

Quickstart Guide to Your dōTERRA® MetaPWR™ Kit



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

dōTERRA® MetaPWR™

The MetaPWR™ Metabolic System

is free of soy, nuts, shellfish, pesticides, gluten, sugar, dairy, artificial sweeteners and flavors, GMOs, glyphosate, and preservatives.

MetaPWR Softgels are also carrageenan-free.

MetaPWR Advantage has been tested for more types of heavy metal than any other company product.

MetaPWR Assist and MetaPWR Metabolic Blend (including the beadlets, softgels, and gum) are vegetarian- and vegan-friendly.



30-Day Tracker

Track your progress with the MetaPWR™ System every day to ensure you're creating a routine that'll support a healthy, vibrant lifestyle!

Don't forget to include other healthy habits, like sleeping for six to eight hours, drinking plenty of water, eating whole foods, exercising daily, and anything else you want to incorporate into your lifestyle.

Routine	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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