

# Serenity<sup>®</sup> Restful Complex (NHP)

dōTERRA<sup>®</sup> | CANADA

Product Information Page



**CPTG** Certified Pure Tested Grade<sup>®</sup>

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Serenity<sup>®</sup> Restful Complex (NHP) | 60 Softgels

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## Description

The Serenity Restful Complex is a unique combination of Lavender essential oil and naturally sourced plant extracts designed as a sleep aid to help you get the refreshing rest you need. Encapsulated in vegetarian softgels, the well-researched benefits of Lavender essential oil, L-Theanine, lemon balm, passionflower, and chamomile are at the ready to temporarily, gently promote relaxation. NPN: 80083318

## Directions

Adults: Take 2 softgels per day, thirty minutes before bedtime.

## Cautions

Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities that require mental alertness. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family. Consult a health care practitioner if sleeplessness persists continuously for more than 3 weeks (chronic insomnia). Consult a health care practitioner prior to use if pregnant or breastfeeding. Consumption with alcohol, other medications, or health care products with sedative properties is not recommended.