

dōTERRA 一覺好眠好幫手

Tools to Support Healthy Sleep^z with dōTERRA

dōTERRA® 健康生活方式是以基本健康原則為基礎創建的，這些原則相互補充。想像一下，若把你的健康變成積木砌起來，當你移除了最底的幾塊積木，整個結構就會倒塌下來。從現在起，為你的細胞提供必要的營養和代謝因子開始。助您擁有充滿活力和長壽健康的生活。



The dōTERRA® Wellness Lifestyle was created with foundational health principles in mind that build atop each other. Think of your health like building blocks — if you remove the foundation, it all topples. A long life full of vitality and healthy aging begins with providing your cells essential nutrients and metabolic factors that help them perform optimally.



您每晚有充足8小時優質睡眠嗎？

Do you have enough 8 hours of quality sleep per night?



您花在睡眠上的時間對細胞清潔、大腦功能、情緒健康和其他健康領域至關重要。我們的大腦和身體需要高質量的休息來支持每個系統所必需的重要過程

The time you spend sleeping is crucial to cellular cleansing, brain function, emotional wellbeing, and other areas of health.

Our brains and bodies need quality rest to support important processes



生長
Growth



學習
Learning



記憶
Memory



免疫功能恢復
Recuperation

它們都依賴於睡眠

They all depend on restorative sleep



緩解失眠 支持放鬆

Relieve sleeplessness & Support relaxation

安寧神氣複方膠囊 (素食膠囊) dōTERRA Serenity Restful Complex Softgels

New
Formula
新配方加入

酸櫻桃 Tart Cherry
褪黑激素的天然來源
Natural source of melatonin

薰衣草 Lavender

檸檬香脂 Lemon Balm

西番蓮 Passionflower

羅馬洋甘菊 Roman Chamomile

L-茶氨酸 L-Theanine
增加大腦中GABA的濃度
來降低壓力，使人放鬆

dōTERRA Serenity Restful Complex Softgels
Dietary Supplement
60 Softgels

New
Formula
新配方加入

dōTERRA 神氣複方精油 dōTERRA Serenity

神氣複方 Serenity
至今全球已暢銷8.5百萬支
bottles used worldwide



8.5
MILLION

薰衣草 Lavender

雪松 Cedarwood

依蘭依蘭 Ylang Ylang

馬鬱蘭 Marjoram

羅馬洋甘菊 Roman Chamomile

檀香 Sandalwood

胡荽 Coriander

dōTERRA Serenity Restful Blend 15 mL



營養與消化

Nutrition & Digestion

dōTERRA 終生保健套裝 dōTERRA Lifelong Vitality Pack



賦活植物精華 Alpha CRS+

具有強效的多酚類物質，支持健康細胞功能，提供抗氧化保護作用，保護細胞 DNA 和其他關鍵細胞結構的健康。

Features potent levels of powerful polyphenols that support healthy cell function, providing antioxidant protection to cellular DNA and other critical cell structures.



細胞功能
Healthy Cell



抗氧化保護
Antioxidant
Protection



大腦發展
Brain
Development



免疫功能
Immune
Function



細胞生長
Cell Growth



肌肉活動
Muscle Activity



關節健康
Joint Health



心臟及循環系統健康
Heart and
Circulatory Health

菁萃能量魚油 xEO Mega

含有丁香和百里香精油，與最優質的 Omega-3 脂肪酸協同作用，支持健康的免疫功能。

Includes Clove and Thyme essential oils, which work in harmony with the highest-quality omega-3 fatty acids to support healthy immune function.



全方位綜合維生素 Microplex VMz

蘊含22種基本維生素與礦物質，為細胞提供能量和促進新陳代謝，並能將攝入之基本營養素轉作為人體組織所需之活力及健康來源。

Contains 22 essential vitamins and minerals to provide energy to cells, promote metabolism, and convert essential nutrients into vitality and a source of health for the body's tissues.



消化系統健康
Digestive Health



免疫系統健康
Immune Health



骨骼健康
Bone Health



細胞與代謝健康
Cellular &
Metabolic Health