

MATERIAL SAFETY DATA SHEET

Muscle-UP Powder

AHC Products, Inc.

PRODUCT NAME: (As used on label and list): Muscle-UP Powder

This Material Safety Data Sheet is being provided to your company, for the purpose of providing current health and safety information to your management and employees who work with this product. Please read the data provided and then provide it to those individuals at your company who have the responsibility to insure compliance with both Federal and State Right to Know regulations, and to those employees that request information on this product.

Federal Regulations: Parts 29 and 42 Code of Federal Regulations

Date Prepared: 11/16/2001

SECTION I – PRODUCT IDENTIFICATION

MANUFACTURER: AHC Products, Inc.

AHC Products, Inc.
301 West Broadway
Winchester, Kentucky
859/737-3441

SECTION II – HAZARDOUS INGREDIENTS/IDENTITY INFORMATION

HAZARDOUS COMPONENT (Specific Chemical Identity; Common Names):

Ingredient	CAS No	Percent
Creatine (anhydrous)	57-00-1	90-100%
Gamma Oryzanol	11042-64-1	98.0-100.0
Vitamin E	7695-91-2	90-95
N-Dimethylglycine Hydrochloride	219-648-2	98

NOTE: The toxicological properties of this material have not been fully investigated. May cause respiratory and digestive tract irritation if inhaled or ingested in large amounts. May cause digestive tract irritation with nausea, vomiting and diarrhea. This substance may form hazardous decomposition products which may cause irritation and possible burns.

OTHER LIMITS RECOMMENDED:

As part of good industrial and personal hygiene and safety procedure, avoid all unnecessary exposure to the chemical substance and ensure prompt removal from skin, eyes and clothing.

SECTION III – PHYSICAL/CHEMICAL CHARACTERISTICS

BOILING POINT: No information found.

VAPOR PRESSURE (MM HG): N/A

VAPOR DENSITY (AIR=1): N/A

SPECIFIC GRAVITY (H₂O=1): No information found

MELTING POINT: N/A

EVAPORATION RATE (BUTYL ACETATE=1): No information found

SOLUBILITY IN WATER: Moderate (1-10%)

APPEARANCE AND ODOR: Yellow powder. No information found on odor.

SECTION IV – FIRE AND EXPLOSION HAZARD DATA

FLASH POINT (METHOD USED): No information found.

FLAMMABLE LIMITS: 1- Slight EXTINGUISHING MEDIA: Use any means suitable for extinguishing surrounding fire.

SPECIAL FIRE FIGHTING PROCEDURES: In the event of a fire, wear full protective clothing and NIOSH-approved self-contained breathing apparatus with full face-piece operated in the pressure demand or other positive pressure mode.

UNUSUAL FIRE AND EXPLOSION HAZARDS: Not considered to be an explosion hazard.

SECTION V – REACTIVITY DATA

STABILITY: Stable under ordinary conditions of use and storage.

INCOMPATIBILITY (MATERIALS TO AVOID): Strong oxidizing agents, moisture and incompatibles.

HAZARDOUS DECOMPOSITION OR BYPRODUCTS: Burning may produce ammonia, carbon monoxide, carbon dioxide, nitrogen oxides.

HAZARDOUS POLYMERIZATION: Will not occur.

SECTION VI – HEALTH HAZARD DATA

ROUTES OF ENTRY:

INHALATION: No adverse health effects expected from inhalation. May cause mild irritation to the respiratory tract.

SKIN: Not expected to be a health hazard from skin exposure. May cause mild irritation and redness.

INGESTION: Not expected to be a health hazard via ingestion. Large oral doses may cause irritation to the gastrointestinal tract.

EYE: Not expected to be a health hazard. May cause mild irritation, possible reddening.

MEDICAL CONDITIONS GENERALLY AGGRAVATED BY EXPOSURE: No information found.

EMERGENCY AND FIRST AID PROCEDURES:

INHALATION: Not expected to require first aid measures. Remove to fresh air. Get medical attention for any breathing difficulty.

SKIN: Not expected to require first aid measures. Wash exposed area with soap and water. Get medical advice if irritation develops

INGESTION: Not expected to require first aid measures. If large amounts were swallowed, give water to drink and get medical advice.

EYE: Not expected to require first aid measures. Wash thoroughly with running water. Get medical advice if irritation develops.

SECTION VII – PRECAUTIONS FOR SAFE HANDLING AND USE

STEPS TO BE TAKEN IN CASE MATERIAL IS RELEASED OR SPILLED: Ventilate area of leak or spill. Wear appropriate personal protective equipment as specified in Section VIII. Spills: Sweep up and containerize for reclamation or disposal. Vacuuming or wet sweeping may be used to avoid dust dispersal.

WASTE DISPOSAL METHOD: Whatever cannot be saved for recovery or recycling should be managed in an appropriate and approved waste disposal facility. Processing, use or contamination of this product may change the waste management options. State and local disposal regulations may differ from federal disposal regulations. Dispose of container and unused contents in accordance with federal, state and local requirements.

PRECAUTIONS TO BE TAKEN IN HANDLING AND STORING: Keep in a tightly closed container, stored in a cool, dry, ventilated area. Protect against physical damage. Isolate from incompatible substances. Containers of this material may be hazardous when empty since they retain product residues (dust/solids); observe all warning and precautions listed for the product.

SECTION VIII – CONTROL MEASURES

RESPIRATORY PROTECTION (SPECIFIC TYPE): (NIOSH-Approved) For conditions of use where exposure to the dust or mist is apparent, a half-face dust/mist respirator may be worn. For emergencies or instances where the exposure levels are not known, use a full-face positive-pressure, air-supplied

respirator. **WARNING:** Air-purifying respirators do not protect workers in oxygen-deficient atmospheres.

VENTILATION: Not expected to require any special ventilation.

PROTECTIVE GLOVES: Wear protective gloves.

EYE PROTECTION: Use chemical safety goggles and/or full-face shield where dusting or splashing of solutions is possible. Maintain eye wash fountain and quick-drench facilities in work area.

OTHER PROTECTIVE CLOTHING OR EQUIPMENT: Clean, body-covering clothing.

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