

dōTERRA Nutrition

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 to help you get the refreshing sleep you need without leaving you feeling groggy and sleepy the next day.† dōTERRA Serenity Restful Complex combines the well-researched, relaxing benefits of Lavender essential oil and L-Theanine along with lemon balm, passionflower, and chamomile to gently promote relaxation and sleep.†

CONCEPT

Experts recommend that adults get at least 7–8 hours of sleep every night. Unfortunately, about 33 percent of Americans are not getting the recommended amount of sleep per night, and approximately 1 in every 5 adults in the United States experiences occasional sleeplessness or difficulty sleeping. Depriving your body of sleep has been linked to many health risks and places a tremendous burden on virtually every organ system in your body.

Lack of adequate sleep affects our ability to lose weight or to maintain a healthy weight; influences how we feel, learn, and behave; negatively impacts our cardiovascular health and overall wellbeing; and can reduce reaction time and interfere with our ability to drive. Getting adequate sleep is essential to recover physically and mentally from the demands of daily life. Quality sleep is vital to how you feel each and every day because it is essential to support your body's natural recuperative and restorative processes.

There are hundreds of different recommendations, family recipes, products, and dietary supplements that all claim to help. However, what can be effective for one person may not help at all for someone else. Now we have a solution that utilizes both historically proven ingredients and the best of modern science.

Lavender

Most dōTERRA enthusiasts already know that Lavender essential oil has a long history of traditional use and is often used internally to encourage restful sleep, calm the nervous system, and help reduce stress.† Clinical and experimental research supports that ingested Lavender essential oil is calming to the nervous system, and promotes healthy relaxation and sleep.† Each two-softgel serving of dōTERRA Serenity Restful Complex delivers the research-recommended levels of Lavender essential oil to support relaxation and restful sleep.†

L-Theanine

dōTERRA Serenity Restful Complex also delivers the relaxing benefits of L-Theanine to gently promote relaxation and sleep.† L-Theanine, is a non-protein amino acid found in green tea (*Camellia sinensis*) and has been studied for its calming effects on the nervous system.† L-Theanine is structurally similar to the



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CPTG Certified Pure Tested Grade®

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CONCEPT (CONTINUED)

neurotransmitters glutamate and gamma-aminobutyric acid (GABA), both of which are associated with improved mood, calmness, and relaxation.[†] L-Theanine has the unique ability to promote relaxation without causing drowsiness.[†] Studies show that such pre-sleep relaxation is very effective at supporting a restful night's sleep.[†]

Clinical Trial

dōTERRA conducted a six-week, double-blind, placebo-controlled clinical trial to investigate the efficacy of dōTERRA Serenity® Restful Complex Softgels. Subjects reported highly significant improvements in their ability to fall asleep more easily and also reported improvements in waking up more easily and feeling more alert/refreshed in the morning.[†] This study provides further support for the historical use of these botanicals, and confirms the efficacy of dōTERRA Serenity Restful Complex.

PRIMARY BENEFITS

- Relieves occasional sleeplessness[†]
- Promotes healthy relaxation and sleep[†]
- Helps you get the refreshing sleep you need without leaving you feeling groggy or sleepy the next day[†]
- Helps make a difference in the quality and the ease of going to sleep[†]
- Encourages restful sleep[†]
- Calms the nervous system[†]
- Helps to reduce stress[†]

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.

KEY STUDIES

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A. M. Schuwald, M. Nöldner, T. Wilmes, N. Klugbauer, K. Leuner, and W. E. Müller, "Lavender oil-potent anxiolytic properties via modulating voltage dependent calcium channels," *PLoS One*, vol. 8, no. 4, p. e59998, 2013.

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[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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dōTERRA Serenity® Restful Complex Softgels

60-Count

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dōTERRA Serenity Combo Pack¹

Serenity Restful Blend 15 mL

1 dōTERRA Serenity Restful Complex
Softgels 60-Count

60200524

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