

## Daily Routine

Morning



**Lemon** essential oil and **MetaPWR™ Advantage** in water



First dose of **LLV** (two of each supplement)



One to two **PB Assist+®** capsules  
Suggested: **MetaPWR Softgel**

Daytime



Second dose of **LLV** (two of each supplement)



One to two **DigestZen TerraZyme®** capsules with lunch



**MetaPWR Assist** (if lunch is the largest meal of the day)



**MetaPWR essential oil blend, gum, or beadlets** when cravings hit

Evening



**MetaPWR Assist** (if dinner is the largest meal of the day)



One to two **DigestZen TerraZyme** capsules with dinner



**Lavender** essential oil diffused before bed



# Daily Use Recommendations

## Daily Tracker

Track your progress every day to ensure you're creating a routine that'll support a healthy, vibrant lifestyle!

Products	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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