

# dōTERRA Serenity™ Restful Complex Softgels

## PRODUCT DESCRIPTION

dōTERRA Serenity Restful Complex is a unique combination of Lavender essential oil and natural plant extracts in a vegetarian softgel. dōTERRA Serenity Restful Complex combines the well-researched, relaxing benefits of Lavender essential oil and L-Theanine along with lemon balm, passionflower, and chamomile.

## PRIMARY BENEFITS

- Helps promote relaxation

## DIRECTIONS FOR USE

Take 1 to 2 softgels before sleep.

## CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.

## FAQS

**Q: Does dōTERRA Serenity Restful Complex Softgels need to be taken with food?**

**A:** dōTERRA Serenity Restful Complex Softgels do not need to be taken with food. We recommend that heavy meals be avoided prior to going to bed, because they can make sleeping difficult.

**Q: Does this product contain dōTERRA Serenity® essential oil blend?**

**A:** No, dōTERRA Serenity Restful Complex combines Lavender essential oil with L-Theanine and three botanical extracts from nature's most soothing and relaxing botanicals to help you get the refreshing sleep you need.

**Q: Are the dōTERRA Serenity Restful Complex Softgels safe to take every night?**

**A:** Yes, there should be no safety concerns so long as the suggested use is followed. Of course we do recommend that you consult with your healthcare professional prior to taking any supplement if you are being monitored for any health condition or taking any medication.

**Q: Can I take more than the recommended amount?**

**A:** We recommend that you follow the suggested use, which was selected based on extensive review of scientific literature



showing efficacy at the dose provided.

**Q: Is dōTERRA Serenity Restful Complex Softgels safe for children?**

**A:** dōTERRA Serenity Restful Complex Softgels are not recommended for children.

## Nutrition Information

Servings Per Container: 30

Serving Size: 2 softgels (1.13g)

	Per Serving
Energy	3.3 Kcal
Protein	0 g
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Carbohydrates	0.2 g
Sugars	0 g
Sodium	2.5 mg

**Ingredients:** Lavender (*Lavandula angustifolia*) Flowering Tops Oil, L-Theanine, Proprietary Extract Blend Lemon Balm (Leaf & Stem), Passionflower (Flower & Aerial Parts), German Chamomile (Petal), Extra Virgin Olive Oil, Non- GMO Food Starch, Glycerin, Purified Water, Maltitol, Carrageenan, Sunflower Lecithin, Silica