

dōTERRA Serenity® Restful Complex Softgels

dōTERRA®
Product Information Page



CPTG Certified Pure Tested Grade®

dōTERRA Serenity® Restful Complex Softgels
Dietary Supplement
60 Tapioca Softgels

60216219

Primary Benefits

- + May support healthy sleep patterns*
- + Helps relieve occasional sleeplessness*
- + Supports healthy relaxation, making it easier to fall asleep and stay asleep*
- + Provides refreshing sleep without aftereffects the next day*
- + May improve the quality of sleep*
- + Calms the nervous system*
- + Provides non-habit forming, low dose, naturally occurring melatonin from tart cherry

Description

The dōTERRA Serenity 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 to the nervous system, and encourages healthy relaxation and sleep.* Some scientific data suggests that L-theanine may lower stress by increasing the concentration of GABA in the brain, supporting relaxation and making it easier to fall asleep faster and sleep better.* Although confirming research is needed, preliminary studies suggest that tart cherry, a natural source of melatonin, may make it easier to fall asleep faster, stay asleep longer, and improve the quality of sleep.* The vegan-friendly tapioca softgels make it easy to get the refreshing sleep you need without feeling groggy or sleepy the next day.*

Directions, Cautions, and Supplement Facts Panel on next page.

dōTERRA Serenity Restful Blend Softgels are a part of the **dōTERRA Serenity Sleep System** which also includes dōTERRA Serenity Restful Blend and the dōTERRA Serenity Stick + Valerian. Recent epigenetics testing suggests this system†:

- + Supports improved sleep quality, glucose metabolism, cellular fitness and function, and healthy sleep by maintaining circadian rhythms critical to keeping a healthy sleep cycle.*
- + Helps regulate healthy sleep, immune function, and inflammatory response.*

Combining the **dōTERRA Serenity Sleep System** with smart sleep hygiene habits can help you get the rest you deserve.*

†Epigenetics is the study of how your behaviors and environment can cause changes that affect the way your genes work.

*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.

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