

Adjusting to MetaPWR

According to our scientists, we often need to ease our bodies into a regimen change when new active ingredients are introduced into our body. This is why we recommend keeping your diet relatively the same when starting the program. It is expected that over time, the body will adapt and leverage the power of "metabolic flexibility." This is the idea that our body's fuel preferences can change—for example, right now your body might recognize or prefer glucose as a form of fuel, but it can shift, eventually preferring fuels like fatty acids. As your body makes this shift, you should see a change in these unexpected results and can discover the best product protocol for your individual situation.

If you feel like you're experiencing this shift in your metabolic flexibility, listen to and be patient with your body. And if you're experiencing feelings of sluggishness, we encourage you to consider trying a lower dosage as your body is adjusting (instead of two packets, try one or instead of one start with a half packet). For those looking for a more significant metabolic change, from MetaPWR you may want to consider increasing the dosage and/or making more significant diet and exercise changes. Another tip to consider is taking MetaPWR Advantage at night. Pre-clinical studies have shown benefits, including less sluggishness, when this product is taken at night versus in the morning. We also encourage the same approach with MetaPWR Assist. For some one pill a day may be appropriate to start while for others, one or two pills for larger meals may yield better results.

As always, we encourage everyone to listen to their body, and consult with a personal wellness coach or healthcare provider about concerns. We hope you continue to enjoy this incredible system as you embark on this journey to live your most powerful life.

Respectfully,

The Product Development Team

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