



doTERRA®
MetaPWR

The MetaPWR System



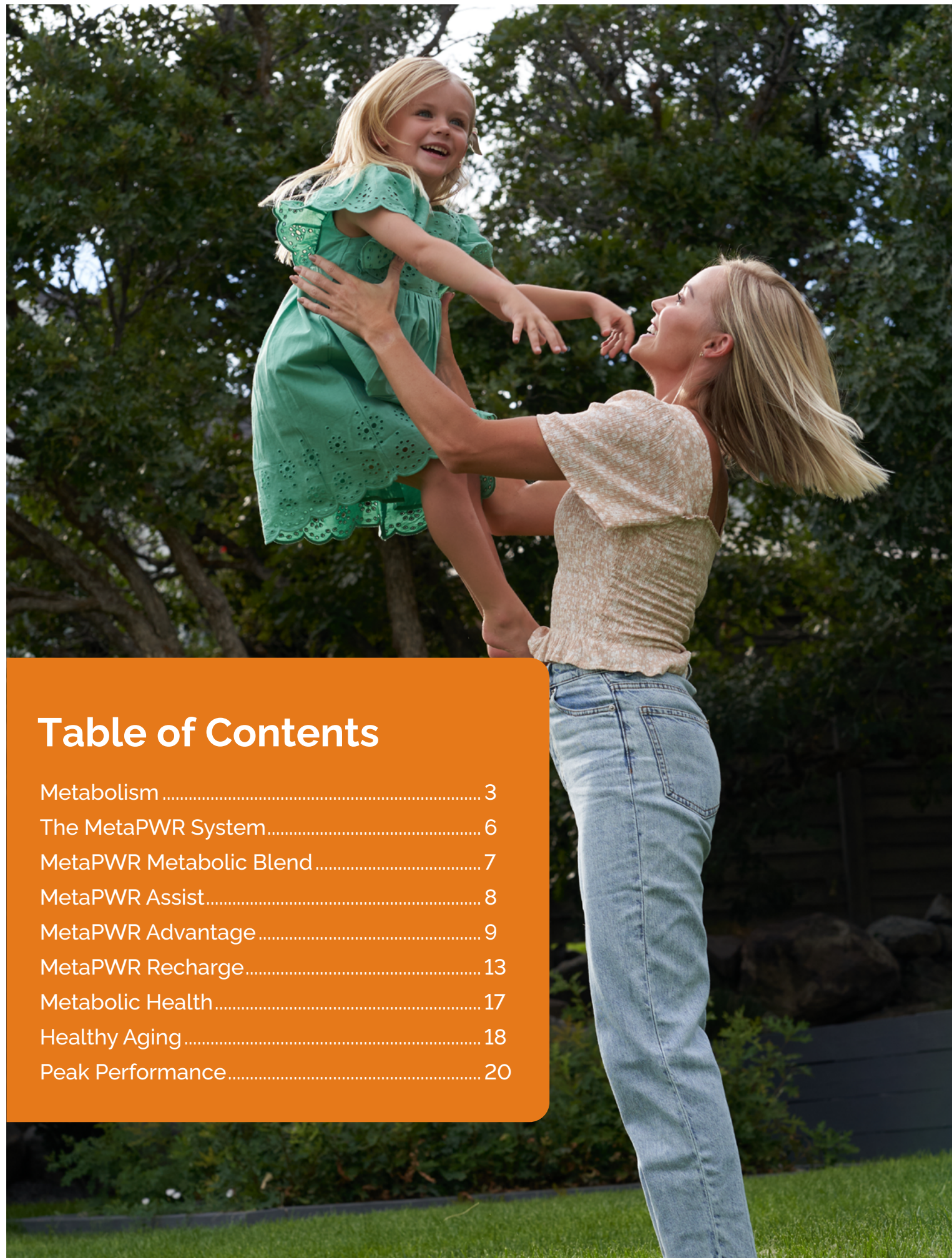


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Metabolism

In the modern world, average life expectancy is higher than ever. And with continual breakthroughs and advances in science and medicine, it'll likely continue to rise. But are we collectively healthier than ever? Are the many years we're living filled with wellness and vitality? Or are we spending those extra years unable to do what we love because of poor health?

Unlike lifespan, which is strictly the years in your life, healthspan refers to how long your wellness and health last. Of course, there are unavoidable consequences of aging that'll ultimately come—no one is immortal, and it's part of the human experience. But who says that aging has to look the way it does?

You may already be familiar with how your metabolism works. At its core, metabolism simply involves your body using fuel like food to create the building blocks it needs to generate the energy required to run cellular processes.



Metabolism (cont.)



Of course, a lot more goes into your metabolism. (For example, there are two kinds of metabolic reactions—*anabolic* and *catabolic*.) But for now, let's focus on aging. Everyone can think of two people who are the same age but appear entirely different ages based on physical indicators. Maybe you know someone who looks years younger than the number of candles on his or her birthday cake and another person who looks far older than others that age. This phenomenon doesn't just happen with physical appearance.

Biological Age and Metabolism

People can appear different ages on a cellular level too. It's known as *biological age*, which is a measure of how young your cells appear to be based on how healthy they are and how they function and behave. Just as outward appearance doesn't always represent a person's age, cellular health doesn't always line up with a person's age.

Lifestyle choices affect your physical appearance. While genetic factors are always at play, we know collectively that smoking, drinking, excessive sun exposure, imbalanced diet, lack of exercise, sleep deprivation, stress, and more can contribute to early aging. The same is true of your biological age.

Even with genetic factors, your lifestyle choices make a big difference. The same list of things that makes you look old on the outside also makes your cells act old on the inside.

What do metabolism and aging have to do with one another? Think about the way a car engine burns gasoline for fuel. This process generates kinetic energy (movement). It also has a byproduct of exhaust.

Metabolism (cont.)

As your body does its job creating and using energy, it also creates a byproduct or exhaust: free radicals. Free radicals are generated during metabolic processes. Free radicals have some purposes, but a buildup of them can cause oxidative damage, which ages your cells. Antioxidants fight free radicals and help prevent oxidative stress, which is part of why eating fruits and veggies—especially antioxidant-rich ones—is so important.

While most people think of metabolism as something that's affected by aging—which is partially true—the reality is metabolism also affects healthy aging. A healthy body that's functioning efficiently at the cellular level provides organ systems with optimal amounts of energy, and this process can be sustained by healthy life choices.

Your cells can act younger if you pay close attention to your metabolism and how your body uses energy. However, the opposite is also true: if you make unhealthy or even suboptimal lifestyle choices, your cells and bodily systems will experience loss of function that builds over years of abuse until you face challenges directly related to your metabolism and lifestyle choices. Like the engine metaphor from before, an old, clunky, and gunky engine that's been

neglected doesn't burn gasoline as efficiently as an engine that's kept in good condition, with regular tune-ups and oil changes.

Of course, we're all impacted by genetics. Some people simply have genetic factors that make life and health journeys far more difficult than others. However, lifestyle choices do make a significant difference. Regardless of your genetic situation, the healthy choices you make can improve your quality of life, and unhealthy choices will make things worse.

Science has affirmed the place to start is always with a nutrient-rich, balanced diet; adequate exercise; and deep, restorative sleep. One of the beautiful things about wellness is how working on one area improves other areas at the same time. Wellness is truly interconnected!

For example, the antioxidant-rich diet needed to fight free radicals and prevent oxidative stress is likely good for your glucose metabolism and general health. That's because many such foods are fruits and vegetables filled with additional nutrients and fiber.



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. The whole is truly greater than the sum of its parts with the MetaPWR system!

Of course, there are no quick fixes for optimal metabolic function. You still have to make smart and healthy lifestyle decisions, but the MetaPWR system can maximize the effects of those choices.

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.” Of course, power (spelled as P-W-R) can mean “power”—as it’s pronounced—but it simultaneously stands for “personal wellness realized.”

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's present in all MetaPWR system products.

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. And Peppermint has been shown to help improve exercise performance when ingested.*

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

Fat cells—or adipocytes—develop and accumulate throughout the body in a process called adipogenesis. By late adolescence, you've generally developed a fixed number of adipocytes—but they can grow and shrink. With healthy eating and beverage choices, as well as regular physical activity, you can reduce the size of your existing fat cells.

And MetaPWR is here to help you along the way toward your weight goals. Daily use of this essential oil blend can also help curb hunger cravings and support metabolic health.*

How to Use MetaPWR Metabolic Blend

The aroma of MetaPWR deliciously balances citrus and spice with a hint of mint. Diffuse it to promote an uplifting, stimulating environment as you focus on mindful eating.

You can take MetaPWR internally, which may help curb hunger cravings, reduce adipose fat cells, and support healthy metabolic function.*

MetaPWR Metabolic Blend is available in multiple delivery formats to be as convenient and accessible as possible. Along with a 15 mL bottle, MetaPWR comes in vegetarian

and keto-friendly beadlets and softgels. The beadlets and softgels make taking MetaPWR internally simple and effortless.

You can also chew MetaPWR Satiety Gum when those disruptive cravings hit. With multiple ways to 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 Assist



Balancing Blood Sugar

Blood sugar levels are among the most significant health markers. These levels naturally fluctuate, depending on eating habits and activity levels. 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 can 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 bodily consequences.

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 people could use a little support.

What's MetaPWR Assist?

MetaPWR Assist is part of the MetaPWR system, which is made up of natural products that support metabolic health.* It builds upon 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 showed MetaPWR Assist decreased the glycemic impact of carbohydrate-heavy meals and lowered blood sugar spikes when taken beforehand.* 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 a healthy metabolism.* Chief among them is mulberry leaf extract, which slows the absorption of all 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 bloodstream as quickly.*

When you take MetaPWR Assist before a meal, the mulberry extract helps your body slow the digestion of the carbohydrates you'll eat.* Of course, MetaPWR Assist should 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.*

MetaPWR Advantage

MetaPWR Advantage was developed to support healthy metabolic function on a cellular level.* While most people think aging affects metabolism—and that's partially true—metabolism also affects healthy aging.



MetaPWR Advantage contains 12 active ingredients to support vigorous metabolic activity, including:*

- > Cellular energy production
- > Healthy circulatory system
- > Nervous system function
- > Healthy circadian rhythm
- > Sleep quality
- > Mental energy
- > Physical function and performance

The MetaPWR system, especially MetaPWR Advantage, addresses the relationship between metabolism and aging with NAD⁺, NADH, and collagen.*

NAD⁺ and NMN

Nicotinamide mononucleotide, 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.

NAD⁺ serves numerous functions, but the most critical are metabolic processes and mitochondrial function. NAD⁺ converts food into energy and provides 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 weight management and decreased energy levels.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

MetaPWR Advantage (cont.)

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 your NAD⁺ and NADH levels!*

Collagen

Collagen gives your skin its elasticity and firmness and supports lean muscle and connective tissues. Your body produces collagen naturally, but its production drops with age. Taking supplements can bolster the amount in your 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 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 emphasize the whole-body role of collagen with MetaPWR Advantage.

Here are 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.



MetaPWR Advantage (cont.)



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 powder with cool or room temperature water, you consume 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, increasing carbon emissions. By mixing MetaPWR Advantage powder with water, you still enjoy 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).

Our collagen is sourced from sustainably harvested cold-water marine fish and has been hydrolyzed (predigested) by endo- and exonuclease 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 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 absorption).

Other MetaPWR Advantage Ingredients

MetaPWR Advantage also includes 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.

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MetaPWR Advantage (cont.)



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 the best results. You can take it anytime, but morning works well for most people. MetaPWR Advantage doesn't need to be taken with food.

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

Plant-Based or Vegan Collagen Options?

dōTERRA provides plant-based supplement options when possible. 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 they're usually collections 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 the supplemental collagen as replacing missing collagen in your body.

Collagen-building alternatives also exist, including compounds that naturally assist your body and increase its collagen supply! dōTERRA already offers Yarrow|Pom Cellular Beauty Complex Capsules (which are vegan) to naturally support your body's synthesis of collagen.*



Scan to learn more about our
Yarrow|Pom Collection

MetaPWR Recharge

Over 75% of people are consistently dehydrated and lack a daily nutritional balance of key electrolytes to keep their cells charged and energized. Hydration is key to a healthy metabolism, and healthy cells can't produce energy without it.

Your body is incredible, with layers of protection to keep you surviving when your water intake isn't what it should be. But you can help by drinking, in ounces, enough water to equal half your body weight, in pounds, every day. Staying adequately hydrated is essential for maintaining optimal metabolic health, which we know is key to lifespan and health-span.

But did you know water alone isn't enough? Proper hydration requires a balance of electrolytes—which are essential minerals—to keep your bodily systems humming along smoothly. Supplements can assist with this balance, but next to none on the market are equipped with the exact balance of electrolytes, nor are they effective for everyday users, instead being geared toward high-performance athletes.

What's MetaPWR Recharge?

MetaPWR Recharge is the first and only product to provide the critical electrolytes in the right amounts and ratios for peak metabolic performance. It also features baobab extract, a superfood sourced from "the African tree of life," which helps cells stay hydrated longer; ginseng for sustained energy; and deep-ocean minerals from the Kuroshio Current in the Pacific Ocean, which promote effective water transport between cells.*

As a hydration supplement, MetaPWR Recharge understands the delicate nature of the human body and offers the best balance of six key electrolytes, including a perfect one-to-three ratio of sodium to potassium. Sodium is often blamed for boosting blood pressure, while potassium is praised for keeping it in check, but these two minerals work in tandem throughout the body.



MetaPWR Recharge (cont.)



MetaPWR Recharge fits perfectly into the overall MetaPWR system, improving your hydration to increase your overall energy and vitality and allowing you to live your most powerful life.*

Essential Electrolytes

Proper hydration requires a balance of electrolytes—essential minerals—to keep your bodily systems humming along smoothly. These minerals determine how well your body converts macronutrients like protein, fat, and carbs into energy; how well muscles grow; and how much ATP is produced. Your fat-burning machinery depends on micronutrients.

Let's explore the electrolytes included in MetaPWR Recharge, because they're essential for life to function and thrive!

Sodium is essential for hydration because it helps regulate fluid balance within cells and in extracellular spaces, as well as nerve health, nutrient absorption, and muscle function. When dietary sodium is too low, your body enters a sodium retention mode, during which aldosterone, renin, and angiotensin spike to help your kidneys retain sodium. These hormones also impact your blood pressure.

The human body requires a small amount of sodium to conduct nerve impulses, contract and relax muscles, and maintain a proper water and mineral balance. If you're active, sweat frequently, eat a low-carb diet, practice intermittent fasting, and so on, you may need much more!

As mentioned, MetaPWR Recharge offers the optimal one-to-three ratio of sodium to potassium, supporting cardiovascular and bone health, blood pressure regulation, kidney function, and overall wellness.* A proper balance of sodium and potassium is more significant than either electrolyte alone.

MetaPWR Recharge (cont.)

However, **potassium** is still important to understand, as this mineral is essential for all bodily functions. It helps your nerves, muscles, and heart function well, while also helping move nutrients into and waste out of your cells.

Potassium is classified as an electrolyte because it's highly reactive. When dissolved in water, it produces positively charged ions. This special property allows it to conduct electricity. Your body uses this electricity to manage several essential processes, including fluid balance, nerve signals, and muscle contractions.

MetaPWR Recharge is formulated with four types of magnesium—citrate, sulphate, L-threonate, and chloride—which are used by the nervous, digestive, and musculoskeletal systems for support.* Magnesium impacts neurotransmitters like serotonin (needed for melatonin), noradrenaline or norepinephrine, and dopamine. Your body can struggle to produce these mood-related hormones without magnesium.

Insufficient magnesium can even impact:

- > Blood pressure
- > Mood
- > Muscle discomfort
- > Sleep
- > Sensitivity to loud noises
- > Heart rhythm
- > Energy levels
- > Bowel regularity
- > Insulin regulation
- > Premenstrual symptoms

Over 75% of people do not get enough magnesium. In fact, approximately 72% of doctors recommend magnesium supplements to patients, and 79% take supplements themselves. MetaPWR Recharge can help you not be part of the crowd with inadequate magnesium intake.

Calcium is the most abundant mineral in the body. It—along with sodium and potassium—is essential for nerve signaling and muscle contraction.



MetaPWR Recharge (cont.)

Well-functioning muscles are crucial for physical activities like exercise and calorie expenditure. When a nerve stimulates a muscle, the body releases calcium, helping the proteins in the muscle contract. The muscle will relax once the calcium has been pumped from it. Calcium's role in muscle function includes maintaining a healthy heart. Studies have indicated a possible link between high calcium consumption and healthy blood pressure maintenance.

Interestingly, several studies show calcium may ease symptoms of typical premenstrual symptoms. Women with premenstrual discomfort generally have lower calcium and magnesium intakes and serum levels.

Next up is **chloride**, your body's chief anion, which works in conjunction with sodium and potassium to ensure efficient nutrient transport, waste removal, and overall cell function, impacting energy production. And then you have **phosphate**, which is necessary for bone and teeth formation. It also serves as a building block for incredibly important substances in the body like cell membranes and DNA.

But that's not all. MetaPWR Recharge also provides **baobab extract**, which is sourced from the "African tree of life." Emerging preclinical research suggests baobab extract enhances cellular water transport, meaning your cells stay hydrated longer with this incredible extract.*

Diving even deeper, you'll find the essence of deep-ocean mineral water in every sip, packed with over **75 mineral nutrients and trace elements**. There's a vast treasure trove of minerals in the ocean that have been untouched for centuries. These deep-ocean minerals are extracted with microfiltration and reverse osmosis to help transport water and electrolytes in and out of your cells.

Lastly, we have ginseng root. Larger-dose studies have linked ginseng with lowering cellular oxidative stress and supporting higher energy production in cells.

Why MetaPWR Recharge?

With MetaPWR Recharge, it's not just about deliciously quenching your thirst. It's about rejuvenating your body and mind.*

And MetaPWR Recharge is made for everyone! Whether you're a busy mom who forgets to drink her water and feels drained by the day; an active exercise enthusiast who's aiming for peak health performance; or a grandpa who wants to keep up with his speedster grandkids, MetaPWR Recharge makes water work more cooperatively with your cells so you don't have to work hard to stay hydrated.



Metabolic Health

Does this sound like you?

"It feels like I've tried everything: diets, gym subscription, advice columns, workout routines. Why can't I shed these last five pounds?"

MetaPWR system products can help in three steps!

1

Target fat cells, curb cravings, and support metabolic health with MetaPWR Metabolic Blend:*

- Add a couple of drops to your water throughout the day.
- Take a softgel or beadlet every morning and night.
- Chew a piece of gum between meals.

2

Take on blood glucose with MetaPWR Assist:*

- Take one capsule—up to three times a day—with eight ounces of water, 15 to 30 minutes before your largest meal.

3

Support energy production, stamina, and mental acuity with Mito2Max:*

- Take two capsules a day with food, avoiding use before sleep.

Habit Stacking

If you already have a habit of taking dōTERRA Lifelong Vitality Pack® supplements every day, you can easily stack on taking MetaPWR Softgels at the same time. If you're already using dōTERRA Protein, Fiber, and Greens to help you with dietary and healthy eating goals, add MetaPWR Advantage to your protein shake or a couple drops of MetaPWR Metabolic Blend to your green smoothie.

Here are some of the best products to habit stack with the MetaPWR system for metabolic health, weight management, and energy levels.*

- > dōTERRA Lifelong Vitality Pack
- > dōTERRA Protein, Fiber, and Greens
- > dōTERRA PB Restore™ ProBiome Complex

"I was getting to the point where I thought, This is the new mom body. You're going to have to live with it. You're not going to see those days again. In the first 30 days, I got under the 200 mark, which I haven't seen in five years. Feeling the energy and mental clarity, seeing the shift in body—it's been a game changer."—Dr. Ashley Anderson*

Healthy Aging

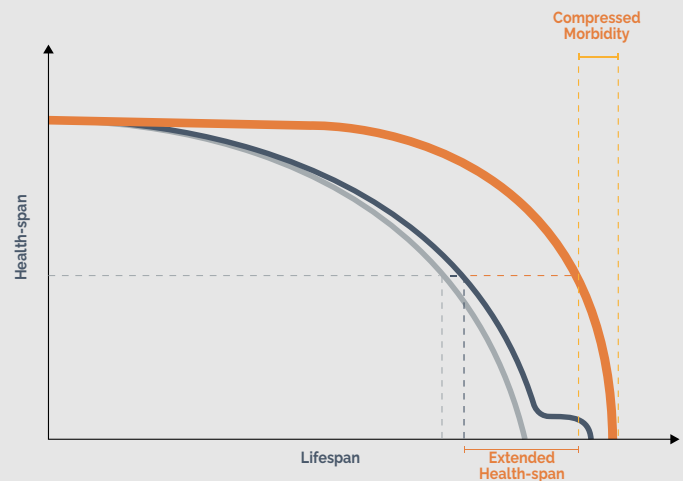
Age is just a number. Biological age is the goal. Unlock the secrets of aging well with MetaPWR system products.

Lifespan versus Health-Span

- > Lifespan is the number of years in your life.
- > Health-span is the number of healthy years in your life.



Watch Dr O. video: Deep Dive on Healthspan with Dr. Osguthorpe



Three Steps

1. Support younger-functioning cells with MetaPWR Advantage:*

- > Take at least one sachet of MetaPWR Advantage daily with five to eight ounces of cold or room temperature water. Stir or shake well before drinking.

2. Address blood glucose with MetaPWR Assist:*

- > Take one capsule—up to three times a day—with eight ounces of water, 15 to 30 minutes before your largest meal.

3. Attend to metabolic health with MetaPWR Metabolic Blend:*

- > Take a softgel every morning and night. Dry brush with the essential oil blend.

Habit Stacking

The MetaPWR system helps you live your most powerful life, supporting you on a cellular level so you look and feel younger from the inside out! You can go even further by habit stacking other dōTERRA products to support healthy aging.

> Yarrow|Pom Cellular Beauty

Complex helps activate skin-protecting proteins, inhibits enzymes that break down elasticity and collagen, and promotes collagen production.*

> The diversity of your microbiome declines with age. But **dōTERRA PB Restore ProBiome Complex** can help restore what's been lost.*

> Stay active with **Deep Blue Polyphenol Complex**®. It's designed to provide soothing support to aching muscles and other occasional discomforts.*

"I've started loving how I feel and look. I feel confident from the inside out. For the first time in a long time, I have hope that I have many more years left in me to keep up with my kids! Do it all with energy, joy, and fulfillment. The MetaPWR product system has given me that hope."—Courtney Moses Shepard

Healthy Aging (cont.)

Three Steps



1. Support younger-functioning cells with MetaPWR Advantage:*

- > Take at least one sachet of MetaPWR Advantage daily with five to eight ounces of cold or room temperature water. Stir or shake well before drinking.



2. Address blood glucose with MetaPWR Assist:*

- > Take one capsule—up to three times a day—with eight ounces of water, 15 to 30 minutes before your largest meal.



3. Attend to metabolic health with MetaPWR Metabolic Blend:*

- > Take a softgel every morning and night. Dry brush with the essential oil blend.

Habit Stacking

The MetaPWR system helps you live your most powerful life, supporting you on a cellular level so you look and feel younger from the inside out!*

You can go even further by habit stacking other dōTERRA products to support healthy aging.



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Peak Performance

You don't set goals—you crush them. You know true health rests on the foundations of a nutrient-rich diet, adequate exercise, and restorative sleep. You do what you can to eat right and get enough nutrients, but sometimes things can still feel off.

The MetaPWR system is here to help you reach your potential, naturally.

Three Steps



1. Unlock enhanced cognitive and physical performance at a cellular level with MetaPWR Advantage:*

- > Take at least one sachet of MetaPWR Advantage daily with five to eight ounces of cold or room temperature water. Stir or shake well before drinking.



2. Biohack your way to sustained energy by addressing blood glucose with MetaPWR Assist:*

- > Take one capsule—up to three times a day—with eight ounces of water, 15 to 30 minutes before your largest meal.



3. Recharge your cells with MetaPWR Recharge and MetaPWR Mito2Max:*

- > Add a sachet of MetaPWR Recharge to 16 ounces of water once or twice daily and drink. Take two capsules of MetaPWR Mito2Max a day with food, avoiding use before sleep.

Habit Stacking

The MetaPWR system helps you live your most powerful life. You can tap your limitless potential and rise to any challenge by habit stacking other dōTERRA products with the product system.*

- > The **dōTERRA Lifelong Vitality Pack** fuels your body with essential nutrients and minerals that are missing from most modern diets.*
- > **Turmeric Dual Chamber Capsules** add a natural one-two punch in the fight against free radicals and promote a healthy inflammatory response.*
- > **dōTERRA Protein** is known for its well-balanced amino acids profile, which is necessary to enhance energy and increase stamina.*
- > **dōTERRA PB Restore** helps unlock the metabolic health and cognitive function benefits of your microbiome.

"I've been laying a foundation of wellness for years, and I think because I have a good baseline in place I'm actually able to detect the impact a change is having in my body. And I saw that I was—without more effort—doing a lot more throughout the day. I could see my metabolic health working at a new level in my body.*"—Ange Peters