

Frequently Asked Questions About the MetaPWR System

1. Why do we need an entire system to address metabolic health?

a. The MetaPWR System is more than an essential oil blend, it's more than a collagen supplement, it's more than any one 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 will see better results and have greater success if you use all of the MetaPWR products together and not just one of them. They don't all do the same thing—each offers specific and unique benefits—but they also magnify the effectiveness of each other.

So, for example, using MetaPWR Advantage has its own benefits and specialty on its own, but it also improves the effectiveness and success of MetaPWR blend and MetaPWR Assist. And the same is true in reverse.

MetaPWR blend and MetaPWR Assist have their own benefits, they also maximize the results you'll get from taking MetaPWR Advantage. The MetaPWR System is truly a case where the whole is greater than the sum of the parts.

2. Do I need both Lifelong Vitality and the MetaPWR System?

a. The function of Lifelong Vitality and MetaPWR are quite different. They each address unique needs. We know even the best diets are deficient in vital micronutrients. The dōTERRA Lifelong Vitality Pack® (LLV) was created to fill the gaps. Optimize your metabolism through macronutrients, curb cravings, shed excess weight, with MetaPWR. MetaPWR does not provide all the minerals and vitamins that your body needs to support function.

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 are experiencing a vitamin deficiency, *your metabolism is going to struggle*.

Nutrition and metabolic support go hand in hand. They are the perfect health and Vitality pairing.

3. Can kids and teenagers use MetaPWR?

a. Children's metabolic health is largely under the influence of parents. Focusing on the other 4 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 start to have poorer diets outside of our homes it may be beneficial for them to use these supplements.

4. Is MetaPWR safe 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 is 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.

5. Is the MetaPWR System safe for those who have challenges with blood sugar control?

a. Everyone can benefit from better glucose control. This product helps with that challenge in 2 ways; decreasing absorption of carbohydrate into the bloodstream, and by increasing the cellular sensitivity to insulin, whether produced by your own pancreas or delivered through injection as in type 1 DM. Any diabetic should follow the counsel of their physician when using products such as this.

6. What is NMN?

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

7. What is 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 damaged DNA. It is also important for mitochondria, which are the powerhouses of the cell and generate the chemical energy that our bodies use.

8. What is NADH?

a. NADH acts as the transfer of the extra electrons to the inner membrane of the mitochondria and are 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.

9. What makes our collagen different than others 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 too, but a competitive advantage we are extremely excited about is that it does not have just one or two types of collagen. It includes *nine* unique collagen peptide types. We are emphasizing the whole-body role of collagen.

In addition to being powdered, our collagen is also hydrolyzed, meaning it is cut into specific tri-peptide fragments, which dramatically increases its bioavailability. In fact, it was demonstrated to be 12 times more absorbable.

There are more fantastic ingredients in MetaPWR Advantage, our collagen is just a piece.

10. Why did we choose to offer powdered collagen instead of liquid?

a. MetaPWR Advantage comes in single-serve, hydrolyzed powder format. It is activated by you when you mix with water before consuming, for a more active and bioavailable delivery system at the time of consumption.

Most of the pre-packaged liquid collagens are using a process to sterilize their water-based delivery system. This not only eliminates the harmful bacteria – it also eliminates the beneficial active ingredients, like vitamins, flavonoids and polyphenols. Despite this process, they're actually LESS shelf-stable! It also means they are shipping heavy water around the globe, increasing carbon emissions.

11. Is our collagen powder gluten free?

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

12. Will a vegan version of MetaPWR Advantage be 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 realize it is 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, Yarrow Pom Cellular Beauty capsules are vegan and fill this role.

13. I'm hearing that Glutathione helps with the absorption rate of NMN to increase NAD levels, is this true?

a. Glutathione levels often drop when NAD⁺ levels drop in the body due to diabetes. NMN helps increase both NAD⁺ but also Glutathione in the body. Glutathione is not needed for NMN absorption. Citrus oils have high levels of limonene.

Limonene stimulates the body's production of glutathione. We have both lemon and grapefruit essential oils in the MetaPWR Metabolic Blend. Glutathione has many benefits for the body including promoting homeostasis within the body.

The physiochemical properties of Glutathione have severely restricted the clinical development of oral dosage forms, owing to the limited membrane permeability and proneness to enzymatic degradation, primarily in the jejunum.

Studies have suggested Glutathione is oxidized in the jejunum, thus resulting in loss of its antioxidant activity. Basically, due to the chemical properties of Glutathione, it has limited permeability in the gut and it is prone to enzymes breaking it down and creating a molecule that is largely ineffective in its role within the system.

Some companies claim a nano glutathione but the molecule is the same size whether nano or not. As far as an oral swish product is concerned, we don't absorb smaller molecules through the oral mucosa than we do the stomach, it just avoids first pass metabolism. This means that it avoids being broken down by the liver into inactive components.

There is no real benefit of trying to absorb glutathione through the mouth instead of the GI tract.