

dōTERRA

Serenity®

Restful Complex

Dietary Supplement
60 Softgels

dōTERRA Serenity® Softgels contain Lavender CPTG Certified Pure Therapeutic Grade® essential oil and carefully selected botanicals to provide relief of occasional sleeplessness and to support the ability to fall asleep more easily, a more restful night's sleep, and the feeling of waking up more alert and refreshed in the morning.* dōTERRA Serenity Softgels are designed specifically to be used with dōTERRA Serenity essential oil blend: topically and aromatically.

Suggested Use: Take 1 to 2 softgels before sleep.

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	
Lemon Balm (Leaf & Stem)		**
Passionflower (Flowering Tops & Aerial Parts)		**
German Chamomile (Petal)		**

** Daily Value not established.

Other ingredients: Extra Virgin Olive Oil, Non-GMO Food Starch, Glycerin, Purified Water, Maltitol, Carrageenan, Sunflower Lecithin, Silica.

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

*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.

Manufactured exclusively
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