



I'm not robot



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Lavender Essential Oil. L-Theanine. Relaxation. Mood. doTERRA plant extracts in a vegetarian softgel. All these ingredients are encased in a vegetarian softgel and work together to create a natural formula that can encourage restful sleep. doTERRA Serenity Restful Complex combines the well-researched, relaxing benefits of Lavender essential oil and L-Theanine along with lemon balm, passionflower, and chamomile to gently promote relaxation and sleep.\* Experts recommend that adults get at least 7–8 hours of sleep every night. doTERRA Serenity™ Softgels. Item Size Softgels. doTERRA Serenity Softgels allow you to easily experience the benefits of doTERRA Serenity Restful Blend by uniquely combining the well-researched benefits of Lavender essential oil and L-Theanine, with lemon balm, passionflower, and chamomile extracts in a vegetarian softgel. L-Theanine doTERRA Serenity Restful Complex also delivers the relaxing benefits of L-Theanine to gently promote the doTERRA 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. doTERRA Serenity Restful Complex is a unique combination of Lavender essential oil and natural plant extracts in a vegetarian softgel. The hero ingredients of the complex are CPTG® Lavender essential oil, L-theanine, and tart cherry. Ingredients. Tart Cherry doTERRA Serenity Restful Complex is a unique combination of Lavender essential oil and natural plant extracts in a vegetarian softgel to help you get the refreshing sleep. What does doTERRA Serenity do? But how well will it work for relaxation and sleep.† Each two-softgel serving of doTERRA Serenity Restful Complex delivers the research-recommended levels of Lavender essential oil to support relaxation. Ingredients: Extra Virgin Olive Oil, Flavour: Lavender (*Lavandula angustifolia*) Flower/Leaf/Stem Oil, Modified Starch, L-Theanine, Humectant (Glycerol), Thickener (Carrageenan), Bulking Agent (Maltitol), Water, Bulking Agent (Maltodextrin), Emulsifier (Sunflower Lecithin), Bulking The doTERRA Serenity Restful Complex is a powerful product that contains Lavender essential oil, lemon balm, passionflower, German chamomile, and L-Theanine, which are known for their relaxing benefits.\*. This softgel supplement has claims to promote: Sleep. This is our doTERRA Serenity review. PRODUCT DESCRIPTION. doTERRA Serenity Restful Complex combines the well-researched, relaxing benefits of Lavender essential oil and L-Theanine along with The doTERRA Serenity Restful Complex Softgels harness the power of well-researched, historically-proven ingredients and the best of modern science for a calming night of doTERRA Serenity Restful Complex is a unique combination of Lavender essential oil and natural plant extracts in a vegetarian softgel to help you get the refreshing sleep you Serenity® Restful Complex (NHP) Description The Serenity Restful Complex is a unique combination of Lavender essential oil and naturally sourced plant extracts designed as a doTERRA Serenity Softgels provide non-habit forming, low-dose, naturally occurring melatonin from tart cherry. These principal components, along with the synergy of lemon Food Supplement with Lavender, L-Theanine and botanical extracts.