
Noel's MetaPWR Program

The MetaPWR program supports weight management and promotes overall wellness. Here's how I've successfully used the program to reduce 22 kg as of February 2025.

My Daily Routine

1. MetaPWR Advantage

- **Dosage:** 1 sachet daily
- **Timing:** I prefer taking it in the afternoon for a tasty treat, but it can be taken in the morning or evening depending on personal preference.
- **Benefits:** Healthy skin, hair, nails while activating metabolism.
- **Key Ingredients:** Collagen, resveratrol, NMN and Hyaluronic Acid

2. MetaPWR Assist

- **Dosage:** 1 capsule
- **Timing:** Ideally taken 15-30 minutes before my largest carbohydrate meal. Can also be effective when taken during or after the meal.
- **Benefits:** Helps manage carbohydrate intake and glucose spikes. For healthy blood sugar responses.
- **Key Ingredients:** Berberine, Mulberry leaf and cinnamon

3. MetaPWR Essential Oil

- **Dosage:** 4-6 drops throughout the day
- **Timing:** I take 2 drops in the morning, 2 in the evening, and when I first started I was also taking 2 at lunchtime.
- **Benefits:** Assists in reducing fat storage and curbing cravings, promoting a balanced appetite.
- **Key ingredients:** Essential oils of grapefruit, lemon, ginger, peppermint and cinnamon.

Key Takeaways

- **Personalization:** Each product can be timed according to individual preferences and lifestyles.
- **Consistency:** Regular use contributes to significant weight management results.
- **Holistic Approach:** Combining these elements fosters not just weight loss but also enhanced overall wellness.
- **Diet:** Even in Italy while eating all the amazing foods I have still continued to reduce my weight.

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