

## MATERIAL SAFETY DATA SHEET

### SECTION 1 – COMPANY AND PRODUCT IDENTIFICATION

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PRODUCT NAME: **SLEEP AID**

### SECTION 2 – COMPOSITION /INFORMATION ON HAZARDOUS INGREDIENTS

Classification: Not classified as hazardous by the 2012 OSHA Hazard Communication Standard (29 CFR 1910.1200), this SDS contains valuable information critical to the safe handling and proper use of the product. This SDS should be retained and available for employees and other users of this product.

- Precautionary Statement: Keep out of reach of children. Read label before use

#### COMPONENTS NAME:

- 1- VALERIAN ROOT EXTRACT
- 2- CHAMOMILE
- 3- MELATONIN
- 4- PASSION FLOWER
- 5- GINKGO BILOBA
- 6- MAGNESIUM OXIDE

#### Other Ingredients

MAGNESIUM STEARATE KOSHER  
RICE FLOUR  
GELATIN FROM CAPSULE

### SECTION 3 –PHYSICAL & CHEMICAL PROPERTIES DATA

PHYSICAL AND CHEMICAL PROPERTIES HERE REPRESENT TYPICAL PROPERTIES OF THIS PRODUCT.

Physical Form: Capsule  
Weight/capsule: 653 mg  
Color: Cream  
Odor: Characteristic





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#### SECTION 4 –HAZARD IDENTIFICATION FIRE AND EXPLOSION HAZARD DATA

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- Flammability: No data available
- Extinguishing Media: Use fire-extinguishing media appropriate for surrounding materials. Water. Foam. Dry chemical or CO2.
- Fire Fighting Procedures: Wear self-contained breathing apparatus. Wear protective clothing to prevent contact with skin and eyes. Do not attempt to act without suitable protective equipment.
- Explosion Hazards: No specific fire or explosion hazard.

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#### SECTION 5 –FIRE-AID MEASURES

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##### First Aid Measures:

- o Oral Exposure: No known significant effects or critical hazards.
- o Inhalation: No known significant effects or critical hazards.
- o Dermal Exposure: No known significant effects or critical hazards.
- o Eye Exposure: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing. If eye irritation persists, seek medical advice/attention

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#### SECTION 6 –ACCIDENTAL RELEASE MEASURES

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- Environmental Precautions: Avoid dispersal of spilled material and runoff and contact with soil, waterways, drains and sewers. Inform the relevant authorities if the product has caused environmental pollution (sewer, waterways, soil, or air).
- Personal Precautions: No action shall be taken involving any personal risk or without suitable training. Keep unnecessary personnel from entering. No specialized clothing is required to deal with the spillage, take note of any information in Section 8 on suitable and unsuitable materials. Vacuum or sweep up material and place in designated TRASH receptacle.
- Methods for Containment: Move containers from spill area. Vacuum or sweep up material and place it in a designated, labeled TRASH receptacle. Avoid creating dusty conditions and prevent wind dispersal.

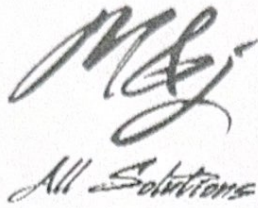
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#### SECTION 7 – HANDING AND STORAGE

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- Handling: Handle in according with good industrial hygiene and safety practice. Avoid skin and eye contact. Wear impervious gloves and safety glasses when handling. Always wash hands and expose skin thoroughly after use.
- Storage: Store in accordance with local regulations. Store in original container, protected from sunlight, in a dry, cool, and well-ventilated area, away from incompatible materials, food and drink. Keep container tightly sealed and closed until ready for use. Containers that have been opened must be





carefully resealed and kept upright to prevent leakage. Do not store it in unlabeled containers. Use appropriate containment to avoid environmental contamination.

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#### SECTION 8- EXPOSURE CONTROLS/PERSONAL PROTECTION

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- **Engineering Controls:** Use only with adequate ventilation. If user operations generate dust, use process enclosures, local exhaust ventilation, fans or other engineering controls to keep worker exposure to airborne contaminants below any recommended or statutory limits.
- **General Industrial Hygiene Considerations:** Wash hands thoroughly after handling, before eating, drinking, smoking, using the lavatory, and at the end of the working period. Ensure that eyewash stations are close to the workstation location.
- **Environmental Exposure Controls:** Emissions from ventilation or work process equipment should be checked to ensure they comply with requirements of environmental protection legislation. In some cases, fume scrubbers, filters, or engineering modifications to the process equipment will be necessary to reduce emissions to acceptable levels.
- **Personal Protective Equipment:**
  - o **Eye Protection:** Safety eyewear complying with an approved standard should be used when a risk assessment indicates this is necessary to avoid exposure to liquid splashes, mist, gases, or dusts. If contact is possible, the following protection should be worn, unless the assessment indicates a higher degree of protection: safety glasses with side shields. If operating conditions cause high dust concentrations to be produced, use dust goggles.
  - o **Skin/Body Protection:** No special hand protection is necessary. Personal protective equipment for the body should be selected based on the task being performed. Appropriate footwear and any additional skin protection measures should be selected based on the task being performed.
  - o **Respiratory Protection:** Use a properly fitted, particulate filter respirator complying with an approved standard, if a risk assessment indicates this is necessary. Respirator selection must be based on known or anticipated exposure levels, the hazard of the product, and safe working limits of the selected respirator.

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#### SECTION 9 – PHYSICAL AND CHEMICAL PROPERTIES

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Physical state and appearance: Hard Gelatin Capsule

Odor: Characteristic

Taste: Characteristic



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*All Solutions*

Disintegration: < 30 Min  
Weight Variation: 653 mg +/- 10%

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#### SECTION 10 - STABILITY AND REACTIVITY DATA

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- Stability: Stable under normal conditions.
- Conditions of Instability: Not available.
- Decomposition: Under normal conditions of storage and use, hazardous decomposition products should not be produced.
- Reactivity: Reactive or incompatible with the following materials: Oxidizing materials
- Hazardous Polymerization:

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#### SECTION 11 - TOXICOLOGICAL INFORMATION

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Acute toxicity: No acute toxicity in the leaf.  
Irritation: Dermal contact, Eye contact, Ingestion, Inhalation.  
Sensitization: There is no data available.  
Mutagenicity: No mutation.  
Carcinogenicity: This material is not carcinogenic. Reproductive  
Toxicity: There is no data available.  
Teratogenicity: This material is not teratogenic.  
Specific Target Organ Toxicity: Safe non-toxic food ingredients.  
Aspiration Hazard: There is no data available.

#### Potential Acute Health Effects:

Eye Contact: No known significant effects or critical hazards.  
Inhalation: Difficulty inhaling, tightness in the chest, tightness of the throat and chest wall inflammation.  
Skin Contact: May cause skin irritation which results in red, itchy or inflamed skin.  
Ingestion: Some side effects, but no major adverse risks.

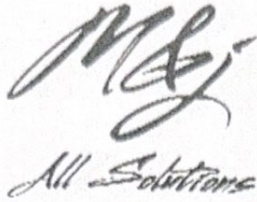
#### Symptoms related to the physical, chemical, and toxicological characteristics:

Eye Contact: Adverse symptoms may include the following: physical irritation.  
Inhalation: Difficulty inhaling, tightness in the chest, tightness of the throat and chest wall inflammation.  
Skin Contact: May cause skin irritation which results in red, itchy or inflamed skin.  
Ingestion: Fatigue, inflammation of the lungs or skin and confusion.

#### Potential Chronic Health Effects:

General: No known significant effects or critical hazards.  
Carcinogenicity: This material is not carcinogenic.  
Mutagenicity: No mutation  
Teratogenicity: This material is not teratogenic





Developmental Effects: No known significant effects or critical hazards  
Fertility Effects: No known significant effects or critical hazards

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**SECTION 12 - ECOLOGICAL INFORMATION**

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- Environmental Fate: There is no data available.
- Environmental Toxicity: There is no data available.

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**SECTION 13 - DISPOSAL CONSIDERATIONS**

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• The generation of waste should be avoided or minimized whenever possible. Disposal of the product, solutions, and any by-products should comply with the requirements of environmental protection and waste disposal legislation and any regional local authority requirements. Dispose of surplus and non-recyclable products via a licensed waste disposal contractor. Waste should not be disposed of untreated to the sewer unless fully compliant with the requirements of all authorities with jurisdiction. Waste packaging should be recycled. Incineration or landfill should only be considered if recycling is not feasible. This material and its container must be disposed of in a safe way. Empty containers or liners may retain some of the product residues. Avoid dispersal of spilled material and runoff and contact with soil, waterways, drains, and sewers.

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**SECTION 14 - TRANSPORT INFORMATION**

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DOT Classification:	Not a DOT controlled material (United States)
Identification:	Not available
Special Provisions for Transport:	Not applicable

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**SECTION 15 - REGULATORY INFORMATION**

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- Not Listed



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SECTION 16 - OTHER INFORMATION

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- Created by: Technical Document Coordinator
- Date Created: July-2024
- Date Updated: N/A

8/8/24

Date

*[Signature]*

A circular seal with a double border. The outer border contains the text "QUALITY CONTROL" at the top and "QUALITY CONTROL" at the bottom. The inner circle contains the word "CERTIFIED" in a bold, sans-serif font. There are small decorative icons on either side of the word "CERTIFIED".