

# Live Your Most Powerful Life

What prevents you from living your best and fullest life?

Energy



Weight



Mood



Sleep



Clarity

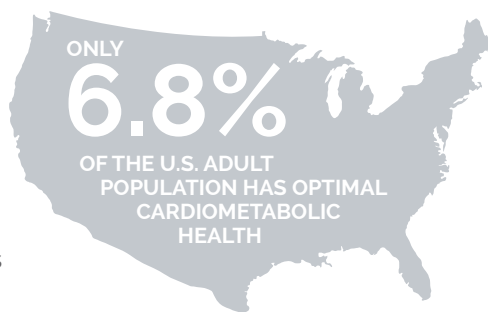


Stress

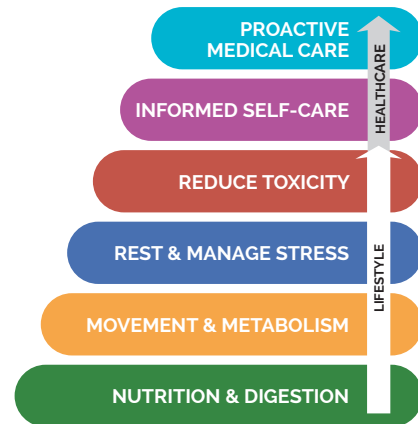


## Why Is Metabolic Health Important?

Good metabolic health means your body can digest and absorb nutrients from food with healthy, stable levels of blood sugar, blood fat, and insulin. Fluctuations in these levels are natural, but it's important to avoid big spikes, which can contribute unfavorably to long-term health.



## A Wellness Lifestyle



## Metabolic Health and Biological Age Are Inseparable

- > As you age, so does your metabolic function.
- > Metabolism influences your energy, weight, body composition, sleep, and cognitive performance.

## Five Pillars of Metabolic Health



Healthy Eating



Daily Movement



Stress Management



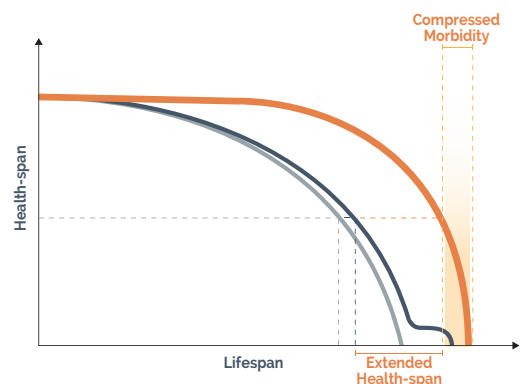
Healthy Connections



Smart Supplementation

## Lifespan versus Health-Span

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



# dōTERRA® MetaPWR™ System



Learn More: Download the MetaPWR eBook for more benefits information and ideas to make MetaPWR part of your routine.



Inhibit  
Fat Cell  
Growth

## MetaPWR Metabolic Blend

Available as an essential oil blend, beadlet, gum, and softgel

- > May inhibit adipose fat cell maturation.\*
- > Helps curb cravings.\*
- > May support metabolic health.\*
- > Supports lifestyle changes that help manage weight.



Smooth  
the Spikes

## MetaPWR Assist

- > Decreases post meal glucose spikes.\*
- > Supports healthy blood sugar responses already in normal range.\*
- > Stabilizes energy levels throughout the day.\*



Look  
Better, Feel  
Better

## MetaPWR Advantage

- > Promotes healthy biological aging.\*
- > Improves cognitive function.\*
- > Supports lean muscle and connective tissues.\*
- > Improves skin elasticity and firmness.\*

## Why Choose MetaPWR Advantage?

- > It contains nine different types of collagen that each support different biological systems—from bone and cartilage strength to skin elasticity.\*
- > The collagen tripeptides in it are 12 times more bioavailable than most conventional collagen supplements on the market.
- > It's formulated with naturally derived nicotinamide mononucleotide, or NMN, to help naturally increase NAD+ and NADH levels in the body.\*

\*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.

## Daily Routine



### Step 1: MetaPWR Metabolic Blend

Eat a well-balanced, whole-food diet and add one or more of the MetaPWR Metabolic Blend products to your daily routine.



### Step 2: MetaPWR Metabolic Assist

Take 15-30 mins before your largest meal of the day for optimal energy.



### Step 3: MetaPWR Advantage

Add a sachet to cold or room temperature water. Shake to dissolve before drinking.



## Get Started Today with the MetaPWR System

Includes: MetaPWR Metabolic Blend, Beadlets, Satiety Gum, Softgels, Assist, and Advantage

- > \$179.00 Wholesale
- > 150 PV
- > \$35 enrollment fee waived