

dōTERRA Lavender Peace® Restful Complex Softgels

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Product Information Page



dōTERRA Lavender Peace® Restful Complex Softgels | Dietary Supplement | 60 Tapioca Softgels

Primary Benefits

- + May support healthy sleep patterns
- + May support healthy relaxation, making it easier to fall asleep and stay asleep
- + May improve the quality of sleep
- + Provides non-habit forming, low dose, naturally occurring melatonin from tart cherry

Description

The dōTERRA Lavender Peace Restful Complex Softgels harness the power of well-researched, historically-proven ingredients and the best of modern science for a calming night of quality rest. The hero ingredients of the complex are CPTG® Lavender essential oil, L-theanine, and tart cherry. These principal components, along with the synergy of lemon balm, passionflower, and chamomile, are designed to promote relaxation and restful sleep. Clinical and experimental research indicates that ingesting Lavender essential oil is calming and encourages healthy relaxation and sleep. Some scientific data suggests that L-theanine may support relaxation and makes it easier to fall asleep faster and sleep better. The vegan-friendly tapioca softgels make it easy to get the refreshing sleep you need without feeling groggy or sleepy the next day.

Directions

Take 1 to 2 softgels before sleep.

Cautions

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

Supplement Facts

Serving Size 2 Softgels

Servings Per Container 30

	Amount Per Serving	%DV
Lavender Flowering Tops Oil	160 mg	**
L-Theanine	100 mg	**
Proprietary Extract Blend	50 mg	**
Tart Cherry (Fruit)		**
Lemon Balm (Leaf & Stem)		**
Passionflower (Aerial Parts)		**
German Chamomile (Flower)		**

**Daily Value (DV) not established.

Other Ingredients: Extra Virgin Olive Oil, Modified Tapioca Starch, Glycerin, Water, Maltitol Syrup, Sunflower Lecithin, Silicon Dioxide, Calcium Oxide, Gellan Gum