

Nuance Microdose – Somnium (100 mg)

Microdose Supplement Sheet

Sleep Support



Product Description

Somnium is our nighttime blend, thoughtfully crafted for those who prefer to experience the subtle, residual benefits of microdosing without stimulating effects. Designed for sensitivity and serenity, this calming blend combines *Psilocybe cubensis*, organically grown skullcap, and a nearly pure CBN isolate. Somnium is ideal for evening use, promoting restful sleep, reduced anxiety, and more vivid dreams—making it a perfect ally for those who wish to integrate microdosing gently and restoratively.

Psilocybe cubensis Mushrooms

Psilocybe cubensis contains naturally occurring psilocybin, a compound known for its potential to enhance creativity, emotional balance, and neurocognitive flexibility. At microdose levels, users often report subtle shifts in mood, increased presence, and improved focus without experiencing psychedelic effects. In the **Somnium** blend, *P. cubensis* gently supports emotional and mental well-being while complementing the calming effects of the other ingredients.

Skullcap (*Scutellaria lateriflora*)

Skullcap is a calming herb native to North America, traditionally used to ease anxiety, restlessness, and nervous system dysregulation. It acts as a gentle relaxant, promoting a sense of ease without heavy sedation. In the **Somnium** blend, skullcap helps soften the mind and body, making it easier to transition into restful sleep while supporting the nervous system through subtle microdosing effects.

CBN (Cannabinol Isolate)

CBN is a non-psychoactive cannabinoid commonly used for its relaxing and sleep-supportive properties. It may ease anxiety, reduce pain sensitivity, and promote deeper, more restful sleep—without any of the intoxicating effects associated with THC. In **Somnium**, high-purity CBN isolate (99.8%+) works alongside skullcap and *P. cubensis* to enhance nighttime relaxation, helping you access the benefits of microdosing while you sleep.

Supplement Facts

Serving Size:	1 Capsule
Servings Per Container:	30
<i>Psilocybe cubensis</i> (fruiting body)	100 mg
Skullcap (<i>Scutellaria lateriflora</i>) (aerial parts)	250 mg
CBN (Cannabinol Isolate)	5 mg
Microcrystalline Cellulose	25 mg

Suggested Use

Take 1–2 capsules once every three days or as needed. Do not exceed the recommended dosage. We encourage you to find a dosage that feels supportive for your body and lifestyle, and to follow a consistent schedule that includes intentional breaks for integration and reset. Best taken in the evening to support restful sleep, relaxation, and dream enhancement.

Capsule Information

- **Capsule Type:** Vegan Size 00 capsule
 - **Material:** Hydroxypropyl Methylcellulose & Purified Water
 - **Preservative-Free, Vegan, Gluten-Free, GMO-Free**
-

Key Features

- Ideal for evening or nighttime microdosing
- Promotes deep relaxation, improved sleep quality, and vivid dreaming
- Contains 99.8%+ pure CBN isolate (0% THC, lab-verified)
- Organically grown skullcap traditionally used for calming the nervous system

- Non-psychoactive but mildly sedative blend
- Designed for users sensitive to daytime mushroom effects

Please note: Our CBN Cannabinol Crystalline Isolate has un-detectable levels of THC. The CBN is initially extracted through denatured ethyl alcohol, then further distilled until its 98%+ CBN & 0% THC. CBN is non-psychoactive, but does produce a sedative/relaxing effect, perfect for this nighttime blend.

Contraindications & Warnings

- **Do Not Use** if pregnant, breastfeeding, or under the influence of alcohol or recreational drugs.
 - Not recommended for individuals under 21.
 - Do not combine with alcohol, sleep medications, sedatives, SSRIs, MAOIs, benzodiazepines, or antipsychotics without medical supervision.
 - CBN may increase drowsiness and relaxation—avoid driving or operating heavy machinery after use.
 - Consult a healthcare provider if you have a history of liver issues, mental health conditions, or are currently taking prescription medications.
 - CBN is non-psychoactive and lab-tested with non-detectable THC levels.
 - **Skullcap Warning:** May increase drowsiness, especially when combined with other sedatives or alcohol. Avoid during pregnancy and breastfeeding. Individuals with low blood pressure or taking CNS depressants should use with caution. Always consult a healthcare provider before use, especially if taking medications or managing a health condition.
 - While microdosing is generally well-tolerated, some individuals may experience side effects such as anxiety, mild visual distortion, dizziness, impaired coordination, unusual body sensations, muscle weakness, nausea, or difficulty concentrating. Everyone's body and mind chemistry is different—what works well for one person may not work for another. Start low, especially with a new batch, and discontinue or reduce use if adverse effects occur. Consult a healthcare provider if symptoms persist.
-

Storage Instructions

Store in a cool, dry place out of direct sunlight. Keep out of reach of children and pets.

Testing Information

Lab Results can be found on our website at: <https://www.nuancemicrodose.com/lab-testing>

Nuance Wellness

<https://www.nuancemicrodose.com/>

© 2025 Nuance Microdose. All Rights Reserved