

MetaPWR™ Metabolic System

1. Why do I need an entire product line to address metabolic health?

- a. The MetaPWR™ Metabolic System is more than an essential oil blend, collagen supplement, or any singular benefit from one of the products. It's called the MetaPWR system because it is supposed to be used as a *system*. The products were created and designed to be used in conjunction with each other. You'll see better results and have greater success if you use all the MetaPWR products together. They don't all do the same thing—each offers specific and unique benefits—but they also magnify the effectiveness of each other. For example, using MetaPWR Advantage has its own benefits and specialty, but it also improves the effectiveness and success of MetaPWR essential oil blend and MetaPWR Assist. And the same is true in reverse. The MetaPWR system is truly a case where the whole is greater than the sum of the parts.

2. What's the best regimen for taking the MetaPWR™ system?

- a. The best regimen is the one you'll follow. Customizing your use of the MetaPWR system is important because everyone's goals and needs are different. One person might need to take three to five MetaPWR Softgels spread throughout their day, while another may rely more on the gum and beadlets to help them on an as-needed basis. MetaPWR Advantage should generally be taken once a day but can be taken twice a day if desired. MetaPWR Assist can be taken daily with your largest meal. Remember, MetaPWR products are only part of the equation. Exercise, healthy meals, and sleep are all essential to anyone's MetaPWR regimen and are also subject to personalization and customization depending on individual goals and circumstances. You can also combine MetaPWR with other supplementation like the dōTERRA Lifelong Vitality Pack® (LLV)—what we recommend as the foundation of all supplementation routines to give your body the micronutrients it needs to function optimally.

3. Do I need both LLV and the MetaPWR™ system?

- a. The functions of LLV and the MetaPWR system are different, each addressing unique needs. We know even the best diets are deficient in vital micronutrients. LLV was created to fill the gaps.* The MetaPWR system doesn't provide the minerals and vitamins that LLV does. Rather, its products offer additional support for curbing cravings, reducing fat cells, managing glucose levels already in the normal range, sustaining energy, improving appearance, and functioning at more youthful levels. *
- b. 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. If you're experiencing a vitamin deficiency, *your metabolism is going to struggle*.
- c. *Nutrition and metabolic support go hand in hand. They're the perfect health and vitality pairing.*

4. Can kids and teenagers use the MetaPWR™ system?

- a. Children's metabolic health is largely under the influence of their parents and normally doesn't require supplemental assistance. Focusing on the other four pillars of metabolic health (healthy eating, daily movement, stress management, and health connections) in the younger years of our children's lives will be of great benefit. As teenagers' diets degrade outside of their homes, it may be beneficial for them to use these supplements.

5. Is the MetaPWR™ system safe to use during pregnancy and breastfeeding?

- a. As a rule, expectant and breastfeeding mothers should always consult with their healthcare provider about anything they plan to take during their pregnancy or while nursing. MetaPWR products are no exception. Talk to your provider about your personal situation, but we know of no ingredients in MetaPWR products that would make using them unsafe during pregnancy or breastfeeding.

6. Can MetaPWR™ Assist help with blood glucose control?

- a. Everyone can benefit from better glucose control. This product helps with that challenge in two ways: by decreasing absorption of carbohydrates into the bloodstream and by increasing the cellular sensitivity to insulin.* Anyone with a medical condition should follow the counsel of their physician when trying any new metabolic product.

7. Can people on a ketogenic diet use the MetaPWR™ products?

- a. This is not just a glucose control product. With powerful ingredients such as resveratrol, sea buckthorn, NMN, NADH, and collagen, those on a ketogenic diet can still receive incredible benefits from taking this product.*

8. How long will it take for me to feel positive impact from the MetaPWR™ system?

- a. Participants in our pilot focus groups who were adhering to a fitness and nutrition plan in addition to their daily use of the MetaPWR system reported benefits to their cognitive clarity, energy, and cravings within one to three weeks.*

9. Does all the research done by dōTERRA mean the MetaPWR™ system will be an FDA-approved product line?

- a. Because the MetaPWR system is a supplement line, and the FDA "doesn't have an approval process for supplements," these products won't have any type of over-the-counter status or other FDA approval as a drug. The research for these products is still exciting as it helps us understand the powerful benefits of the MetaPWR system. The research can also help us know what claims we can make about the effectiveness and purpose of these products. But because they're classified as supplements and not drugs, there will still be limits on the types of claims you can make about MetaPWR products, and you should still include the FDA disclaimer where required. For help knowing what you can and cannot say about MetaPWR products, refer to this [document](#).

10. Can people who don't want to lose weight but want healthy aging still benefit from the MetaPWR™ product?

- a. Yes! *Metabolism affects healthy aging.* A healthy body that is functioning efficiently at the cellular level provides our organ systems with optimal amounts of energy, and this process can be sustained by making healthy life choices. Indeed, our cells can function at a more youthful level if we pay close attention to our metabolism and how our bodies use energy. Think of the way a car engine burns gasoline for fuel. This process generates kinetic energy (movement). It also has a byproduct: exhaust. As your body creates and uses energy, it also creates a byproduct: free radicals. Free radicals are generated during metabolic processes. They have some purposes, but a buildup of free radicals can cause oxidative stress, which ages your cells. MetaPWR products can optimize the positive effects of your healthy choices.* Many of the

ingredients included in MetaPWR products were specifically chosen for their ability to optimize metabolic efficiency, so fewer free radicals are generated.*

11. Who's contraindicated? Are there any major health risks or concerns with taking the new products? Which categories of people need to be careful?

- a. Anyone with a medical condition should consult a healthcare provider before starting a new supplement. These supplements are powerful and will support our system in maintaining and optimizing metabolic health.* Those with blood sugar challenges, in addition to consulting a physician, should closely monitor the effects these products have on their response to the foods they eat and the exercise they engage in.

12. Are the MetaPWR™ products vegan?

- a. MetaPWR Metabolic Blend—including the beadlets, softgels, and gum—is vegetarian- and vegan-friendly. So is MetaPWR Assist. However, MetaPWR Advantage isn't. dōTERRA tries to provide plant-based supplement options when possible, and those who don't wish to consume fish or marine-based products because of diet restrictions or personal preferences may be wondering whether a plant-based MetaPWR Advantage will be available. Collagen is synthesized by animals, so it's available exclusively from them. You may see products marketed as vegan collagen. However, if you look closely, you'll see the "collagen" is usually a collection of vegan-sourced amino acids—not actual collagen tripeptides. But remember, collagen is something your body makes naturally! MetaPWR Advantage is designed to supplement the collagen your body isn't producing as abundantly as it used to. Supplemental collagen in MetaPWR Advantage helps *replace* collagen in your body. There are also collagen-building alternatives, including compounds that naturally assist your body increase its own collagen supply! dōTERRA already offers Yarrow|Pom Cellular Beauty Capsules, which are vegan and naturally support your body's synthesis of collagen.*

Key Questions to Address with MetaPWR™ Metabolic Blend

1. How does MetaPWR™ Metabolic Blend reduce adipose fat cells?

- a. When all five of these essential oils—Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark—are combined at the right ratios, something powerful happens. Preclinical research suggests ingestion of the essential oil blend may help reduce the amount of fat stored by your fat cells, but more confirming clinical research is needed.*

2. Does dōTERRA have scientific support that MetaPWR™ Metabolic Blend works?

- a. Recent preclinical research on the MetaPWR essential oil blend suggests it can limit the development of new fat cells and growth of existing fat cells, but more confirming clinical research is needed.*

3. If I don't need or want to lose weight, will I still benefit from MetaPWR™ Metabolic Blend?

- a. Daily use of this proprietary essential oil blend can be part of a healthy, active lifestyle in other ways. Limonene, a prominent chemical compound in the product, may support a healthy metabolism when ingested, and Peppermint essential oil—one of the ingredients—has been shown to enhance exercise performance when consumed.* The essential oil blend also has an uplifting, stimulating aroma that can be incorporated into daily routines supporting individual goals.

4. **Does the suggested daily dose of MetaPWR™ Metabolic Blend get me the same amount as what was used in the studies?**
 - a. The dose used in the MetaPWR Metabolic Blend adipogenesis studies is physiologically relevant. The multiple use forms (softgel, beadlet, gum, essential oil blend) are formulated to provide both a safe and effective dose of essential oil throughout the day. Direct dosing between in vitro studies and in vivo application is a complicated process that involves future dōTERRA research and clinical confirmation.
5. **Research on MetaPWR™ Metabolic Blend shows it can pause the growth of adipose fat cells. What about fat that's already been deposited?**
 - a. Recent preclinical research on the MetaPWR essential oil blend suggests it can limit the development of new fat cells and growth of existing fat cells.* This is exciting news! More confirming clinical research is needed, and dōTERRA is committed to continuing research on this important topic.

Key Questions to Address with MetaPWR™ Assist

1. **Why is it important to smooth blood sugar dips and spikes?**
 - a. Blood sugar levels are among the most significant markers of health. These levels naturally fluctuate within the normal range depending on eating and activity patterns. Excessively high peaks and low valleys are hallmarks of metabolic problems. Over time, elevated blood sugar levels can have permanent consequences on the body. Every time your blood sugar spikes, you age.
2. **Can I use MetaPWR™ Assist with more than one meal a day?**
 - a. Yes. When you take MetaPWR Assist with a meal, the mulberry leaf extract helps your body slow the digestion of the carbohydrates you just ate.* Of course, MetaPWR Assist is supposed to be paired with a healthy, balanced diet. We want you to eat nutrient-rich, fiber-filled complex carbohydrates! MetaPWR Assist gives your body a little extra help keeping those normal-range blood glucose levels steady.*
3. **What's in MetaPWR™ Assist?**
 - a. Mulberry leaf extract is the most prominent and important ingredient in MetaPWR Assist because it helps all carbohydrates—fast and slow—act like slow carbohydrates.*
4. **How does MetaPWR™ Assist work?**
 - a. One of the main ingredients in MetaPWR Assist is mulberry leaf extract, which has been shown to reduce carbohydrate digestion by up to 42% when taken with a meal.* It slows the conversion of carbohydrates to glucose (blood sugar), so instead of a giant spike and drop, you experience more narrow changes or an optimal curve.* The iminosugars of the mulberry leaves interact with the digestive enzymes that metabolize carbohydrates, slowing their digestion so the glucose doesn't hit your blood stream as quickly.*
5. **Does dōTERRA have scientific support that MetaPWR™ Assist works?**
 - a. dōTERRA completed a two-week double-blind, placebo-controlled trial. Participants were given a standardized meal at breakfast and underwent continuous glucose monitoring throughout the day. For the first week of the trial, the participants were given a placebo, and in the second week, they were given

MetaPWR Assist. Blood Glucose monitoring occurred every 15 minutes throughout the trial to provide quality data. In the first week, when participants received the placebo, the average continuous blood sugar level was 102. In the second week, when participants received MetaPWR Assist, the average blood glucose level was down 13% to 89.*

6. If I'm on a low-carb diet, can MetaPWR Assist still benefit me?

- a. Yes. Low-carb diets aren't no-carb diets, and the ingredients in MetaPWR Assist may help block the carbs that sneak into our diets in ways we may not be aware of.* Also, MetaPWR Assist may help the glucose our own system creates get into our cells where it belongs, thus supporting a normal glucose metabolism.* For example, if your blood glucose level is 80 on a keto diet, that means you still have glucose in the blood and MetaPWR Assist may help that glucose appropriately assimilate into cells.*

7. What's the difference between MetaPWR™ Assist and MetaPWR Softgels? Do I need both?

- a. MetaPWR Softgels may help curb hunger cravings, reduce fat cells, and support healthy metabolic function.* MetaPWR Assist slows the conversion of carbohydrates to glucose (blood sugar).*

8. Why do I need to pair MetaPWR™ Assist with MetaPWR Advantage?

- a. The reality is also that *metabolism affects healthy aging*. A healthy body that is functioning efficiently at the cellular level provides our organ systems with optimal amounts of energy. Indeed, our cells can act younger if we pay close attention to our metabolism and how our bodies use energy and handle oxidative stress.

Key Questions to Address with MetaPWR™ Advantage

1. What's NMN?

- a. NMN stands for nicotinamide mononucleotide, a molecule naturally occurring in all life forms. At the molecular level, it is a ribonucleotide, which is a basic structural unit of the nucleic acid RNA. The molecule is composed of nicotinamide, ribose, and phosphate groups (Figure 1). NMN is the direct precursor of the essential molecule nicotinamide adenine dinucleotide (NAD⁺) and is considered a key component to increased NAD⁺ levels in cells.

2. What's NAD⁺?

- a. NAD⁺ is an essential coenzyme required for life and cellular functions. Enzymes are catalysts that make biochemical reactions possible. Coenzymes are 'helper' molecules that enzymes need in order to function. NAD⁺ is the most abundant molecule in the body besides water, and without it, an organism would die. NAD⁺ is used by many proteins throughout the body, such as the sirtuins, which repair compromised DNA. It is also important for mitochondria, which are the powerhouses of the cell that generate the chemical energy that our bodies use.

3. What's NADH?

- a. NADH transfers extra electrons to the inner membrane of the mitochondria and is considered the activated carrier molecule. NADH converts back to NAD⁺ in a reverse reaction, and the process of electron transfer is carried out with the movement of protons as H⁺ ions.

4. When's the ideal time to take MetaPWR™ Advantage?

- a. Customization options with MetaPWR products go far beyond just personal preference.
- b. You might start your day by mixing MetaPWR Advantage with water in a shaker bottle to pair with a nutritious, high-protein breakfast.
- c. Shortly before your nutritious lunch, you might take a dose of MetaPWR Assist with your MetaPWR Advantage. With dinner, you'd take another MetaPWR Assist and another dose of the MetaPWR Advantage.
- d. These are only two examples. Your life may follow a different schedule, and some schedules change from day to day. Your need for the product may depend on your current circumstances. One person may be using the product to fine tune an already vigorous, healthy lifestyle while another may need it during a health overhaul. You can customize your use of MetaPWR products to help you make your personal wellness realized.

5. What differentiates dōTERRA collagen from other types on the market?

- a. Most collagen products only feature one or two collagen peptide types—usually the collagen types that are most relevant to skin beauty, elasticity, and wrinkles.* MetaPWR™ Advantage features those types of collagen, but our competitive advantage lies in the inclusion of nine unique collagen peptide types. We're emphasizing the whole-body role of collagen.
- b. In addition to being powdered, our collagen is also hydrolyzed, meaning it's cut into specific tripeptide fragments to dramatically increase its bioavailability. In fact, MetaPWR Advantage was demonstrated to be 12 times more absorbable* than other forms of collagen.
- c. There are more fantastic ingredients in MetaPWR Advantage. Our collagen is just one.

6. Why did dōTERRA choose to include nine types of collagen? Is there enough of each type to make a difference?

- a. MetaPWR™ Advantage provides nine types of collagen tripeptides from sustainable marine sources, infused with CPTG® essential oils. We're emphasizing the whole-body role of collagen.
- b. Supplementing with a wide range of diverse collagen types helps promote joint mobility, tissue strength, and skin elasticity, which means you can recover faster and move with more ease.*
 - i. Collagen Type I (one) is related to skin beauty.*
 - ii. Collagen Type II (two) is related to bone protection and is the main component of cartilage.*
 - iii. Collagen Type IV (four) is the main protein of the basement membrane connecting the dermis and the epidermis, forming a network structure to make the basement membrane malleable.*
 - iv. Collagen Type V (five) is related to the regular arrangement of collagen fibers, stabilizing the structure of Type I and Type II collagen.*
 - v. Collagen Type VI (six) regulates muscle function, stabilizes cell membranes, and inhibits cell apoptosis and oxidative stress.*
 - vi. Collagen Type IX (nine) is an important component of cartilage, mainly distributed in the cartilage cells of growth plates, joints, and intervertebral discs.*

- vii. Collagen Type XXV (twenty-five) inhibits the fibrillation of amyloid beta peptide.*
- viii. Col1a2 protein, is collagen fibrillin.*
- ix. And finally, vacuolar protein sorting 37A is involved in cell growth and differentiation.*

7. Why didn't dōTERRA include Collagen Type III in MetaPWR™ Advantage?

- a. Different organisms have different ratios of collagen types. Additionally, different endo and exonuclease enzymes can create different tripeptide types. The combination of our marine collagen didn't produce a type III collagen that could be analytically confirmed.

8. Why did dōTERRA choose to use powdered collagen instead of liquid?

- a. MetaPWR™ Advantage comes in single-serve, hydrolyzed powder format. It's activated by you when you mix it with water for a more active and bioavailable delivery system at the time of consumption.
- b. Most prepackaged liquid collagens sterilize their water-based delivery system, which eliminates both the harmful bacteria and the beneficial active ingredients, like vitamins, flavonoids and polyphenols. Ironically, these liquid deliveries are actually less shelf-stable! Plus, shipping heavy water around the globe increases carbon emissions.

9. I've heard any type of collagen, whether it's a powder or liquid, has to go through a pasteurization process, but MetaPWR™ Advantage is a powder and doesn't go through a pasteurization process to keep key active ingredients. Is this true?

- a. Pasteurization is a common processing step used in commercial food production to reduce microbial content, extending a product's shelf life for safe consumption. MetaPWR Advantage contains 12 different active ingredients. Some of these ingredients are fragile and susceptible to degradation if exposed to high temperatures. We chose to deliver these ingredients in a powder format to avoid the need for pasteurization—a step that's necessary for water-based products. We can also avoid adding preservatives, emulsifiers, or suspension aids that would otherwise be needed in a liquid delivery, thus offering a simpler product with a clean ingredient deck.

10. I've added other collagen products to my morning coffee or tea. Why does dōTERRA suggest not adding MetaPWR™ Advantage to hot drinks?

- a. High temperatures can damage or eliminate additional beneficial active ingredients, like vitamins, flavonoids, and polyphenols. Some of these other delicate ingredients are part of what makes MetaPWR Advantage so unique and effective.

11. What are NMN and NADH? Why combine them with a collagen supplement?

- a. While your body produces NAD+ and NADH naturally, production drops dramatically around middle age and continues to drop over time. Preclinical studies suggest supplementing with NMN may increase NAD+, leading to more youthful functioning of cells and body systems, but more confirming clinical research is needed.* MetaPWR™ Advantage is formulated with yeast powder nicotinamide mono nucleotide—or NMN—to help naturally increase NAD+ and NADH levels in your body!*

12. Why did dōTERRA choose to include NMN instead of NAD+ in MetaPWR™ Advantage?

- a. NAD is synthesized in the body via three pathways: Preiss-Handler from nicotinic acid, de novo from tryptophan, and salvage from NMN or NR. There are different efficiencies and advantages to each pathway, depending on starting material concentrations, location of the conversion, and transporters and enzymes involved in the conversion steps of each pathway. MetaPWR Advantage includes a yeast-synthesized NMN ingredient whose matrix also includes other NAD+ precursors. These precursors facilitate your body's own production of NAD+.* A stabilized form of reduced nicotinamide adenine dinucleotide (NADH) supports increased NAD levels both directly and indirectly.*

13. What makes dōTERRA NMN superior?

- a. We're providing a natural source of yeast NMN that contains other precursors for NAD+ biosynthesis.*

14. Is the collagen powder in MetaPWR™ Advantage gluten-free?

- a. Yes. It's gluten free, dairy free, corn free, and keto-friendly. The products are also free of maltodextrin, carrageenan, glyphosate, artificial sweeteners, and added sugars.

15. Will a vegan version of MetaPWR™ Advantage be made available?

- a. Collagen is synthesized by animals and available exclusively from them. Sometimes, you may see products marketed as vegan collagen. However, if you look closely at the product, you'll realize it's usually a collection of vegan-sourced amino acids, not the actual collagen tripeptides. There are vegan-friendly products and compounds that support the synthesis of collagen. In fact, the vegan Yarrow|Pom Cellular Beauty Capsules fill this role.

16. Why did dōTERRA choose marine-sourced collagen?

- a. Our collagen comes from sustainably harvested cold-water fish. In general, marine-sourced collagen is more sustainable, economical, and environmentally friendly. Collagen yields can be 50–70%, which makes marine collagen sustainable. Additionally, using marine sourced collagen makes MetaPWR™ Advantage friendly for those who avoid cow- or pig-sourced collagen.

17. Is the marine collagen in MetaPWR™ Advantage kosher?

- a. Kosher and Halal are certifications we're exploring for MetaPWR Advantage. While we're not aware of any reason the marine collagen would not be Kosher and Halal, we currently don't have the product certification to support this claim.

18. Why is dōTERRA not selling synthetic NMN?

- a. We chose to include a source of NMN derived from yeast. There are some unique characteristics around this form of NMN, including its complementary niacin analogs that are involved in the biosynthetic pathway of NAD+, which is something that can't be said for isolated, synthesized forms of NMN.*

19. When's the ideal time to take MetaPWR™ Advantage?

- a. We suggest taking it either in the morning or afternoon.

20. Is the collagen in MetaPWR™ Advantage farmed or wild-caught?

- a. Using a variety of sustainably harvested, wild and farm-raised fish (tilapia, cod, basa, and sea bass) from fresh water coastal lakes, and streams is important to consistently providing consistent collagen tripeptide types and quantities in every serving.

21. Some products on the market have more collagen included. Why does MetaPWR™ Advantage only has three grams per serving?

- a. Bioavailability moderates the amount of collagen needed in supplements. When a supplement or nutrient is more easily absorbed and used by your body, it's considered more bioavailable. The number of grams you read on the label is not what determines how much collagen your cells will receive after taking it. Bioavailability will factor in. In other words, the percent of tripeptide content and the specific amino acid ratios are among the most important factors related to collagen supplementation benefits. The collagen tripeptides in MetaPWR Advantage exceed 70%, with particularly high ratios of glycine, proline, and hydroxyproline amino acids. These unique factors make this collagen tripeptide product 12 times more bioavailable compared to standard, nonhydrolyzed collagen products with larger polypeptides or different amino acid ratios.
- b. An exclusive and proprietary method reduces the particle size of collagen. The high tripeptide content of MetaPWR Advantage collagen makes it an exceptionally efficient supplemental source.* Other collagens with lower tripeptide content have much lower rates of assimilation, making them less effective. Customers interested in consuming even higher amounts of superior collagen tripeptides are encouraged to consume MetaPWR Advantage more frequently.

22. Is MetaPWR™ Advantage safe for children with autism?

- a. Children generally don't need this product. Parents should focus on providing clean, whole-food diets and reducing toxic loads for all children rather than incorporating a product for metabolic health, which is helpful starting in young adulthood.

23. Is MetaPWR™ Advantage safe for people with shellfish allergies?

- a. Yes. MetaPWR Advantage is fine for individuals with shellfish allergies. There are no shellfish allergens in any MetaPWR products.
- b. The marine collagen is tested for more types of heavy metals than any of our other products. It's examined for stannum, arsenic, copper, antimony, cadmium, germanium, mercury, lead, and chromium.

24. Does MetaPWR™ Advantage contain artificial sweeteners?

- a. There are no artificial sweeteners in any of our products. MetaPWR Advantage includes a fermented stevia—a natural, nonnutritive and high intensity sweetener with negligible glycemic impact.

25. Will there be an unsweetened version of MetaPWR™ Advantage?

- a. It's possible. However, taste (including sweetness) is a subjective sense with a lot of variability and preference. We go to great lengths to design products that will appeal to the largest number of consumers but acknowledge we aren't likely to provide a taste that's maximally loved by everyone because of varying taste preferences.

26. Does MetaPWR™ Advantage help with hot flashes?

- a. While the MetaPWR system hasn't been studied for this benefit, equilibrium of sexual steroids and metabolic processes carries close correlations. Insulin is a potent regulator of human sexual steroid hormone production that modulates their signals at receptor level. As a result, the MetaPWR system—by supporting healthy metabolism—may help with hot flashes, but more confirming clinical research is needed.*