

dōTERRA Serenity™ Restful Complex Softgels 舒眠恬靜複合膠囊

產品介紹

dōTERRA 舒眠恬靜複合膠囊為一款結合薰衣草精油和天然植物萃取物以植物膠囊包裝的獨特配方，能讓人擁有重拾充沛活力的睡眠且隔日醒來亦不會感到昏沉與精神不繼。* dōTERRA 舒眠恬靜複合膠囊融合薰衣草經深入研究的放鬆功效以及茶胺酸再加上檸檬香蜂草、西番蓮和洋甘菊，和緩地促進放鬆並幫助睡眠。*

產品概念

專家建議成年人每晚應有七至八小時的睡眠時間。然而遺憾的是，約有百分之三十三的美國人並未擁有每晚建議的睡眠量，此外在美國大約五位成年人中就有一位不定時地失眠或難以入睡。身體沒有休息與許多健康風險都有關而且會對體內的各種器官系統實質上帶來非常龐大的負擔。

缺乏足夠的睡眠會削減我們減重或維持健康體重的能力，也會影響我們的感受、學習和行為，更會對心血管運作和整體身心健康帶來負面影響，亦導致反應變差影響駕駛能力。擁有足夠的睡眠對於復原日常消耗的身心極其重要。睡眠品質對於每一天的情緒感受更是舉足輕重，因為它是維持身體天然修復以及復原作用的根基。

目前有許多不同的建議做法、居家飲食、產品和營養補充品聲稱有其功效。不過對某個人有效的做法對另一個人而言很可能完全起不了作用。如今我們擁有一套兼具前人智慧結晶和現代科學精華的方法。

薰衣草

許多 dōTERRA 的愛好者早已熟悉薰衣草精油在傳統用途上久遠的歷史以及常用於內服以促進安穩的睡眠、鎮靜神經系統並且幫助減少壓力。* 臨床和實驗性研究支持服用薰衣草精油能平穩神經系統並且促進健康的放鬆與睡眠。* 每次服用兩顆舒眠恬靜複合膠囊能提供研究建議足以促進放鬆和良好睡眠品質的薰衣草精油量。*

茶胺酸

dōTERRA 舒眠恬靜複合膠囊也擁有茶胺酸的放鬆功效，能和緩地促進放鬆與睡眠。* 茶胺酸為存於綠茶中非蛋白胺基酸，因其對神經系統的鎮靜功效受到研究重視。* 茶胺酸的結構與神經傳遞麩胺酸和 γ -胺基丁酸相似，兩者皆與轉換心情、鎮靜以及放鬆有關。* 茶胺酸擁有促進放鬆卻不會造成倦怠的獨



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CPTG Certified Pure Therapeutic Grade®

此效用陳述尚未經過美國食品藥物管理局驗證。
本產品並非預期作為診斷、治療、治癒或預防任何疾病用途。

特能力。* 研究顯示睡前放鬆對於促進夜晚良好的睡眠品質相當有效。*

臨床試驗

dōTERRA 進行六周的雙盲與安慰劑對照臨床試驗，以研究舒眠恬靜複合膠囊的效力。實驗對象表示在容易入睡的能力上有顯著的改善且也指出較能輕鬆起床的變化以及早晨感覺思緒敏捷、活力充沛。* 此項研究為這些草本經歷代傳承的用途提供更強力的支持並且證實舒眠恬靜複合膠囊的效用。

主要功效

- 減緩偶發的失眠*
- 促進健康的放鬆與睡眠*
- 有助恢復體力的睡眠，隔日醒來不會感到昏沉或精神不繼*
- 幫助改善入睡的品質和能力*
- 促進安穩的睡眠品質*
- 鎮靜神經系統*
- 幫助減少壓力*

使用方式

睡前服用一至兩顆膠囊。

注意事項

放置處應遠離孩童。懷孕、哺乳或接受治療者，請先諮詢醫師再使用。保存於涼爽、乾燥處。

常見問題

Q: dōTERRA 舒眠恬靜複合膠囊是否需與食物一同服用？

A: dōTERRA 舒眠恬靜複合膠囊不需搭配食物服用。建議睡前盡量不要過度飲食，因其可能造成入睡困難。

Q: 此產品是否含有神氣複方精油？

A: 舒眠恬靜複合膠囊並未含有神氣複方精油，其結合薰衣草精油和茶胺酸以及源自極具舒緩和放鬆功效的三種草本植物的萃取物，讓人擁有重拾活力所需的良好睡眠。

Q: 每晚服用 dōTERRA 舒眠恬靜複合膠囊是否安全？

A: 是的。依照建議用量服用並無安全顧慮。如使用者正接受治療或服用任何藥物，建議使用前應先諮詢醫療專業人員。

Q: 是否可以超出建議用量？

A: 建議依照標示說明的服用量，此份量的採用是以廣泛的效用劑量之研究文獻為依據。

Q: 孩童是否也可安全服用 dōTERRA 舒眠恬靜複合膠囊？

A: 不建議孩童服用 dōTERRA 舒眠恬靜複合膠囊。

主要文獻

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dōTERRA SERENITY™ RESTFUL COMPLEX SOFTGELS

舒眠恬靜複合膠囊

60 顆裝

產品編號: 34390001

會員價: \$19.50

零售價: \$26.00

PV: 17

SERENITY COMBO PACK

神氣複方精油及舒眠恬靜複合膠囊套裝

15 毫升及 60 顆裝

產品編號: 60200524

會員價: \$45

零售價: \$60

PV: 40