

dōTERRA

MetaPWR™

METABOLIC MAKEOVER

Meta = Metabolic | PWR = Personal Wellness Realized

Turn Back the Clock with MetaPWR™

Metabolic health directly effects aging and the quality and length of one's health-span. It also influences energy levels, cognitive performance, body composition, skin elasticity, and more. By helping to achieve optimal metabolic function, the **MetaPWR™** system in turn helps you look and feel much younger.

The **MetaPWR™** system is designed to help slow aging, inhibit fat cell accumulation, curb cravings, support healthy blood glucose and pressure, lipid levels, as well as insulin sensitivity. **MetaPWR™** for the win when it comes to optimizing overall metabolic health!



MetaPWR™ Advantage Collagen + NMN

Strengthen Metabolic Health by Targeting Longevity Genes

POWERHOUSE INGREDIENTS:

A unique blend of proprietarily sourced Marine Collagen Tripeptides + Health-span Complex: NMN (*Nicotinamide Mononucleotide*), Resveratrol, Sea Buckthorn Fruit Extract, Red Orange Fruit Extract, Hyaluronic Acid, Rose Apple

Fruit Extract, **MetaPWR™ Essential Oil Blend**, Phytoceramides (*from Rice*), NADH (*Reduced Nicotinamide Adenine Dinucleotide*) + Liposomal Vitamin C, Biotin.

Non-GMO and contains NO sugar, gluten, dairy, artificial flavors or sweeteners, soy, nuts, or emulsifiers.

DIRECTIONS FOR USE:

Consume one sachet daily in 5-8oz water or beverage. Shake or blend vigorously to help dissolve as product contains no emulsifiers. **DO NOT** add to hot liquids as heat alters product.

Consume additional 1-2 sachets per day to enhance results, depending on individual needs and tolerance.

TOP USES:

- Extend health-span and slow biological aging.*
- Target healthy metabolism, blood sugar, energy, and reverse effects of metabolic aging.*
- Increase cellular health, energy, and levels of NAD+ and NADH.*
- Strengthen connective tissue, bones, joints, and tone lean muscle.*
- Enhance athletic performance, energy, and recovery.*
- Target cognition, normal brain aging, and capacity for quality sleep and restoration.*
- Support healthy hair, skin, and nails.*
- Promote skin density, elasticity, hydration, firmness, and moisture retention.*



MetaPWR™ Metabolic Assist®

Curb the Carbs and Slow Glycemic Spikes

POWERHOUSE INGREDIENTS:

Mulberry Leaf Extract, Berberine Hydrochloride,

MetaPWR™ Assist® Blend (*Cinnamon Bark powder, MetaPWR® Essential Oil Blend*)

DIRECTIONS FOR USE:

Take 1 capsule 15-30 minutes before each meal with carbohydrates.

TOP USES:

- Help reduce simple and complex carbohydrate digestion and glycemic response.*
- Decrease the harmful effects of post-meal glucose spikes.*
- Support healthy insulin activity and sensitivity.*
- Help maintain stable energy levels throughout the day.*
- Help regulate the need for energy production vs metabolism.*

“Every time your glucose spikes, you age!” – Dr. O

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MetaPWR™ Metabolic Blend

Inhibit Fat Cell Maturation and Support Healthy Metabolism

ESSENTIAL OIL BLEND:

Grapefruit Peel, Lemon Peel, Peppermint Leaf/Stem, Ginger Root, Cinnamon Bark

TOP USES:

- Inhibit fat cell maturation and stimulate healthy adipose cell reduction.*
- Curb cravings and improve appetite control.*
- Support healthy insulin sensitivity.*
- Support healthy blood sugar response.*
- Balance body composition.*
- Support metabolic health and function.*
- Promote mindful eating.*
- Provide uplifting and stimulating aroma.*
- Support reaching weight management goals.*

AVAILABLE IN FOUR DELIVERY OPTIONS:



DIRECTIONS FOR USE:

MetaPWR™ Metabolic Blend 15mL

Add 2-5 drops to drinking water, veggie capsule, or under tongue 1-3x's daily. Diffuse to provide an uplifting and stimulating environment.

MetaPWR™ Metabolic Blend Softgels

Consume 1-2 softgels 1-3x's daily with plenty of water as an alternative or complementary method of consuming this blend.

MetaPWR™ Beadlets

Take 1-2 when hunger calls, to curb cravings, appetite, and promote mindful eating. Great for on-the-go.

MetaPWR™ Satiety Gum

Chew to curb hunger, cravings, and appetite, and to promote mindful eating and fresher breath.

BASIC METABOLISM DAILY ROUTINE

BREAKFAST	LUNCH
<ul style="list-style-type: none"> • 1 capsule Assist™ 15-30 mins before high carb meal • 1 sachet Advantage™ with water, juice, or smoothie • dōTERRA® Protein smoothie with Fiber and Greens • 1-2 capsules TerraZyme® • 1 MetaPWR™ Softgel or 3-5 drops of blend in water 	<ul style="list-style-type: none"> • 1 capsule Assist™ 15-30 mins before high carb meal • Healthy meal or dōTERRA Protein smoothie • 1-2 capsules TerraZyme® • 1 MetaPWR™ Softgel or 3-5 drops of blend in water • 1-2 capsules Mito2Max®
DINNER	BEDTIME
<ul style="list-style-type: none"> • 1 capsule Assist™ 15-30 mins before high carb meal • Healthy meal • 1-2 capsules TerraZyme® • 1 MetaPWR™ Softgel or 3-5 drops of blend in water 	<ul style="list-style-type: none"> • 1 sachet Advantage (optional)
<p><i>"You cannot out supplement an unhealthy diet and lifestyle."</i></p>	

Tip: Use **MetaPWR™** gum and beadlets throughout the day as needed or desired.

dōTERRA MetaPWR™

A Targeted Approach to Daily Metabolic Health

SUPER USER DAILY ROUTINE

Partner the MetaPWR™ system and dōTERRA foundational and detoxification products* and be a super user, meeting all your metabolic needs! For best results, drink adequate water, move daily, and eat a healthy, whole food, calorie-controlled diet.

Time of Day	Signature Program	Foundation	Detoxification Enhancements
Upon Rising	3-5 drops MetaPWR™ Metabolic Blend in water or 1-2 softgels		1-2 capsules TerraZyme® on an empty stomach
AM Fasting Window OR Breakfast	1 Advantage™ sachet in 5-8oz OR + Fiber + Greens in 12oz water OR all three in a smoothie with Protein of choice (<i>van, choc, vegan</i>) (*1 capsule Assist™ 15-20 mins before if adding carbs like fruit)	2 each Lifelong Vitality® 1-2 capsules TerraZyme®	1-2 capsules Zendocrine® Complex 1-2 Zendocrine® Softgels
Between Meals	3-5 drops MetaPWR™ Metabolic Blend in water + Gum or Beadlets		
First Meal OR Lunch	*1 capsule Assist™ 15-20 mins before Protein smoothie OR Healthy Meal + 1 Advantage sachet (<i>optional</i>)	2 each Lifelong Vitality® 1-2 capsules TerraZyme®	
Between Meals	3-5 drops MetaPWR™ Metabolic Blend in water + Gum or Beadlets 1-2 Mito2Max® for an afternoon energy boost.		
Dinner	*1 capsule Assist™ 15-20 mins before Healthy Meal	1-2 capsules TerraZyme®	1-2 capsules Zendocrine® Complex 1-2 Zendocrine® Softgels 1-3 capsules GX Assist®
Bedtime	1-2 MetaPWR™ Metabolic Blend Softgels 1 Advantage™ sachet	1-2 capsules TerraZyme® 1-3 capsules PB Assist®+	

*RECOMMENDED:

- To optimize your metabolic results be sure to include the dōTERRA foundational wellness products **Lifelong Vitality Pack®**, **TerraZyme®**, and **PB Assist®** as part of this signature program.
- Add a detoxification element to enhance weight management and other desired results. Use **Zendocrine® Detoxification Complex** and/or **Zendocrine® Softgels** in a daily routine.

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