# **METAPWR®**

Active Blend 15mL

## Citrusy, spicy, minty, sweet

Aromatic description

#### **PRIMARY BENEFITS**

- · Creates an uplifting, stimulating environment.
- Promotes a stimulating atmosphere when diffused during exercise.
- Provides an uplifting aroma during a massage.
- · Adds a delicious taste to water and beverages

#### PRODUCT DESCRIPTION

Developed with doTERRA clinical researches, MetaPWR® essential oil blend is a proprietary balance ratio of Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark essential oils. Blended together for their harmonious taste, a drop of MetaPWR® makes a delicious addition to your favourite beverages, smoothies, or daily water bottle. When diffused, the citrusy, spicy, and minty aroma of MetaPWR® invites a simulation, uplifting environment into your home, office, or exercise room.

#### **USES**

- Diffuse or place a few drops on your hands, cup them over the nose, and inhale deeply to create a stimulating environment that's ideal for exercise.
- Add drops to a carrier oil or lotion during an uplifting massage.
- Add a drop to water, tea, or smoothies and drink for a pleasant flavour.

### **DIRECTIONS FOR USE**

DIFFUSION: Add four drops in the diffuser of choice.

INTERNAL: Take four drops in 200mL of water.

See additional precautions below.

#### **CAUTIONS**

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours if contact with skin occurs.

**INGREDIENTS:** Grapefruit, Lemon, Peppermint, Ginger, Cinnamon Bark.

