

1. The Four Pillars of Quality for doTERRA:

**Chemistry:** Purity and Consistency

**Healthy Outcomes:** Potency and Efficacy

2. **The importance of your metabolic health in your optimal cellular health.** Your epigenetic health determines your biological age; your choices of movement, food, environment—not your genes.

If you're subjecting your body to lots of mood shifts, glucose spikes, not enough adversity mimetics, your biological age advances. What constitutes adversity mimetics? Weight training, cold water, bursts of energy expenditure, intermittent fasting, sweating. Entering zones of physical discomfort.

If you keep your body guessing, and give it the *adversity* it needs to stay young, it WILL. Laziness, ease, fullness, and your DNA lose their shape.

Young cells have neat, tight bundles of DNA. Older cells lose their identity; they have breaks in the DNA, which is known as EXPOSURE. That exposure, those breaks and frayed edges = aging. Keep this in mind when we talk about MetaPWR ADVANTAGE a little later.

3. Firstly: **MetaPWR BLEND** (15mL, gum, softgels and beadlets) prevents lipid droplet accumulation so your body slows the process of turning energy (food) into mature adipose tissue (fat). This blend is in every MetaPWR creation.

***Because EOs support chemical communication in your body.*** If your cells cannot communicate effectively with each other, they don't know what to do, their function breaks down, they fail, they proliferate their failure: disease. All EOs of doTERRA's quality elicit the pathways to help your cells

communicate along so the proper cascade of chemistry can be initiated, and you stay well.

4. **MetaPWR ASSIST** (capsule) works to slow the process of turning energy (food) into glucose (sugar). Formulated to help **smooth out the curves (spikes) in normal-range blood sugar around mealtimes**. Blood sugar levels are one of the most significant markers of your health. These levels naturally fluctuate, depending on food and activity patterns. Over time, elevated blood sugar levels can have permanent consequences on the body. Like a car: if you're slamming on the gas and braking hard everyday, 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 more quickly.

MetaPWR Assist features mulberry leaf extract and berberine which have been shown to reduce normal-range post meal blood sugar spikes by 42% when taken before or with your meal. A MetaPWR Assist capsule helps your body metabolize what you just ate more slowly, easing that spike, enhancing your longevity.

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.

5. **MetaPWR ADVANTAGE** (collagen powder sachet) works to **raise NAD+ levels in your body** (we have scientifically done and are continuing human studies to show this), and why NAD+ matters to your longevity.

doTERRA collagen, NAD+ and other key ingredients in MetaPWR Advantage give your cells what they need to combat cellular deterioration. The result is slower and reversed biological aging, firmer and more elastic skin, improved cognitive function and more lean muscle and connective tissue.

REMEMBER from earlier:

Young cells have neat, tight bundles of DNA.

Older cells lose their identity; they have breaks in the DNA, which is known as EXPOSURE. That exposure, those breaks and frayed edges = aging.

Keep this in mind...

The importance of **sirtuins**: Messenger proteins, basically longevity genes that communicate with your DNA, and support DNA integrity. When your lifestyle choices or emotional responses compromise your metabolic health, NAD+ production is diminished. Sirtuins are dependent on NAD+, and they are similarly diminished when NAD+ levels drop.

Cells need to do 2 functions: replicate and communicate.

Metabolic oxidation occurs in the presence of internal emotional stressors, external incoming factors (food, trauma), causing metabolic, cellular *errors* in your DNA. That's "exposure" - and the precursor for hastened aging on the cellular level, and disease.

This is how ADVANTAGE helps at the cellular level, chemistry buffs: It contains NMN. 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. 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.

With more NMN, you're enhancing the functioning of all of the energy centers in each cell. NMN is fuel for sirtuins.

SPECIFICALLY: Raising NAD+ helps remove the acetyl group from off the histone tail in your DNA, then winds the tail up super tightly, thus **protecting your DNA from exposure, from failure.**

This is marine-sourced collagen. 12x more bioavailable than bovine.

Collagen is the most abundant protein in the body and performs important roles across its 28 different types. MetaPWR Advantage includes nine types of collagen:

- Collagen type I is related to skin beauty.
- Collagen type II is related to bone protection and is the main component of cartilage.
- Collagen type IV is the main protein of the basement membrane, connecting the dermis and the epidermis and forming a network structure to make the basement membrane malleable.
- Collagen type V is related to the regular arrangement of collagen fibers, stabilizing the structures of type I and type II collagen.
- Collagen type VI maintains mechanical function in the cell, supporting both muscle function and cell membrane integrity. Additionally, this collagen type inhibits oxidative damage and apoptosis.
- Collagen type IX is an important component of cartilage and is mainly distributed in the cartilage cells of growth plates, joints, and intervertebral discs.
- Collagen type XXV inhibits the fibrillation of amyloid beta peptide.

- Col1a2 protein is collagen fibrillin.
- Vacuolar protein sorting 37A is involved in cell growth and differentiation.

Our collagen is sourced from sustainably harvested cold-water marine fish and has been hydrolyzed (predigested) by endo- and exo-nuclease enzymes known as proteases. These enzymes create small tripeptide fragments of three amino acid sequences for optimal absorption. Other collagens in the market—whether from land animals or marine sources—typically contain tripeptide content of 15–35%. MetaPWR Advantage collagen contains more than 70% tripeptide fragments for superior absorption (in some cases, up to 12 times more absorbable).

Contains several different types of collagen making it super bioavailable; GF, soy free, dairy free, glyphosate free, sugar free, corn free. What else is in MetaPWR ADVANTAGE?

Liposomal Vitamin C · Sea Buckthorn Fruit Extract · NMN Enriched Yeast · Red Orange Fruit Extract · Hyaluronic Acid · Grapefruit, Lemon, Peppermint, Ginger, Cinnamon Bark.

## 6. **LLV x MetaPWR synergy.**

MicroPlex is about metabolic enzyme activity

Alpha CRS is about energy production *within* the cell

EOmega is about structure and function of your cells - cell membranes are comprised primarily of essential fatty acids. Those EFAs are needed for overall function, elasticity and health of your cells.

**MetaPWR's efficacy in your cells is optimized by your consistent use of LLV.**

Your talking points:

**+LLV supports cell structure and function through micronutrients**

**+MetaPWR optimizes the metabolism of macronutrients (carbs, proteins, fats) for metabolic activity**

**+EOs support chemical communication to upregulate or downregulate specific pathways**

7. Lastly if you can, watch (or organize a watch party for):

+Dr. Nicole Stephens' presentation from Friday, September 16th

+Dr. Hill's final presentation from Saturday, Sept 17th

### **RESOURCES for you:**

1. [e-book from doTERRA is here](#)

2. [bit.ly/EPMetaClass](#)

quick link to doTERRA class materials so you can teach when you're ready (preferably after you've seen your own personal results)

3. [bit.ly/EPMetaVirtualClass](#)

quick link to a gorgeous class designed by doTERRA for you to teach online. you'll love this.

4.

<https://share.doterra.com/v/DigitalMarketingKit/album/SVVL1?display=fitView&viewIndex=2&gSortingForward&gOrderProp=name&from=fitView>

quick link to cross-team challenge for November (be sure your teams take "before" pics!)

5.

<https://doterra.canto.com/v/DigitalMarketingKit/landing?viewIndex=2>

The entire Digital Marketing Kit for you... full of gorgeous images

**6. Presentation docs from Day One - all the new product PDFs are [here](#).**