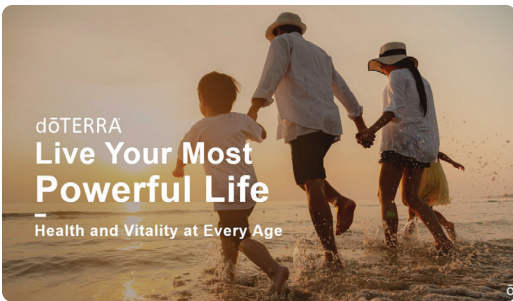




Video

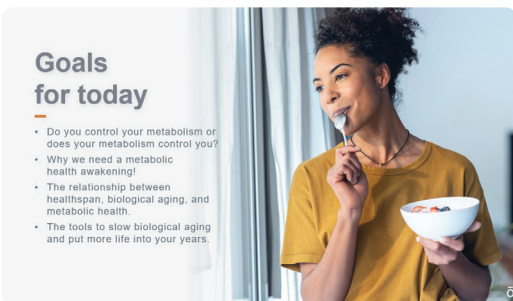
Presenter's Note:

Play the video while you wait for people to settle into the class.



Live Your Most Powerful Life

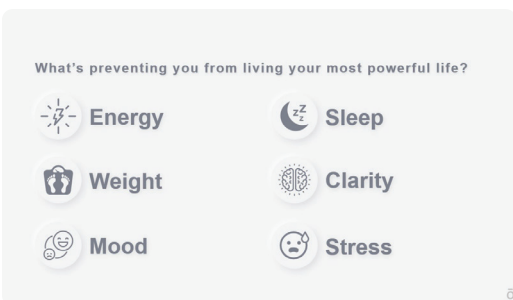
Are you ready to live your most powerful life? Raise of hands—who here wants health and vitality at every age? across different stages of life.



Goals for Today

My goal today is for you to walk away from this class with the answers you need. We're going to address four points:

- Do you control your metabolism or does your metabolism control you?
- Understand why the world needs a metabolic health awakening!
- Learn about the relationship between health-span, biological aging, and metabolic health.
- Discover the tools you need to slow the signs of biological aging and put more life in your years.



What's Standing in Your Way?

Before we dive into the class, I want us to all get to know each other better. Struggling with health challenges, big or small, is something we can all relate to.

What's keeping you from living your best, fullest life? Energy? Sleep? Weight? Mood? Stress? Cognitive clarity?

On your worksheet, there's a space for you to rank how you've been feeling recently. Rank each of these health areas on a scale of one to ten.

One means, "This is a really important area to focus on improving."

Ten means, "I feel great about this area. It's not holding me back right now."

Presenter's Note:

Ask the attendees to share (if they feel comfortable) their areas to improve and what their challenges in those areas are currently.

Now that we have some understanding of what each of us is dealing with, let's talk about what steps we've taken to improve those troubled areas.

Presenter's Note:

Ask for responses from the attendees.



Wellness Starts at a Cellular Level

This is the dōTERRA Wellness Pyramid. It was created around foundational health principles that build on top of each other. Think of it like Jenga blocks. If you remove the foundation, the pyramid would topple because nutrition, digestion, movement, and metabolism impact all other aspects of your health and well-being.

dōTERRA is about proactive, natural ways to address the root concerns. Temporary or superficial solutions aren't enough. In this class, we're going to focus on the metabolism level of this wellness pyramid. We'll discuss how you can support your body on a cellular level so you can live a youthful, vibrant life, no matter your age.

The lifestyle choices you make each day are the foundation for your wellness. dōTERRA has created an easy-to-follow wellness path, and I'm here today to help guide you on that journey.



What's Good Metabolic Health?

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.



Five Pillars of Metabolic Health

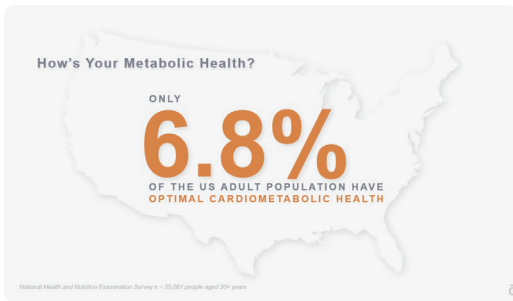
The good news is the choices you make daily can put you in control of your metabolic health! Your metabolism can be optimized at any stage of life by attending to these five pillars.

Healthy eating, daily movement, healthy connections, stress management (including restorative sleep), and smart supplementation are the five keys that will help you to unlock optimal metabolic health.

Smart supplementation is how you double down on the benefits of the other pillars, granting you a greater return on your efforts.

What does optimal metabolic health look like for you? **More energy** so you can keep up with your kids and your social life, **more stamina** throughout the day (ditching caffeine and curbing craving), **improved endurance** during your workouts, a **clearer mind** so you can crush it at work—and who doesn't want to **feel and look great**?

*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.



How's Your Metabolic Health?

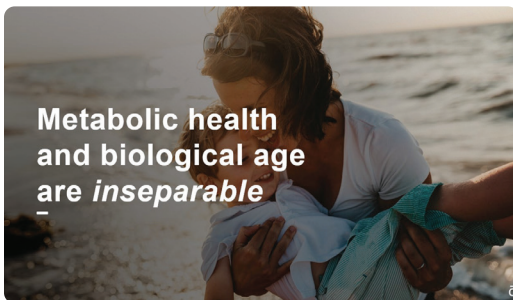
We all want those things! Which is why I want to talk about why the world needs a metabolic health awakening.

Would you be surprised to learn that under 7% of US adults have optimal cardiometabolic health?

So every 14 people you meet, 13 of them have suboptimal metabolic health, and many don't even realize it.

Do you know your biomarkers for blood pressure, blood sugar, and cholesterol? Are you in a healthy weight range? What's your family's history with cardiovascular health?

These are the health markers reviewed in a study of 55,000 US adults. They can predict future quality of life and lifespan.



Metabolic Health and Biological Aging Are Inseparable

Do you know people who look years younger than the number of candles on their birthday cake? Or someone who's the opposite, seeming older? This isn't just a phenomenon that happens with physical appearances.

Different people can appear to be different ages on a cellular level too—it's known as biological age. Biological age is a measure of how young your cells appear, based on how healthy they are or how they behave. Just as outward appearance doesn't always represent numerical age, cellular health doesn't always line up with it either.

More good news! When you take control of your metabolic health, you also slow the signs of biological aging and extend your health-span. Don't just take my word for it! Some of the latest research from Harvard and other top-tier organizations shows metabolic health and biological age are inseparable. This connection means the stronger and healthier your metabolic function, the younger you'll feel from the inside out.

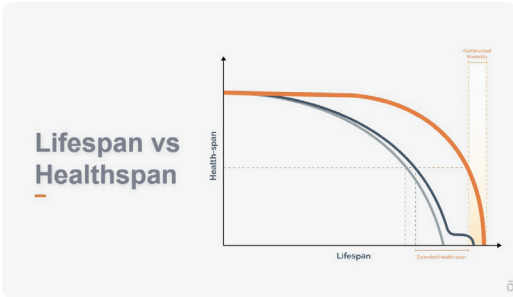
It's a fact of life: as you age, so does your metabolic function. And because your metabolism influences your energy, weight, body composition, sleep, and even cognitive performance, a decline in metabolic health can dramatically impact your quality of life.

Put simply, taking control of your metabolic health now is how you control the rate you age inside and out.



Video with Dr O.

Are you ready to hear from Dr. O? Dr. Russell Osguthorpe serves as the chief medical officer of dōTERRA, and he's going to explain the connection between lifespan and health-span.



Lifespan versus Health-Span

Presenter's Note:

Only go over this slide if you don't show the video on the previous slide from Dr. O.

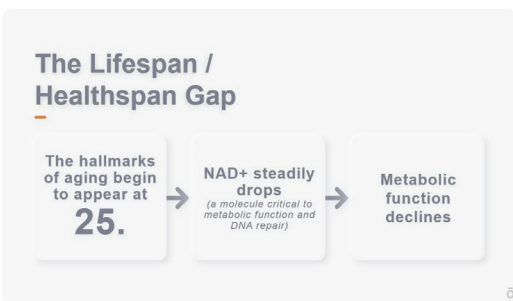
There's a big difference between your lifespan and your potential for health-span.

Medical advances are helping us live longer, but not always with the quality of life needed for fulfilling, powerful lives. Lifespan has exceeded health-span, meaning we're living longer, but not necessarily with vitality and health for all those years. In fact, the last eight years of life are statistically spent with inhibited enjoyment of life because of health limitations.

And it's not just the effects of aging. Life is full of stressors that can make us feel much older than we are. We get aches, can't sleep, experience brain fog, and take longer to bounce back than we'd like. We can feel like we're working overtime just to get through the day.

Is that how you want to live each precious day of your life? Is that how you want to feel in the extra years we've gained through medical advances?

So what's preventing us from living vibrantly? Because the truth is you can control how you feel. It's time to close the gap between lifespan and health-span.



The Lifespan/Health-Span Gap

How do we close that gap? Even for the average healthy person, aging markers begin to show up in your twenties. By the time you reach 50 years old, your body is producing about half the NAD+ it was when you were 20.

What's NAD+?

NAD+ is responsible for two types of reactions in the body:

1. Metabolic function, which converts food and nutrients into cellular energy.
2. Cellular integrity, which protects your cellular energy factories.

Because NAD+ levels steadily fall as you age, there are important implications to metabolic function and the negative effects on DNA that snowball as NAD+ levels decline.

What does that mean? As you age, so does your metabolic function, which plays a role in cellular wellness. And because your metabolism influences your weight, body composition, energy, and even cognitive performance, **to close the gap between lifespan and health-span, you must take control of your metabolic health.**

METABOLIC HEALTH OBSTACLES



Maturing
fat cells



Cellular
integrity



Blood sugar
spikes*



Inferior
supplements

*STUDIED IN THE NORMAL RANGE

6

Metabolic Health Obstacles

We have to overcome four obstacles to metabolic health: maturing fat cells, cellular integrity, spikes in blood sugar (that are already in the normal range), and inferior supplements.

Are you excited to hear there are solutions for all four of these obstacles?

These metabolic health obstacles affect your health-span, making it hard to live a vibrant life. As I said earlier, dōTERRA always seeks to address the root concerns. The new dōTERRA product system for metabolic health fills in the missing piece in your wellness lifestyle plan. It's formulated with the intent to support naturally increasing NAD⁺ and NADH levels in your body (supporting cellular integrity), help smooth out the spiles and dips in your normal-range blood glucose levels by promoting healthy insulin activity and response, curbing cravings, and inhibiting fat cells from maturing. **The new product line was created to provide support for your body on a cellular level, helping you live a youthful, vibrant life.**

What It Feels Like to Live Your Most Powerful Life

Close your eyes for a moment.

Presenter's Note:

Slowly count to five in your mind between guiding your class with each of these prompts.

What if all the years of your life could be lived at their fullest?

Count to five slowly.

What does that look like for you?

Count to five slowly.

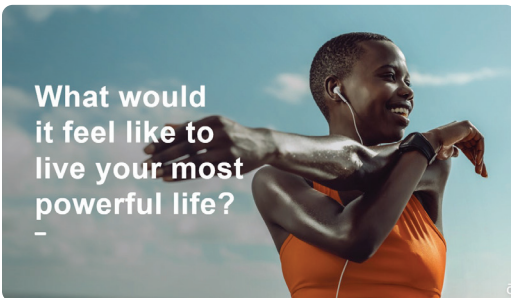
Picture waking up after a great night's sleep with low stress levels and the energy to do whatever you wanted.

Count to five slowly.

Your mind's clear, you're at your healthiest weight, and you can't help but smile as you look in the mirror, seeing the outside you matches how you feel on the inside.

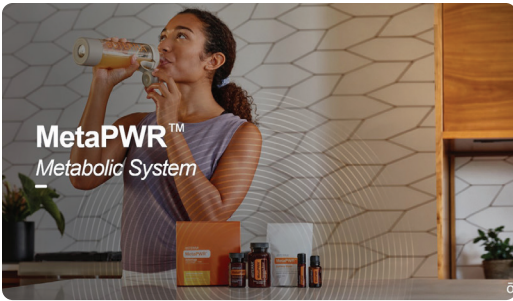
Count to five slowly.

Now open your eyes. What did you see? How did it feel?



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

6



MetaPWR™ Metabolic System

Say hello to the **MetaPWR** Metabolic System! Meta for “metabolic health” and PWR for “personal wellness realized.”

Remember the five pillars of metabolic health: healthy eating, daily movement, healthy connections, stress management, and smart supplementation? Well, smart supplementation is how you can get a greater return on your efforts with the other four pillars. We all eat, move, sleep—supplementation is where MetaPWR steps in.

These natural products—combined with healthy lifestyle choices—are powerful keys for unlocking your personal wellness. MetaPWR isn't a single product. It's a product system designed to help optimize your metabolic health. Every product features MetaPWR Metabolic Blend as a primary ingredient, so the power of pure essential oils fuels every aspect of the system.

You don't just want to live a long life—you want to live a long, healthy life. Each product in the MetaPWR system is an answer to one of the metabolic health obstacles we've covered. As a product line, MetaPWR supports your metabolic function, powering your body effectively, slowing the signs of biological aging, and closing the gap between lifespan and health-span.

Let's break down three key steps in the system!

Maturing Fat Cells

As I walk through the three steps, I'm going to share how the MetaPWR™ system combats each of the metabolic health obstacles, starting with maturing fat cells.



Balloon Analogy

As you lose weight, you don't actually reduce the number of fat cells in your body. You simply burn the fat stored within each cell, causing them to become smaller.

Did you know upon reaching adulthood, the number of fat cells in the human body more or less stay the same? These cells can grow and shrink, and 5–10% die each year, but they're replaced.

The steps you take to restrict fat cell growth are what makes the biggest difference to your body-fat percentage, or BMI. Fat cells grow when they retain droplets of fatty acids, usually because you're regularly consuming more food than needed.

Presenter's Note:

Have three groups of three yellow balloons—the first group of three barely inflated, the second group of three halfway inflated, and the third group of three fully inflated.

These piles of balloons represent adipose fat cells.

Hold up the three smallest balloons.



Here are your fat cells before they're full of fatty acids.

Hold up the second set of three half-inflated balloons.

Say that same pile of fat cells continued filling up with fatty acids. Look how much more space they take up.

Hold up the fully inflated balloons.

And here are fat cells filled with fatty acids, becoming large.

What if I told you there's a way you can slow the growth of your fat cells so they stay *[holding up smallest balloons]* this size and are less likely to inflate like these balloons *[holding up largest balloons]*.



MetaPWR™ Metabolic Blend

We all understand healthy food and beverage choices, combined with regular physical activity, can reduce the size of existing fat cells. MetaPWR Metabolic Blend is uniquely formulated to support these lifestyle choices by curbing hunger cravings between meals. Plus, some unpublished preclinical research by Roseman University of Health Sciences on the new MetaPWR essential oil blend has shown it may inhibit the maturation of new adipose fat cells and growth of existing fat cells. More confirming clinical research is needed, but you can learn more about this research in the course I am going to share with you, if interested.

Now, here's where things get really exciting. Remember, your cells—including fat cells—don't live forever. By using any of the MetaPWR Metabolic Blend products daily, combined with natural cell death and turnover, we have the potential to maintain new fat cells at their smallest size. That means the MetaPWR Metabolic Blend can support your goals, now and long-term. This is why it is such an important part of the MetaPWR system.

MetaPWR Metabolic Blend features clinically balanced ratios of CPTG Certified Pure Tested Grade® Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark essential oils. When all five of these essential oils are combined at the right ratios, something powerful can happen.

- May inhibit fat cell maturation—science speak for "may reduce the likelihood of fat cells growing."
- May help to curb cravings.
- Supports overall metabolic health!

There are four ways you can enjoy this essential oil blend: the 15 mL bottle, beadlets, gum, and softgels. Plus, the blend is in every product in the MetaPWR system.

Sampling moment:

Who wants to try it? It tastes delicious!

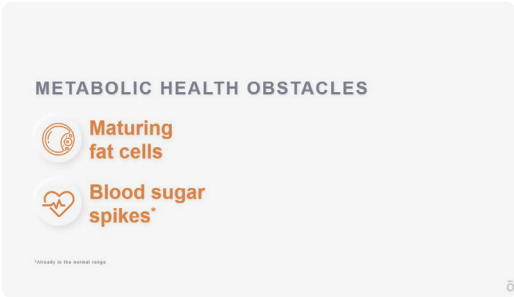
Pass around the beadlets or gum.



Video Power Story with Ange

Presenter's Note:

Play video.



Blood Sugar Spikes

The second metabolic health obstacle we talked about was blood sugar spikes.



Car Analogy

It's been said each time your blood sugar spikes, you age. I love thinking of bodies like cars. If you're putting your foot to the floor on the accelerator and then slamming on the brakes, it's going to wear down your car. It isn't good for your brakes, tires, seatbelt, and more.

Even normal-range spikes and dips in your blood sugar can be hard on your body, contributing to poor cellular function. Most people naturally have post meal blood glucose spikes. Some may also experience blood glucose dips if the wait between meals is too long.

The more you can smooth out the spikes and dips in your blood glucose and insulin curves, the better! Doing so also helps to optimize and sustain your energy levels throughout the day.



MetaPWR™ Assist

MetaPWR Assist is a natural supplement formulated to help smooth out the curves in normal-range blood sugar around mealtimes.*

This product is so important for closing the gap between your lifespan and health-span. We want to live longer and enjoy maximum amount of life in those years, right?

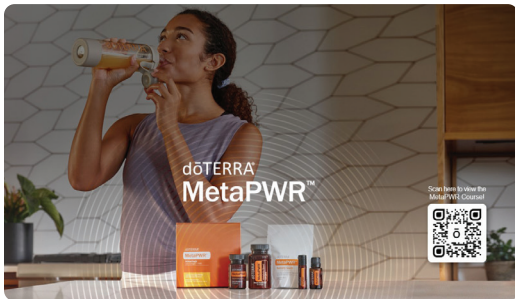
Blood sugar levels are one of the most significant markers of health. These levels naturally fluctuate, depending on food and activity patterns. Over time, elevated blood sugar levels can have permanent consequences on the body. Coming back to the car analogy, if you're slamming on the gas and braking hard every day, that car's wear and tear will progress faster than if you're driving smoothly. It'll end up costing you more in repairs and losing value quicker!

MetaPWR Assist features mulberry leaf extract, which has been shown to reduce normal-range post meal blood sugar spikes by 42% when taken before or with your meal. When you take one MetaPWR Assist capsule, the mulberry leaf extract helps your body metabolize what you just ate slower. Of course, MetaPWR Assist is designed to be paired with a healthy, whole-food diet.

While a whole-food diet and regular exercise are the best ways to promote healthy blood sugar regulation, let's not forget that **under 7% of the US adult population** have optimal metabolic health! So most of us could afford a little support. This supplement is the assist we all need at mealtimes.

Class Suggestion:

Show your attendees how you take these on the go with you, like in a bottle on your desk at work.



Course Call to Action

Before we move on, who here loves to geek out on science and research?

dōTERRA has clinical results for MetaPWR™ Assist and the other products in the system. There's also an amazing in-depth online course loaded with content from doctors and research scientists! Just scan the QR code on this slide to get access.



Video Power Story with Orion

Presenter's Note:

Play video.



Cellular Integrity

The third obstacle to metabolic health is cellular integrity.



Look Good, Feel Good from the Inside Out

For this next part, there are two key things I want you to understand about the relationship between aging and cellular integrity.

First, collagen is the most abundant protein in the human body. Did you know you have 28 types of collagen in your body? Collagen is a key component of connective tissues that make up tendons, ligaments, skin, muscles, and more. Collagen gives your skin its elasticity and firmness, and it also supports lean muscle and connective tissues. Connective tissues give your body structure and strength. The ligaments in your knee, for example, are composed of collagen. They allow your knee to flex, bend, and absorb shock.

While collagen is something humans and animals produce naturally, the natural production of it drops with age, starting from age 25. As you age (or simply because of an active lifestyle), repeated stresses are put on your joints, muscles, tendons, and other connective tissues. Even the ever-present force of gravity is constantly taking its toll on your collagen-containing tissues.

Second, as I mentioned earlier NADH and NAD⁺ are crucial for mitochondrial maintenance, especially related to metabolic function. They convert food into energy and offer protection to cellular energy factories.

While your body produces NAD⁺ and NADH naturally, production begins dropping dramatically around middle age and continues doing so until death. Without sufficient NAD⁺ levels in the body, your cells can't generate the energy needed to survive and carry out their functions.

Basically, without NAD⁺ we'd be on the fast track to death! New research and studies are helping us better understand how we can supplement and support production of NAD⁺ in the body, regardless of age. Preclinical studies suggest supplementing with NMN may increase NAD⁺, leading to more youthful functioning of cells and body systems.*

I know that's a lot of information and acronyms, but you'll understand why it's so important in just a minute.



MetaPWR™ Advantage

Here it is! The third step in the MetaPWR system combines the power of marine collagen, NMN, and 10 other synergistic ingredients to target cellular integrity and health-span. It's a powerhouse!

This product can replace vital collagen your tissues need and support natural production of NAD⁺ in your body, helping you slow the signs of aging inside and out. The 12 synergistic ingredients in MetaPWR Advantage give your cells what they need to support cellular integrity.

The result is slower biological aging; firmer, more elastic skin; improved cognitive function; more lean muscle and connective tissue, and more!

MetaPWR Advantage is a game-changing powdered supplement you can mix with water in a shaker bottle. Use it daily to slow signs of biological aging and extend your health-span, regardless of your current age.* Nothing out there even compares to it.

Sampling moment:

Who'd like to try it?

Pass out the shot glass-amount samples. Offer tips on how you add a drop of MetaPWR Metabolic Blend or combine it with your greens.



Video Power Story with Courtney

Presenter's Note:

Play video.

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

12x
more
bioavailable

9
unique
collagen
types

Activated by
YOU

QR CODE

What You've Been Told about Collagen Is Wrong

Some of you may already be taking a collagen supplement. Raise your hand if you're already using a collagen replacement.

However, a lot of what you've read about "the best collagen" available is just good marketing. dōTERRA doesn't spend loads of money on marketing. They spend their energy sourcing the best, purest ingredients available, as well as the best science to effectively deliver those ingredients to your cells.

So let me give you the highlights for why the collagen in MetaPWR™ Advantage is superior to anything else you may have tried.

First, it's 12 times more absorbable (or bioavailable) than other collagen products.

When supplementing with collagen, bioavailability is important to consider. When a supplement or nutrient is easily absorbed and used by your body, it's considered bioavailable. The number of grams you read on the label isn't what determines how much collagen your cells will receive after taking it. Bioavailability factors in.

That means if you were to give someone a regular collagen bottle you might find on Amazon and compare the milligram levels, you'll absorb approximately 12 times more into your cells with MetaPWR™ Advantage than the product from Amazon.

Second, most collagen-replacing products only feature one or two collagen tripeptide types. MetaPWR Advantage contains nine unique collagen types.

Most collagen products feature the one or two collagen types most relevant to skin beauty, elasticity, and wrinkles. MetaPWR Advantage features those types of collagen, but it also includes seven other unique collagen peptide types. Remember, collagen is the most abundant protein in the human body, and there are 28 known types. Supplementing with a wide range of diverse collagen types helps promote joint mobility, tissue strength, and skin elasticity. So you get all the beauty benefits and can recover faster from workouts, gain an edge with flexibility in your joints, and move with more ease, no matter your age!

And finally, it's activated by YOU! MetaPWR Advantage is a hydrolyzed powder format, activated by you when you mix with water before consuming.

Most prepackaged liquid collagens use a process to sterilize their water-based delivery system. Doing so eliminates the harmful bacteria and beneficial active ingredients like vitamins, flavonoids, and polyphenols. And despite this process, they're actually less shelf stable than MetaPWR Advantage. It also means they're shipping heavy water around the globe, increasing carbon emissions.

MetaPWR Advantage is delivered to you in hydrolyzed powder format for a more active and bioavailable delivery system at the time of taking it. Simply mix it with water immediately before you drink it. When you mix MetaPWR Advantage with cool or room temperature water, you're consuming it as a liquid, meaning your body can easily absorb the stable, nondegraded nutrients without the sugar content that accompanies a prepackaged juice format or the value loss that occurs during pasteurization.

Along with being powdered, the collagen in MetaPWR Advantage is also hydrolyzed, meaning it's cut into specific tripeptide fragments, which dramatically increases bioavailability.

Collagen Types

dōTERRA sources collagen from sustainably harvested cold-water marine fish in exotic locations like Italy. MetaPWR™ Advantage is tested more extensively for heavy metals than any other dōTERRA supplement.

Other collagen products on the market—whether from land or marine sources—typically contain tripeptide content of 15–35%. MetaPWR Advantage collagen is over 70% tripeptide fragments for superior absorption.

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*
Collagen protein	Collagen fibrillin*
Vascular protein sorting 3/A	Involved in cell growth and differentiation*

*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.

Synergistic Ingredients

Presenter's Note:

Read the ingredients on the slide and what benefits they're known for.

Formulated with Synergistic Ingredients

- MetaPWR™ Metabolic Blend**: Known for: Helps control weight and may assist fat cell growth?
- Reversitol**: 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 improved bioavailability and may stimulate the biosynthesis of collagen.*
- Biotin**: Known for: Promotes healthy circulation of fats, carbs, and amino acids and supports hair, skin and nails.*
- 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 healthy skin, joint support.*

*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 Is Great Value

Safe, effective, and natural solutions don't have to break your budget. By combining all these powerhouse ingredients in one product, dōTERRA is simplifying your routine and saving you money.

MetaPWR™ Advantage Is Great Value

"You'd spend over \$300 to get only a portion of what's inside Advantage"

Ingredient	Value
Ceramides	\$19.95
HLA	\$69.00
Liposomal Vitamin C	\$34.00
NADH	\$19.00
NMN	\$124.95
Collagen	\$47.00
Total	\$314.00


MetaPWR Advantage is valued at **\$34.00** (300% TSPV)

*Comparative pricing comparisons are from online Amazon individual shipments which have a variable active ingredient dose and may vary by brand and concentration.

METABOLIC HEALTH OBSTACLES

 **Maturing fat cells**

 **Cellular integrity**

 **Blood sugar spikes***

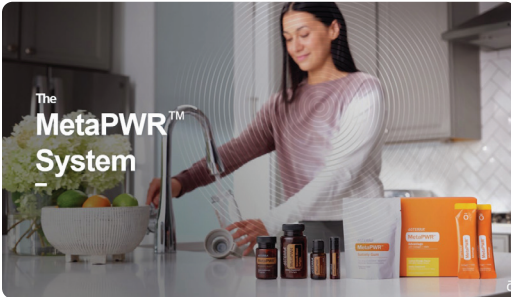
 **Inferior supplements**

*TRENDS IN THE MEDICAL FIELD

6

Obstacles Recap

Do you remember those four metabolic health obstacles we talked about at the beginning of this class?



6

System Recap

When combined with healthy lifestyle choices, this superior supplement system is one everyone can use to overcome those obstacles.

The MetaPWR™ Metabolic System is safe, effective, affordable, and easy to use!



Power Stories Compilation

Presenter's Note:

This is a great opportunity to share your own MetaPWR™ experience.

"And I'm not the only one. . . ."

Play video.

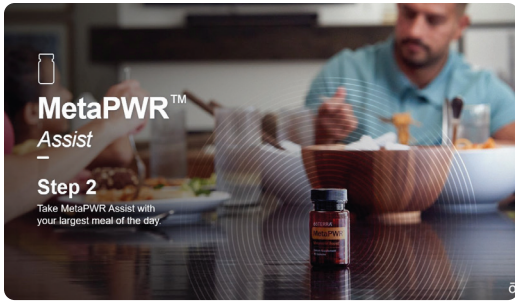


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Step 1

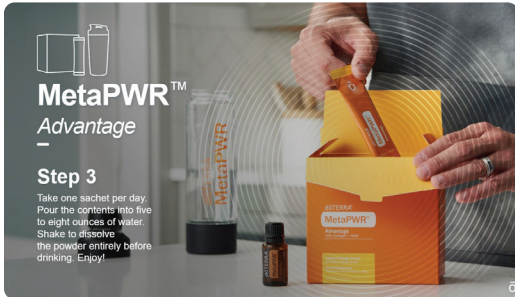
I know that was quite a bit of information—you might be feeling overwhelmed. Let me break it down into three simple steps so you can see how easy it is to incorporate these products into your life. Most people begin to feel the benefits within a week or two.

- Eat a well-balanced, whole-food diet and add one or more of the MetaPWR™ Metabolic Blend products to your daily routine.
- Add the essential oil blend to your water bottle when you fill it up in the morning (habit stacking!).
- Take a softgel with your morning and afternoon dōTERRA Lifelong Vitality Pack® (LLV) doses.
- Pop a beadlet or piece of gum in your mouth when cravings hit to take off the edge!



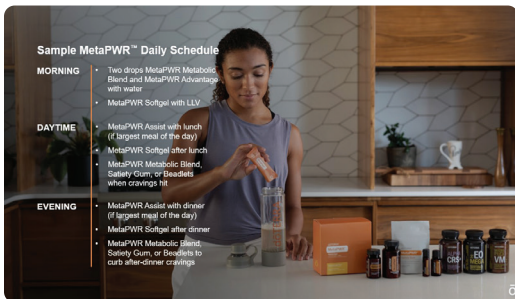
Step 2

- Take 15–30 minutes before your largest meal of the day. (If forgotten or preferred, take with your meal.)
- For extra support, take one capsule with each meal of the day.



Step 3

- Once a day whenever you like, add one sachet to cold or room temperature water in a shaker bottle. (For those excited to be super users, you can safely use MetaPWR Advantage two or three times a day!)



Sample Supplement Schedule

Presenter's Note:

Read the day summary and then pause for any questions.



LLV + MetaPWR™

Metabolic health means your body can digest and absorb nutrients from food without spikes in blood sugar, blood fat, and insulin (already in the normal range).

Nutrition and metabolism have a synergistic effect on your health and overall wellness. While nutrition is the process of nutrient acquisition from your environment, metabolism is the chemical process your body uses to transform the food you eat into fuel. Studies have found persistent disturbance of nutrient metabolism or energy homeostasis—caused by either nutrient deficiency or excess—induces cellular stress, leading to metabolic dysregulation.

Nutrition and metabolic support go hand in hand.

We know even the best diets are deficient in vital nutrients. The dōTERRA Lifelong Vitality Pack® (LLV) was created to fill the gaps. MetaPWR can calibrate your health from the baseline of the dōTERRA Wellness Lifestyle Pyramid with optimal nutrition and optimize your metabolism, curb cravings, and shed excess weight.

They're the perfect health and vitality pairing.



Nutrition & Metabolic Support
go hand-in-hand

How to Get Started: Convention Kit

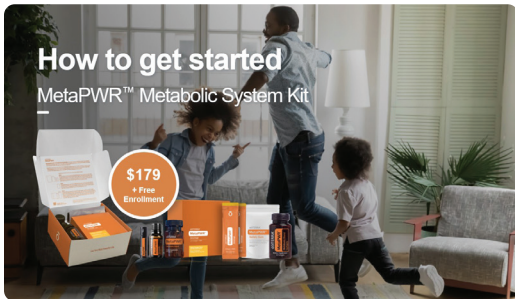
Only use this slide while the convention kit is still available.

Every year at convention, dōTERRA releases several incredible products in one kit, which includes all their new products, at an incredible discounted bundle price. The new metabolic product range is part of this epic bundle!

This is an amazing way to get started and gives you an opportunity to experience all these amazing products in addition to the MetaPWR™ line!

Presenter's Note:

It'd be helpful if you had a convention kit to show the products in person. This would be a great time to invite people to join you for Post Convention Tour if you're attending or share the calendar with your team so they can attend.



How to get started
MetaPWR™ Metabolic System Kit

\$179
+ Free Enrollment

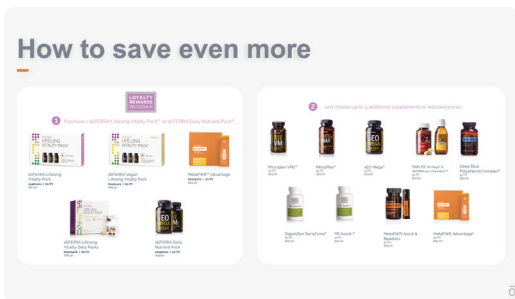
How to Get Started: MetaPWR™ System Kit

Did you know dōTERRA offers custom enrollment kits? Yes, you get to pick exactly what you want to get started with. And as long as it's over 150 PV (about \$150), they waive the \$35 enrollment fee.

Guess what? The MetaPWR system qualifies! The entire system is only \$179!

Presenter's Note:

You can also say, "If you'd like, you can also add on the dōTERRA Lifelong Vitality Pack® when you get started. If you would like to know more about the LLV, just let me know I come around to answer your individual questions."



How to save even more

Save Even More

For those of you who already have a dōTERRA membership, you can save even more by adding the MetaPWR™ system to your LRP. For those of you who are excited to have multiple people in your household use these products or maybe you want to be a super user, there's a cart within a cart option—just like the LLV. By adding the MetaPWR system to your LRP, you'll get the option to add other individual products as well at a discount.

For those of you who are already thinking you'll never want to live without a certain product, just know that dōTERRA is an amazing company that rewards loyal customers. I'll show you how to save even more on these products when your order arrives.