

## SAFETY DATA SHEET

In accordance with REACH Regulation EC No.1907/2006

**Product:** Nikura | Cramp Relief Essential Oil Blend 100% Natural

**Version:** 1

### Section 1. Identification of the substance or the mixture and of the supplier

#### 1.1 Product Identifier

**Product identifier:** Nikura | Cramp Relief Essential Oil Blend 100% Natural

**Other identifiers:** Unique Product Code/s: 10ml: 5056457405580, 2 x 10ml: 5056457405597, 3 x 10ml: 5056457405603, 50ml: 5056457405610, 100ml: 5056457405627, 2 x 100ml: 5056457405634, 500ml: 5056457405641, 1L: 5056457405658

ASIN Code/s: 10ml: B096ZXP6LQ, 2 x 10ml: B096ZYQKPJ, 3 x 10ml: B096ZXLKPV, 50ml: B0971F3H69, 100ml: B0971144V8, 2 x 100ml: B096ZXGTZ9

#### 1.2 Relevant identified uses of the substance of mixture and uses advised against

**Product uses:** Aromatherapy

#### 1.3 Details of the supplier of the safety data sheet

**Company name:** Nikura Ltd

**Company address:** Unit 6,  
Tariff Road,  
London,  
N17 0EB

**Contact:** Regulatory Affairs

**E-Mail address:** support@nikura.com

**Company phone:** 0203 6370946

#### 1.4 Emergency telephone number

**Emergency phone:** 0203 6370946

### Section 2. Hazards identification

#### 2.1 Classification of the substance or mixture

##### **Classification under Regulation (EC) No 1272/2008**

**Class and category of danger:** Skin Corrosion / Irritation Category 2  
Eye Damage / Irritation Category 1  
Sensitization - Skin Category 1  
Hazardous to the Aquatic Environment - Long-term Hazard Category 2  
H315, Causes skin irritation.  
H317, May cause an allergic skin reaction.  
H318, Causes serious eye damage.  
H411, Toxic to aquatic life with long lasting effects.

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### 2.2 Label elements

#### Classification under Regulation (EC) No 1272/2008

**Signal word:** Danger

**Hazard statements:** H315, Causes skin irritation.  
H317, May cause an allergic skin reaction.  
H318, Causes serious eye damage.  
H411, Toxic to aquatic life with long lasting effects.

**Supplemental Information:** EUH208, Contains 1-Octen-3-yl acetate, Citronellyl butyrate, Citronellyl formate, Citronellyl tiglate, Eucalyptol, Geranyl acetate, Geranyl formate, Menthone, Nerol, Neryl acetate, alpha-Pinene, beta-Caryophyllene, beta-Pinene, d,l-Isomenthone, l-Limonene. May produce an allergic reaction.

**Precautionary statements:** P261, Avoid breathing vapour or dust.  
P264, Wash hands and other contacted skin thoroughly after handling.  
P272, Contaminated work clothing should not be allowed out of the workplace.  
P273, Avoid release to the environment.  
P280, Wear protective gloves/eye protection/face protection.  
P302/352, IF ON SKIN: Wash with plenty of soap and water.  
P305/351/338, IF IN EYES: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing.  
P310, Immediately call a POISON CENTER or doctor/physician.  
P333/313, If skin irritation or rash occurs: Get medical advice/attention.  
P362, Take off contaminated clothing and wash before reuse.  
P391, Collect spillage.  
P501, Dispose of contents/container to approved disposal site, in accordance with local regulations.

**Pictograms:**



### 2.3 Other hazards

**Other hazards:** None

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### Section 3. Composition / information on ingredients

#### 3.2 Mixtures

#### Contains:

Name	CAS	EC	REACH Registration No.	%	Classification for (CLP) 1272/2008
Linalyl acetate	115-95-7	204-116-4		20-<50%	Skin Irrit. 2-Skin Sens. 1B;H315-H317,-
Linalool	78-70-6	201-134-4		20-<50%	Skin Irrit. 2-Eye Irrit. 2-Skin Sens. 1B;H315-H317-H319,-
l-Citronellol	7540-51-4	231-415-7		1-<5%	Skin Irrit. 2-Eye Irrit. 2-Skin Sens. 1B;H315-H317-H319,-
Geraniol	106-24-1	203-377-1		1-<5%	Skin Irrit. 2-Eye Dam. 1-Skin Sens. 1;H315-H317-H318,-
beta-Caryophyllene	87-44-5	201-746-1		1-<5%	Skin Sens. 1B-Asp. Tox 1-Aquatic Chronic 4;H304-H317-H413,-
cis-beta-Ocimene	3338-55-4	222-081-3		1-<5%	Flam. Liq. 3-Skin Irrit. 2-Asp. Tox 1-Aquatic Acute 1-Aquatic Chronic 2;H226-H304-H315-H400-H411,-
trans beta-Ocimene	3779-61-1			1-<5%	Skin Irrit. 2-Aquatic Acute 1-Aquatic Chronic 2;H315-H400-H411,-
Terpinen-4-ol	562-74-3	209-235-5		1-<5%	Acute Tox. 4-Acute Tox. 4-Skin Irrit. 2-STOT SE 3;H302-H315-H332-H336,-
d,l-Isomenthone	491-07-6	207-727-4		1-<5%	Skin Irrit. 2-Skin Sens. 1B;H315-H317,-
Citronellyl formate	105-85-1	203-338-9		1-<5%	Skin Irrit. 2-Skin Sens. 1B;H315-H317,-
Geranyl formate	105-86-2	203-339-4		1-<5%	Skin Sens. 1B-Aquatic Acute 1-Aquatic Chronic 2;H317-H400-H411,-
alpha-Terpineol	98-55-5	202-680-6		1-<5%	Skin Irrit. 2-Eye Irrit. 2;H315-H319,-
Myrcene	123-35-3	204-622-5		0.1-<1%	Flam. Liq. 3-Skin Irrit. 2-Eye Irrit. 2-Asp. Tox 1-Aquatic Acute 1-Aquatic Chronic 2;H226-H304-H315-H319-H400-H411,-
Geranyl acetate	105-87-3	203-341-5		0.1-<1%	Skin Irrit. 2-Skin Sens. 1B-Aquatic Chronic 3;H315-H317-H412,-
1-Octen-3-yl acetate	2442-10-6	219-474-7		0.1-<1%	Acute Tox. 4-Skin Sens. 1B;H302-H317,-
l-Limonene	5989-54-8	227-815-6		0.1-<1%	Flam. Liq. 3-Skin Irrit. 2-Skin Sens. 1B-Asp. Tox 1-Aquatic Acute 1-Aquatic Chronic 3;H226-H304-H315-H317-H400-H412,-
Eucalyptol	470-82-6	207-431-5		0.1-<1%	Flam. Liq. 3-Skin Sens. 1B;H226-H317,-
Nerol	106-25-2	203-378-7		0.1-<1%	Skin Irrit. 2-Eye Irrit. 2-Skin Sens. 1B;H315-H317-H319,-

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Menthone	10458-14-7	233-944-9		0.1-<1%	Acute Tox. 4-Skin Irrit. 2-Skin Sens. 1B-Aquatic Chronic 3; H302-H315-H317-H412,-
Camphor	76-22-2	200-945-0		0.1-<1%	Flam. Sol. 2-Acute Tox. 4-Acute Tox. 4-Skin Irrit. 2-Eye Dam. 1-STOT SE 2-Aquatic Chronic 2;H228-H302-H315-H318-H332-H371-H411,-
Neryl acetate	141-12-8	205-459-2		0.1-<1%	Skin Sens. 1B;H317,-
beta-Pinene	127-91-3	204-872-5		0.1-<1%	Flam. Liq. 3-Skin Irrit. 2-Skin Sens. 1B-Asp. Tox 1-Aquatic Acute 1-Aquatic Chronic 1; H226-H304-H315-H317-H410,-
Citronellyl tiglate	24717-85-9	246-426-2		0.1-<1%	Skin Sens. 1B-Aquatic Acute 1-Aquatic Chronic 1;H317-H410,-
Geranyl butyrate	106-29-6	203-381-3		0.1-<1%	Aquatic Acute 1-Aquatic Chronic 1; H410,-
cis-Rose oxide	876-17-5			0.1-<1%	Skin Irrit. 2-Eye Irrit. 2-Repr. 2;H315-H319-H361,-
Citronellyl butyrate	141-16-2	205-463-4		0.1-<1%	Skin Sens. 1B-Aquatic Acute 1-Aquatic Chronic 1;H317-H410,-
alpha-Phellandrene	99-83-2	202-792-5		0.1-<1%	Flam. Liq. 3-Asp. Tox 1-Aquatic Acute 1-Aquatic Chronic 1; H226-H304-H410,-
Camphene	79-92-5	201-234-8		0.1-<1%	Flam. Liq. 3-Flam. Sol. 2-Aquatic Acute 1-Aquatic Chronic 1; H226-H228-H410,-
alpha-Pinene	80-56-8	201-291-9		0.1-<1%	Flam. Liq. 3-Acute Tox. 4-Skin Irrit. 2-Skin Sens. 1B-Asp. Tox 1-Aquatic Acute 1-Aquatic Chronic 1; H226-H302-H304-H315-H317-H410,-
Geranyl isobutyrate	2345-26-8	219-062-7		0.1-<1%	Aquatic Acute 1-Aquatic Chronic 1; H410,-
trans-Rose oxide	876-18-6			0.1-<1%	Skin Irrit. 2-Eye Irrit. 2-Repr. 2;H315-H319-H361,-

### Substances with Community workplace exposure limits:

Not Applicable

### Substances that are persistent, bioaccumulative and toxic or very persistent and very bioaccumulative, greater than 0.1%:

Not Applicable

## Section 4. First-aid measures

### 4.1 Description of first aid measures

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**Inhalation:** Remove from exposure site to fresh air, keep at rest, and obtain medical attention.

**Eye exposure:** IF IN EYES: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing.

**Skin exposure:** IF ON SKIN: Wash with plenty of soap and water.

**Ingestion:** Rinse mouth with water and obtain medical attention.

### 4.2 Most important symptoms and effects, both acute and delayed

Causes skin irritation.

May cause an allergic skin reaction.

Causes serious eye damage.

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

None expected, see Section 4.1 for further information.

## SECTION 5: Firefighting measures

### 5.1 Extinguishing media

Suitable media: Carbon dioxide, Dry chemical, Foam.

### 5.2 Special hazards arising from the substance or mixture

In case of fire, may be liberated: Carbon monoxide, Unidentified organic compounds.

### 5.3 Advice for fire fighters:

In case of insufficient ventilation, wear suitable respiratory equipment.

## Section 6. Accidental release measures

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

Avoid inhalation. Avoid contact with skin and eyes. See protective measures under Section 7 and 8.

### 6.2 Environmental precautions:

Keep away from drains, surface and ground water, and soil.

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

Remove ignition sources. Provide adequate ventilation. Avoid excessive inhalation of vapours. Contain spillage immediately by use of sand or inert powder. Dispose of according to local regulations.

### 6.4 Reference to other sections:

Also refer to sections 8 and 13.

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### Section 7. Handling and storage

#### 7.1 Precautions for safe handling:

Keep away from heat, sparks, open flames and hot surfaces. - No smoking. Use personal protective equipment as required. Use in accordance with good manufacturing and industrial hygiene practices. Use in areas with adequate ventilation. Do not eat, drink or smoke when using this product.

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

Store in a well-ventilated place. Keep container tightly closed. Keep cool. Ground/bond container and receiving equipment. Use explosion-proof electrical, ventilating and lighting equipment. Use only non-sparking tools. Take precautionary measures against static discharge.

#### 7.3 Specific end use(s):

Aromatherapy: Use in accordance with good manufacturing and industrial hygiene practices.

### Section 8. Exposure controls/personal protection

#### 8.1 Control parameters

Workplace exposure limits: Not Applicable

#### 8.2 Exposure Controls

##### Eye / Skin Protection

Wear protective gloves/eye protection/face protection

##### Respiratory Protection

Under normal conditions of use and where adequate ventilation is available to prevent build up of excessive vapour, this material should not require special engineering controls. However, in conditions of high or prolonged use, or high temperature or other conditions which increase exposure, the following engineering controls can be used to minimise exposure to personnel: a) Increase ventilation of the area with local exhaust ventilation. b) Personnel can use an approved, appropriately fitted respirator with organic vapour cartridge or canisters and particulate filters. c) Use closed systems for transferring and processing this material.

Also refer to Sections 2 and 7.

### Section 9. Physical and chemical properties

#### 9.1 Information on basic physical and chemical properties

<b>Appearance:</b>	Not determined
<b>Odour:</b>	Not determined
<b>Odour threshold:</b>	Not determined
<b>pH:</b>	Not determined
<b>Melting point / freezing point:</b>	Not determined
<b>Initial boiling point / range:</b>	Not determined
<b>Flash point:</b>	74 °C
<b>Evaporation rate:</b>	Not determined

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<b>Flammability (solid, gas):</b>	Not determined
<b>Upper/lower flammability or explosive limits:</b>	Product does not present an explosion hazard
<b>Vapour pressure:</b>	Not determined
<b>Vapour density:</b>	Not determined
<b>Relative density:</b>	Not determined
<b>Solubility(ies):</b>	Not determined
<b>Partition coefficient: n-octanol/water:</b>	Not determined
<b>Auto-ignition temperature:</b>	Not determined
<b>Decomposition temperature:</b>	Not determined
<b>Viscosity:</b>	Not determined
<b>Explosive properties:</b>	Not expected
<b>Oxidising properties:</b>	Not expected

**9.2 Other information:** None available

### Section 10. Stability and reactivity

#### **10.1 Reactivity:**

Presents no significant reactivity hazard, by itself or in contact with water.

#### **10.2 Chemical stability:**

Good stability under normal storage conditions.

#### **10.3 Possibility of hazardous reactions:**

Not expected under normal conditions of use.

#### **10.4 Conditions to avoid:**

Avoid extreme heat.

#### **10.5 Incompatible materials:**

Avoid contact with strong acids, alkalis or oxidising agents.

#### **10.6 Hazardous decomposition products:**

Not expected.

### Section 11. Toxicological information

#### **11.1 Information on toxicological effects**

This mixture has not been tested as a whole for health effects. The health effects have been calculated using the methods outlined in Regulation (EC) No 1272/2008 (CLP).

<b>Acute Toxicity:</b>	Based on available data the classification criteria are not met.
Acute Toxicity Oral	>5000
Acute Toxicity Dermal	>5000
Acute Toxicity Inhalation	Not Available
<b>Skin corrosion/irritation:</b>	Skin Corrosion / Irritation Category 2

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**Serious eye damage/irritation:** Eye Damage / Irritation Category 1  
**Respiratory or skin sensitisation:** Sensitization - Skin Category 1  
**Germ cell mutagenicity:** Based on available data the classification criteria are not met.  
**Carcinogenicity:** Based on available data the classification criteria are not met.  
**Reproductive toxicity:** Based on available data the classification criteria are not met.  
**STOT-single exposure:** Based on available data the classification criteria are not met.  
**STOT-repeated exposure:** Based on available data the classification criteria are not met.  
**Aspiration hazard:** Based on available data the classification criteria are not met.

### Information about hazardous ingredients in the mixture

Ingredient	CAS	EC	LD50/ATE Oral	LD50/ATE Dermal	LC50/ATE Inhalation	LC50 Route
Terpinen-4-ol	562-74-3	209-235-5	1300	2500	11	Not available

Refer to Sections 2 and 3 for additional information.

### Section 12. Ecological information

#### 12.1 Toxicity:

Toxic to aquatic life with long lasting effects.

**12.2 Persistence and degradability:** Not available

**12.3 Bioaccumulative potential:** Not available

**12.4 Mobility in soil:** Not available

#### 12.5 Results of PBT and vPvB assessment:

This substance does not meet the PBT/vPvB criteria of REACH, annex XIII.

**12.6 Other adverse effects:** Not available

### Section 13. Disposal considerations

#### 13.1 Waste treatment methods:

Dispose of in accordance with local regulations. Avoid disposing into drainage systems and into the environment. Empty containers should be taken to an approved waste handling site for recycling or disposal.

### Section 14. Transport information

**14.1 UN number:** UN3082

**14.2 UN Proper Shipping Name:** ENVIRONMENTALLY HAZARDOUS SUBSTANCE, LIQUID, N.O.S. (Citronellyl tiglate, cis-beta-Ocimene)

**14.3 Transport hazard class(es):** 9

**Sub Risk:** -

**14.4. Packing Group:** III

**14.5 Environmental hazards:** This is an environmentally hazardous substance.

**14.6 Special precautions for user:** None additional



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### 14.7 Transport in bulk according to Annex II of MARPOL73/78 and the IBC Code:

Not applicable

### Section 15. Regulatory information

#### 15.1 Safety, health and environmental regulations/legislation specific for the substance or mixture

None additional

#### 15.2 Chemical Safety Assessment

A Chemical Safety Assessment has not been carried out for this product.

### Section 16. Other information

**Concentration % Limits:** EH C2=66.32% EH C3=6.63% SCI 2=12.89% EDI 1=78.33% EDI 2=13.89% SS 1=3.03%

**Total Fractional Values:** EH C2=1.51 EH C3=15.08 SCI 2=7.76 EDI 1=1.28 EDI 2=7.20 SS 1=32.98

#### Key to revisions:

Not applicable

#### Key to abbreviations:

Abbreviation	Meaning
Acute Tox. 4	Acute Toxicity - Oral Category 4
Acute Tox. 4	Acute Toxicity - Inhalation Category 4
Aquatic Acute 1	Hazardous to the Aquatic Environment - Acute Hazard Category 1
Aquatic Chronic 1	Hazardous to the Aquatic Environment - Long-term Hazard Category 1
Aquatic Chronic 2	Hazardous to the Aquatic Environment - Long-term Hazard Category 2
Aquatic Chronic 3	Hazardous to the Aquatic Environment - Long-term Hazard Category 3
Aquatic Chronic 4	Hazardous to the Aquatic Environment - Long-term Hazard Category 4
Asp. Tox 1	Aspiration Hazard Category 1
Eye Dam. 1	Eye Damage / Irritation Category 1
Eye Irrit. 2	Eye Damage / Irritation Category 2
Flam. Liq. 3	Flammable Liquid, Hazard Category 3
Flam. Sol. 2	Flammable Solid, Hazard Category 2
H226	Flammable liquid and vapour.
H228	Flammable solid.
H302	Harmful if swallowed.
H304	May be fatal if swallowed and enters airways.
H315	Causes skin irritation.
H317	May cause an allergic skin reaction.
H318	Causes serious eye damage.
H319	Causes serious eye irritation.
H332	Harmful if inhaled.
H336	May cause drowsiness or dizziness.

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H361	Suspected of damaging fertility or the unborn child (exposure route).
H371	May cause damage to organs (organs, exposure route).
H400	Very toxic to aquatic life.
H410	Very toxic to aquatic life with long lasting effects.
H411	Toxic to aquatic life with long lasting effects.
H412	Harmful to aquatic life with long lasting effects.
H413	May cause long lasting harmful effects to aquatic life.
P202	Do not handle until all safety precautions have been read and understood.
P210	Keep away from heat, sparks, open flames and hot surfaces. - No smoking.
P233	Keep container tightly closed.
P240	Ground/bond container and receiving equipment.
P241	Use explosion-proof electrical, ventilating and lighting equipment.
P242	Use only non-sparking tools.
P243	Take precautionary measures against static discharge.
P260	Do not breathe vapour or dust.
P261	Avoid breathing vapour or dust.
P264	Wash hands and other contacted skin thoroughly after handling.
P270	Do not eat, drink or smoke when using this product.
P271	Use only outdoors or in a well-ventilated area.
P272	Contaminated work clothing should not be allowed out of the workplace.
P273	Avoid release to the environment.
P280	Wear protective gloves/eye protection/face protection.
P301/310	IF SWALLOWED: Immediately call a POISON CENTER or doctor/physician.
P301/312	IF SWALLOWED: call a POISON CENTER or doctor/physician if you feel unwell.
P302/352	IF ON SKIN: Wash with plenty of soap and water.
P303/361/353	IF ON SKIN (or hair): Remove/take off immediately all contaminated clothing. Rinse skin with water/shower.
P304/340	IF INHALED: Remove victim to fresh air and keep at rest in a position comfortable for breathing.
P305/351/338	IF IN EYES: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing.
P308/313	IF exposed or concerned: Get medical advice/attention.
P309/311	IF exposed or if you feel unwell: Call a POISON CENTRE or doctor/physician.
P310	Immediately call a POISON CENTER or doctor/physician.
P312	Call a POISON CENTRE or doctor/physician if you feel unwell.
P330	Rinse mouth.
P331	Do not induce vomiting.
P332/313	If skin irritation occurs: Get medical advice/attention.
P333/313	If skin irritation or rash occurs: Get medical advice/attention.
P337/313	If eye irritation persists: Get medical advice/attention.
P362	Take off contaminated clothing and wash before reuse.
P363	Wash contaminated clothing before reuse.
P370/378	In case of fire: Use carbon dioxide, dry chemical, foam for extinction.
P391	Collect spillage.

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P403/233/235	Store in a well-ventilated place. Keep container tightly closed. Keep cool.
P403/235	Store in a well-ventilated place. Keep cool.
P405	Store locked up.
P501	Dispose of contents/container to approved disposal site, in accordance with local regulations.
Repr. 2	Toxic to Reproduction Category 2
STOT SE 2	Specific Target Organ Toxicity (Single Exposure) Category 2
STOT SE 3	Specific Target Organ Toxicity (Single Exposure) Category 3
Skin Irrit. 2	Skin Corrosion / Irritation Category 2
Skin Sens. 1	Sensitization - Skin Category 1
Skin Sens. 1B	Sensitization - Skin Category 1B

The information in this safety data sheet is to the best of our knowledge true and accurate but all data, instructions, recommendations and/or suggestions are made without guarantee.