





dōTERRA<sup>®</sup>  
**Live Your Most  
Powerful Life**

—  
Health and Vitality at Every Age

# Goals for today

---

- Do you control your metabolism or does your metabolism control you?
- Why we need a metabolic health awakening!
- The relationship between healthspan, biological aging, and metabolic health.
- The tools to slow biological aging and put more life into your years.



What's preventing you from living your most powerful life?



**Energy**



**Sleep**



**Weight**



**Clarity**



**Mood**



**Stress**

# Wellness starts at a cellular level



A man and a woman are smiling and preparing food in a kitchen. The man is cutting cucumbers on a wooden cutting board, and the woman is stirring a salad in a glass bowl. There are various vegetables like bell peppers and tomatoes on the table. The background shows a brick wall and a refrigerator.

# What is Metabolic Health?

---

## FIVE PILLARS OF METABOLIC HEALTH



**Healthy  
eating**



**Stress  
management**



**Daily  
movement**



**Smart  
supplementation**



**Healthy  
connections**



## How's Your Metabolic Health?

ONLY

**6.8%**

OF THE US ADULT POPULATION HAVE  
**OPTIMAL CARDIOMETABOLIC HEALTH**

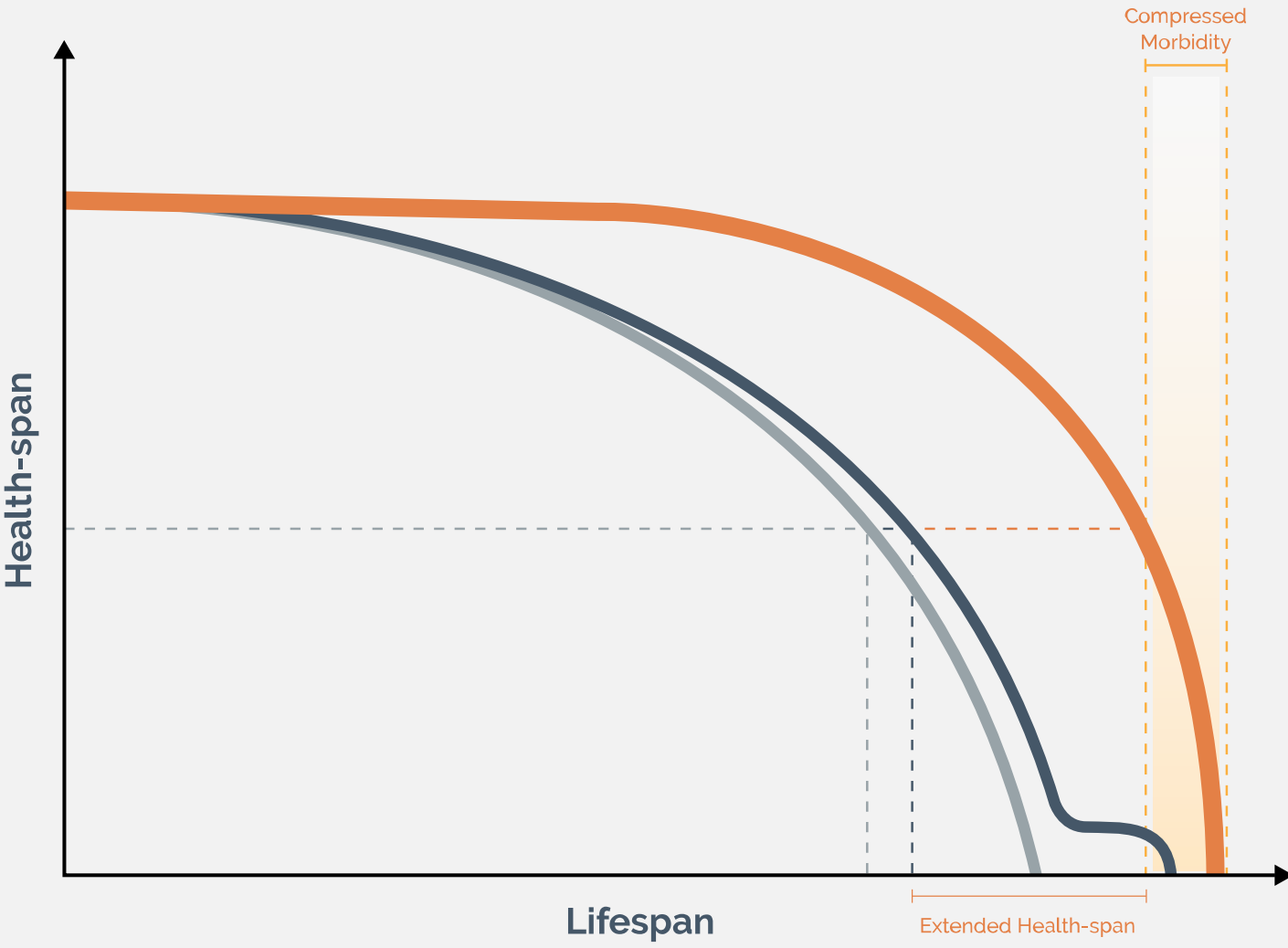


A woman with sunglasses on her head is hugging a young child on a beach. The woman is wearing a white t-shirt and the child is wearing a light blue shirt. The background shows the ocean and a sandy beach. The text is overlaid on the left side of the image.

**Metabolic health  
and biological age  
are *inseparable***  
—



# Lifespan vs Healthspan



# The Lifespan / Healthspan Gap

---

The hallmarks  
of aging begin  
to appear at  
**25.**



**NAD+ steadily  
drops**  
*(a molecule critical to  
metabolic function and  
DNA integrity)*



**Metabolic  
function  
declines**

# METABOLIC HEALTH OBSTACLES



**Maturing  
fat cells**



**Cellular  
integrity**



**Blood sugar  
spikes\***



**Inferior  
supplements**

\*Already in the normal range

**What would  
it feel like to  
live your most  
powerful life?**

—





# dōTERRA® MetaPWR™ System



# METABOLIC HEALTH OBSTACLES



**Maturing  
fat cells**



# Adipose Fat Cells



# MetaPWR™

## *Metabolic Blend*

---

- Inhibits fat cell maturation.\*
- Curbs cravings.\*
- Supports metabolic health.\*

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





# METABOLIC HEALTH OBSTACLES



**Maturing  
fat cells**



**Blood sugar  
spikes\***

\*Already in the normal range



# MetaPWR™

## Assist

- Decreases post meal glucose spikes.\*
- Reduces absorption of simple carbohydrates.\*
- Supports healthy blood sugar responses.\*
- Stabilizes energy levels throughout the day.\*

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



A woman with dark curly hair, wearing a purple sleeveless top, is drinking from a clear dōTERRA water bottle with a grey cap. The bottle has 'dōTERRA' printed on it. The background is a wall with a white and grey geometric pattern. In the foreground, a table displays several dōTERRA MetaPWR products: an orange box, two small brown bottles, a white bag, and two more small brown bottles.

# dōTERRA® MetaPWR™

Scan here to view the  
MetaPWR Course!







# METABOLIC HEALTH OBSTACLES



**Maturing  
fat cells**



**Cellular  
integrity**



**Blood sugar  
spikes\***

\*Already in the normal range



**Look Good  
Feel Good**  
*from the inside-out*  
—

# MetaPWR™

## Advantage

- Promotes healthy biological aging and improves health-span.\*
- Improves cognitive function.\*
- Supports lean muscle and connective tissue.\*
- Improves skin elasticity and firmness.\*

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





# Almost everything you've been told about collagen is wrong.

---

**12x**  
more  
bioavailable

**9**  
unique  
collagen  
types

Activated by  
**YOU**



# Marine Collagen



Our collagen is sourced from sustainably harvested cold-water marine fish in Italy.

Peptide type	Bodily Function
Collagen Type I	Related to skin beauty*
Collagen Type II	Bone protection, the main component of cartilage*
Collagen Type IV	Malleable dermis and the epidermis*
Collagen Type V	Stabilizing the structure of Types I and II collagen*
Collagen Type VI	Muscle function and cell membranes and inhibiting of cell apoptosis and oxidative stress*
Collagen Type IX	Cartilage, growth plates, joints and intervertebral discs*
Collagen Type XXV	Supports normal brain aging*
Col1a2 protein	Collagen fibrillin*
Vacuolar protein sorting 37A	Involved in cell growth and differentiation*

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

# Formulated with Synergistic Ingredients

## Marine Collagen

**Known for:** Strengthens skin, joints, and connective tissues, supporting mobility and elasticity.\*

## Red-Orange Fruit Extract

**Known for:** Promotes antioxidant activity.\*

## Nicotinamide Mononucleotide (NMN)

**Known for:** May increase NAD+ in the body, according to preclinical studies.\*†

## NADH

**Known for:** May increase NAD+ in the body, according to preclinical studies.\*†

## Hyaluronic Acid

**Known for:** Promotes healthier, more supple skin.\*

## MetaPWR™ Metabolic Blend

**Known for:** Curbs cravings and may inhibit fat cell growth\*†

## Resveratrol

**Known for:** May increase NAD+ in the body, according to preclinical studies.\*†

## Sea Buckthorn Fruit Extract

**Known for:** Promotes antioxidant activity.\*

## Rose Apple Fruit Extract

**Known for:** Promotes antioxidant activity.\*

## Phytoceramides

**Known for:** Promotes healthy cellular aging and skin firmness.\*

## Liposomal Vitamin C

**Known for:** Provides antioxidant with immunity benefits and may stimulate the biosynthesis of collagen.\*

## Biotin

**Known for:** Promotes healthy utilization of fats, carbs, and amino acids and supports hair, skin and nails.\*

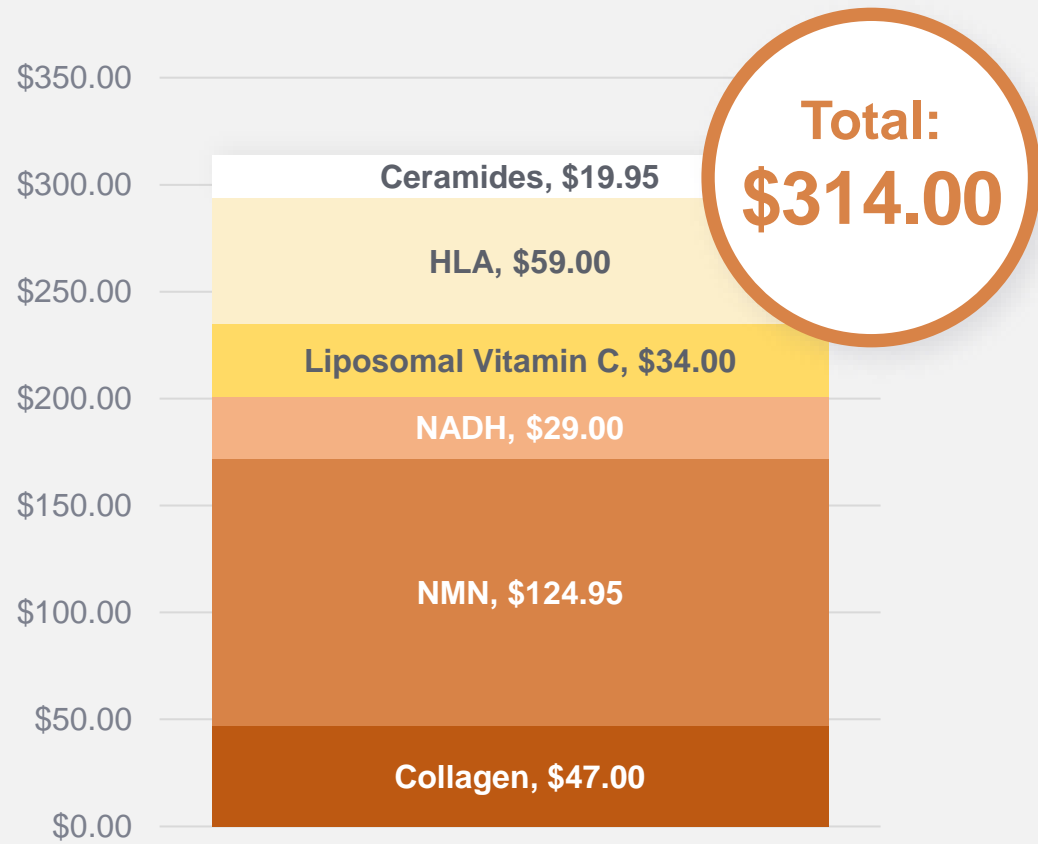


†More confirming clinical research is needed.

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

# MetaPWR™ Advantage Is Great Value

“You’d spend over \$300 to get only a portion of what’s inside Advantage”



\*Equivalent pricing comparisons are from online Amazon individual supplements which have a similar active ingredient dose and may vary in source and concentration.



# METABOLIC HEALTH OBSTACLES



**Maturing  
fat cells**



**Cellular  
integrity**



**Blood sugar  
spikes\***



**Inferior  
supplements**

\*Already in the normal range

# dōTERRA® MetaPWR™ System







# MetaPWR™

## *Metabolic Blend*

---

### Step 1

Add MetaPWR essential oil blend, softgels, beadlets, or gum to your daily routine.





# MetaPWR™

*Assist*



## Step 2

Take MetaPWR Assist with  
your largest meal of the day.





# MetaPWR™

## Advantage

### Step 3

Take one sachet per day.  
Pour the contents into five  
to eight ounces of water.  
Shake to dissolve  
the powder entirely before  
drinking. Enjoy!



## Sample MetaPWR™ Daily Schedule

### MORNING

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

### DAYTIME

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

### EVENING

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



# How to get started



**\$333.33** IN VALUE  
**ONLY \$250**





# Nutrition & Metabolic Support go hand-in-hand



# How to get started

## MetaPWR™ Metabolic System Kit

**\$179**  
+ Free  
Enrollment



# How to save even more

*Purchase one of these...*



dōTERRA Lifelong  
Vitality Pack  
21480001 | 60 PV  
\$80.50



dōTERRA Vegan  
Lifelong Vitality Pack  
60201121 | 60 PV  
\$89.50



MetaPWR™ Advantage  
60222772 | 70 PV  
\$84.50



dōTERRA Lifelong  
Vitality Daily Packs  
60205416 | 60 PV  
\$86.50



dōTERRA Daily  
Nutrient Pack  
21490001 | 50 PV  
\$59.50

*... choose up to 3 additional supplements at reduced prices.*



Microplex VMz®  
15 PV  
\$25.00



Mito2Max®  
15 PV  
\$25.00



xEO Mega®  
15 PV  
\$25.00



Kids Kit (10 Mega® &  
dōTERRA a2z Chewable™)  
15 PV  
\$32.50



Deep Blue  
Polyphenol Complex®  
15 PV  
\$25.00



DigestZen TerraZyme®  
15 PV  
\$25.00



PB Assist+®  
15 PV  
\$25.00



MetaPWR Assist &  
Beadlets  
15 PV  
\$25.00



MetaPWR Advantage®  
45 PV  
\$65.00