

# SAFETY DATA SHEET



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Revision Number 1

This safety data sheet was developed based on regulations applicable to an industrial/occupational setting and may be applicable to Distribution personnel. This safety data sheet does not address consumer use; for any information relevant to consumer use or retail handling refer to the package label

## 1. IDENTIFICATION

<b>Product Name</b>	PureZzzs Complete Sleep Capsule
<b>Product Identifier</b>	21172801_RET_NG
<b>Product Type:</b>	Finished Product - Retail
<b>Recommended use</b>	Health Care.
<b>Manufacturer</b>	The Procter & Gamble Company Mason Business Center 8700 Mason-Montgomery Road Mason, OH 45040-9462 +1 513 622-1000  Procter & Gamble Inc. P.O. Box 355, Station A Toronto, ON M5W 1C5 1-800-465-2945
<b>E-mail Address</b>	pgsds.im@pg.com
<b>Emergency Telephone</b>	Transportation (24 HR) CHEMTREC - 1-800-424-9300 (U.S./ Canada) or 1-703-527-3887 Mexico toll free in country: 800-681-9531

## 2. HAZARD IDENTIFICATION

This is a personal care product that is safe for consumers and other users under normal and reasonably foreseeable use. This safety data sheet was developed based on regulations applicable to bulk substances in an industrial/occupational setting.

**For Consumer** - Ingredients in this product are not deemed to be hazardous when the product is used as intended.

**For Manufacturing** site personnel as follows:.

This product is classified under 29CFR 1910.1200(d) and the Canadian Hazardous Products Regulation as follows:.

This material is not considered hazardous by the OSHA Hazard Communication Standard (29 CFR 1910.1200).

<b>Hazard pictograms</b>	None
<b>Precautionary Statements</b>	None
<b>Precautionary Statements - Response</b>	None

Precautionary Statements - Storage None

Precautionary Statements - Disposal None.

### 3. COMPOSITION/INFORMATION ON INGREDIENTS

Ingredients are listed according to 29CFR 1910.1200 Appendix D and the Canadian Hazardous Products Regulation

Chemical name	Synonyms	Trade Secret	CAS No.	Weight-%
Theanine	L-Glutamine, N-ethyl-	No	3081-61-6	20 - 25
Microcrystalline Cellulose	Microcrystalline Cellulose	No	9004-34-6	5 - 10
Magnesium Oxide	Magnesium Oxide	No	1309-48-4	1 - 5
Withania somnifera, ext.	Withania somnifera, ext.	No	90147-43-6	1 - 5
Citric Acid	Citric Acid	No	77-92-9	1 - 5
Magnesium Stearate	Magnesium Stearate	No	557-04-0	0.5 - 1.5

**Additional information** Actual substance concentrations fall within the ranges stated. Maximum values do not necessarily represent the values present in the formula.

### 4. FIRST AID MEASURES

#### Description of first aid measures

**Eye contact** Rinse immediately with plenty of water, also under the eyelids, for at least 15 minutes. Get medical attention immediately if irritation persists.

**Skin contact** None under normal use.

**Ingestion** Call a physician or poison control center immediately if overdosed.

**Inhalation** None under normal use.

#### Indication of any immediate medical attention and special treatment needed

**Notes to Physician** Treat symptomatically.

### 5. FIRE-FIGHTING MEASURES

**Suitable extinguishing media** Use extinguishing measures that are appropriate to local circumstances and the surrounding environment.

**Unsuitable Extinguishing Media** None.

**Special Hazard** None known.

**Special protective equipment for fire-fighters** As in any fire, wear self-contained breathing apparatus pressure-demand, MSHA/NIOSH (approved or equivalent) and full protective gear.

**Special Provisions** None.

### 6. ACCIDENTAL RELEASE MEASURES

#### Personal precautions, protective equipment and emergency procedures

**Personal precautions** None under normal use conditions.

**Advice for emergency responders** Use personal protective equipment as required.

**Environmental precautions**

**Household:**  
Product is safe to dispose of in household garbage or down the drain.

**Non-household:**  
Do not discharge product into natural waters without pre-treatment or adequate dilution

#### Methods and material for containment and cleaning up

**Methods for containment** No information available.

**Methods for cleaning up** No information available.

## 7. HANDLING AND STORAGE

#### Precautions for safe handling

**Advice on safe handling** Handle in accordance with good industrial hygiene and safety practice.

#### Conditions for safe storage, including any incompatibilities

**Storage Conditions** Keep containers tightly closed in a dry, cool and well-ventilated place.

**Incompatible products** None known.

## 8. EXPOSURE CONTROLS/PERSONAL PROTECTION

#### Control parameters

#### Exposure Guidelines

Chemical name	CAS No.	ACGIH TLV	OSHA PEL	Mexico
Microcrystalline Cellulose	9004-34-6	TWA: 10 mg/m <sup>3</sup>	TWA: 15 mg/m <sup>3</sup> total dust TWA: 5 mg/m <sup>3</sup> respirable fraction (vacated) TWA: 15 mg/m <sup>3</sup> total dust (vacated) TWA: 5 mg/m <sup>3</sup> respirable fraction	VLE-PPT: 10 mg/m <sup>3</sup>
Magnesium Oxide	1309-48-4	TWA: 10 mg/m <sup>3</sup> inhalable particulate matter	TWA: 15 mg/m <sup>3</sup> fume, total particulate (vacated) TWA: 10 mg/m <sup>3</sup> fume and total particulate	VLE-PPT: 10 mg/m <sup>3</sup>
Magnesium Stearate	557-04-0	TWA: 10 mg/m <sup>3</sup> inhalable particulate matter TWA: 3 mg/m <sup>3</sup> respirable particulate matter		VLE-PPT: 10 mg/m <sup>3</sup>

Chemical name	CAS No.	Alberta	Quebec	Ontario TWAEV	British Columbia
Microcrystalline Cellulose	9004-34-6	TWA: 10 mg/m <sup>3</sup>	TWA: 10 mg/m <sup>3</sup>	TWA: 10 mg/m <sup>3</sup>	TWA: 10 mg/m <sup>3</sup> TWA: 3 mg/m <sup>3</sup>
Magnesium Oxide	1309-48-4	TWA: 10 mg/m <sup>3</sup>	TWA: 10 mg/m <sup>3</sup>	TWA: 10 mg/m <sup>3</sup>	TWA: 10 mg/m <sup>3</sup> TWA: 3 mg/m <sup>3</sup> STEL: 10 mg/m <sup>3</sup>
Magnesium Stearate	557-04-0	TWA: 10 mg/m <sup>3</sup>	TWA: 10 mg/m <sup>3</sup>	TWA: 10 mg/m <sup>3</sup> TWA: 3 mg/m <sup>3</sup>	TWA: 10 mg/m <sup>3</sup> TWA: 3 mg/m <sup>3</sup>

No relevant exposure guidelines for other ingredients

#### Appropriate engineering controls

This safety data sheet was developed based on regulations applicable to bulk substances in an industrial/occupational setting.  
For **Consumers and Retail** personnel - follow product label directions and warnings when using and/or handling this product.  
For **Distribution and Manufacturing** sites - follow the procedure as listed according to your Workplace Safety protocols.

<b>Engineering Measures</b>	No information available
<b><u>Personal protective equipment</u></b>	
<b>Eye Protection</b>	No special protective equipment required
<b>Hand Protection</b>	No special protective equipment required
<b>Skin and Body Protection</b>	No special protective equipment required
<b>Respiratory Protection</b>	No special protective equipment required

## 9. PHYSICAL AND CHEMICAL PROPERTIES

<b>Physical state</b>	Solid	
<b>Appearance</b>	purple	
<b>Color</b>	No information available	
<b>Odor</b>	herbaceous	
<b>Odor threshold</b>	No information available	
<b><u>Property</u></b>	<b><u>Values</u></b>	<b><u>Remarks</u></b>
<b>pH</b>	No information available	
<b>Melting point / freezing point</b>	No information available	
<b>Initial boiling point and boiling range</b>	No information available	
<b>Flash point</b>	No information available	
<b>Evaporation rate</b>	No information available	
<b>Flammability</b>	No information available	
<b>Flammability Limit in Air</b>		
<b>Upper flammability or explosive limits</b>	No information available	
<b>Lower flammability or explosive limits</b>	No information available	
<b>Vapor pressure</b>	No information available	
<b>Relative vapor density</b>	No information available	
<b>Relative density</b>	No information available	
<b>Water solubility</b>	completely soluble	
<b>Partition coefficient</b>	No information available	
<b>Autoignition temperature</b>	No information available	
<b>Decomposition temperature</b>	No information available	
<b>Viscosity</b>	No information available	
<b>VOC Content (%)</b>	Products comply with US state and federal regulations for VOC content in consumer products.	

## 10. STABILITY AND REACTIVITY

<b>Reactivity</b>	None under normal use conditions.
<b>Stability</b>	Stable under normal conditions.
<b>Hazardous polymerization</b>	Hazardous polymerization does not occur.
<b>Hazardous Reactions</b>	None under normal processing.
<b>Conditions to Avoid</b>	None under normal processing.
<b>Incompatible Materials</b>	None in particular.
<b>Hazardous decomposition products</b>	None under normal use conditions.

## 11. TOXICOLOGICAL INFORMATION

**Product Information****Information on likely routes of exposure**

<b>Inhalation</b>	No known effect.
<b>Skin contact</b>	No known effect.
<b>Ingestion</b>	No known effect.
<b>Eye contact</b>	No known effect.

**Delayed and immediate effects as well as chronic effects from short and long-term exposure**

<b>Acute toxicity</b>	No known effect.
<b>Skin corrosion/irritation</b>	No known effect.
<b>Serious eye damage/eye irritation</b>	No known effect.
<b>Skin sensitization</b>	No known effect.
<b>Respiratory sensitization</b>	No known effect.
<b>Germ cell mutagenicity</b>	No known effect.
<b>Reproductive toxicity</b>	No known effect.
<b>Developmental toxicity</b>	No known effect.
<b>STOT - single exposure</b>	No known effect.
<b>STOT - repeated exposure</b>	No known effect.
<b>Aspiration hazard</b>	No known effect.
<b>Carcinogenicity</b>	No known effect.

**Component Information**

Chemical name	CAS No.	Oral LD50	Dermal LD50	Inhalation LC50
Microcrystalline Cellulose	9004-34-6	> 5 g/kg ( Rat )	> 2000 mg/kg ( Rabbit )	> 5800 mg/m <sup>3</sup> ( Rat ) 4 h
Magnesium Oxide	1309-48-4	= 3990 mg/kg ( Rat ) = 3870 mg/kg ( Rat )	-	-
Citric Acid	77-92-9	5400 mg/kg bw (OECD 401)	5001 mg/kg (RAT)	-

**12. ECOLOGICAL INFORMATION****ecotoxicity**

The product is not expected to be hazardous to the environment. The product is not expected to be hazardous to waste water treatment processes.

<b>Persistence and degradability</b>	No information available.
<b>Bioaccumulative potential</b>	No information available.
<b>Mobility</b>	No information available.
<b>Other adverse effects</b>	No information available.

**13. DISPOSAL CONSIDERATIONS****Disposal methods**

<b>Waste from Residues/Unused Products</b>	<b>Household:</b> . Product is safe to dispose of in household garbage or down the drain. The product is not expected to be hazardous to waste water treatment processes.
<b>Contaminated packaging</b>	Disposal should be in accordance with applicable regional, national and local laws and regulations.
<b>California Hazardous Waste Codes (non-household setting)</b>	331

## 14. TRANSPORT INFORMATION

<b>DOT</b>	Not regulated
<b>IMDG</b>	Not regulated
<b>IATA</b>	Not regulated

## 15. REGULATORY INFORMATION

### U.S. FEDERAL REGULATIONS

#### **CERCLA**

This material, as supplied, does not contain any substances regulated as hazardous substances under the Comprehensive Environmental Response Compensation and Liability Act (CERCLA) (40 CFR 302) or the Superfund Amendments and Reauthorization Act (SARA) (40 CFR 355). There may be specific reporting requirements at the local, regional, or state level pertaining to releases of this material.

#### **Food and Drug Administration (FDA)**

The product described in this Safety Data Sheet is regulated under the Federal Food, Drug, and Cosmetics Act and is safe to use as per directions on container, box or accompanying literature (where applicable)

#### **Clean Air Act, Section 112 Hazardous Air Pollutants (HAPs) (see 40 CFR 61)**

This product does not contain any substances regulated as hazardous air pollutants (HAPS) under Section 112 of the Clean Air Act Amendments of 1990.

#### **Clean Water Act**

This product does not contain any substances regulated as pollutants pursuant to the Clean Water Act (40 CFR 122.21 and 40 CFR 122.42).

#### **U.S. State Regulations (RTK)**

Chemical name	CAS No.	New Jersey
Microcrystalline Cellulose	9004-34-6	X
Magnesium Oxide	1309-48-4	X

Chemical name	CAS No.	Massachusetts
Microcrystalline Cellulose	9004-34-6	X
Magnesium Oxide	1309-48-4	X

Chemical name	CAS No.	Pennsylvania
Microcrystalline Cellulose	9004-34-6	X
Magnesium Oxide	1309-48-4	X

#### **California Proposition 65**

This product is not subject to warning labeling under California Proposition 65.

### International Inventories

#### **United States**

All intentionally-added components of this product(s) are listed on the US TSCA Inventory

#### **Canada**

This product is in compliance with CEPA for import by P&G

**Legend**

United States Toxic Substances Control Act Section 8(b) Inventory (TSCA)

**CEPA** - Canadian Environmental Protection Act

**16. OTHER INFORMATION****HMIS****NFPA**

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**Disclaimer.**

The information provided in this Safety Data Sheet is correct to the best of our knowledge, information and belief at the date of its publication. The information given is designed only as a guidance for safe handling, use, processing, storage, transportation, disposal and release and is not to be considered a warranty or quality specification. The information relates only to the specific material designated and may not be valid for such material used in combination with any other materials or in any process, unless specified in the text

**End of Safety Data Sheet**