

## HEALTH AND SAFETY DATA SHEET

### Product Nutmeg

#### Company details

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#### **1. PRODUCT IDENTIFICATION**

Label Name and Inci: Nutmeg (myristica fragrans)  
Trade Name: Pure Essential Oil of Nutmeg

#### **USE**

For use in aromatherapy products and practice

#### **2. FIRST AID MEASURES**

Inhalation	Move from exposure into fresh air
Eye	Wash immediately with vegetable oil, obtain medical attention if redness persists
Skin	Wash with soap and water and seek medical attention if redness persists
Ingestion	Do not induce vomiting due to risk of aspiration. Seek medical attention.

#### **4. COMPOSITION/INGREDIENTS**

Essential oil of Nutmeg

#### **5. FIRE FIGHTING MEASURES**

Extinguishing media	CO2 foam
Special procedures	Use preferred extinguishing media and standard fire fighting procedures
Special fire and explosion	Use water spray to disperse
Hazards	Vapours

#### **6. HEALTH HAZARDS**

Keep concentrated material away from food stuffs.  
Not normally considered to be hazardous if good handling practices / normal production procedures are adhered to

#### **7. CHEMICAL AND PHYSICAL PROPERTIES**

Physical state:	Liquid
Flash point:	38°C
Specific gravity:	0.854-0.917
Optical Rotation	+6 -+18
Refractive Index	1.475 – 1.485

#### **8. ACCIDENTAL RELEASE AND DISPOSAL PRECAUTIONS**

Remove ALL sources of ignition  
Avoid high temperature  
Provide sufficient ventilation  
Place material and absorbent into sealed / closed containers  
Dispose of in accordance with applicable regulations and laws

#### **9. STORAGE**

Keep cool and away from heat or direct sunlight  
Normal storage conditions for volatile chemical products

#### **10. OTHER INFORMATION**

Keeping qualities: Over 36 months if stored as above  
While the above is of a low order hazard, certain precautions should be taken when handling and storing the materials in bulk. The industrial rules of general hygiene and good housekeeping applying to any chemical should be at all times observed

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