Material Safety Data Sheet

### Section 1. Chemical Product and Company Identification

<table>
<thead>
<tr>
<th>Common Name/Trade Name</th>
<th>Catalog Number(s)</th>
<th>CAS#</th>
<th>RTECS</th>
<th>TSCA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creatine monohydrate</td>
<td>CR105</td>
<td>6020-87-7</td>
<td>Not available.</td>
<td>TSCA 8(b) inventory: Creatine monohydrate</td>
</tr>
</tbody>
</table>

**Manufacturer**  
SPECTRUM CHEMICAL MFG. CORP.  
14422 S. SAN PEDRO STREET  
GARDENA, CA 90248

**Commercial Name(s)**  
Not available.

**Synonym**  
N-(Aminoiminomethyl)-N-methylglycine

**Chemical Family**  
Not available.

**Chemical Formula**  
C4H9N3O2.H2O

**Supplier**  
SPECTRUM CHEMICAL MFG. CORP.  
14422 S. SAN PEDRO STREET  
GARDENA, CA 90248

### Section 2. Composition and Information on Ingredients

<table>
<thead>
<tr>
<th>Name</th>
<th>CAS #</th>
<th>TWA (mg/m³)</th>
<th>STEL (mg/m³)</th>
<th>CEIL (mg/m³)</th>
<th>% by Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Creatine monohydrate</td>
<td>6020-87-7</td>
<td></td>
<td></td>
<td></td>
<td>100</td>
</tr>
</tbody>
</table>

**Toxicological Data on Ingredients**  
Creatine monohydrate  
LD50: Not available.  
LC50: Not available.

### Section 3. Hazards Identification

**Potential Acute Health Effects**  
Very hazardous in case of ingestion. Hazardous in case of skin contact (irritant), of eye contact (irritant), of inhalation. Slightly hazardous in case of skin contact (permeator).

**Potential Chronic Health Effects**  
CARCINOGENIC EFFECTS: Not available.  
MUTAGENIC EFFECTS: Not available.  
TERATOGENIC EFFECTS: Not available.  
DEVELOPMENTAL TOXICITY: Not available.  
The substance is toxic to lungs, mucous membranes.  
Repeated or prolonged exposure to the substance can produce target organs damage.

Continued on Next Page
### Section 4. First Aid Measures

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eye Contact</strong></td>
<td>Check for and remove any contact lenses. Immediately flush eyes with running water for at least 15 minutes, keeping eyelids open. Cold water may be used. Do not use an eye ointment. Seek medical attention.</td>
</tr>
<tr>
<td><strong>Skin Contact</strong></td>
<td>After contact with skin, wash immediately with plenty of water. Gently and thoroughly wash the contaminated skin with running water and non-abrasive soap. Be particularly careful to clean folds, crevices, creases and groin. Cold water may be used. Cover the irritated skin with an emollient. If irritation persists, seek medical attention. Wash contaminated clothing before reusing.</td>
</tr>
<tr>
<td><strong>Serious Skin Contact</strong></td>
<td>Wash with a disinfectant soap and cover the contaminated skin with an anti-bacterial cream. Seek medical attention.</td>
</tr>
<tr>
<td><strong>Inhalation</strong></td>
<td>Allow the victim to rest in a well ventilated area. Seek immediate medical attention.</td>
</tr>
<tr>
<td><strong>Serious Inhalation</strong></td>
<td>Not available.</td>
</tr>
<tr>
<td><strong>Ingestion</strong></td>
<td>Do not induce vomiting. Loosen tight clothing such as a collar, tie, belt or waistband. If the victim is not breathing, perform mouth-to-mouth resuscitation. Seek immediate medical attention.</td>
</tr>
<tr>
<td><strong>Serious Ingestion</strong></td>
<td>Not available.</td>
</tr>
</tbody>
</table>

### Section 5. Fire and Explosion Data

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flammability of the Product</td>
<td>May be combustible at high temperature.</td>
</tr>
<tr>
<td>Auto-Ignition Temperature</td>
<td>Not available.</td>
</tr>
<tr>
<td>Flash Points</td>
<td>Not available.</td>
</tr>
<tr>
<td>Flammable Limits</td>
<td>Not available.</td>
</tr>
<tr>
<td>Products of Combustion</td>
<td>These products are carbon oxides (CO, CO2), nitrogen oxides (NO, NO2...).</td>
</tr>
<tr>
<td>Fire Hazards in Presence of Various Substances</td>
<td>Not available.</td>
</tr>
<tr>
<td>Explosion Hazards in Presence of Various Substances</td>
<td>Risks of explosion of the product in presence of mechanical impact: Not available.</td>
</tr>
<tr>
<td></td>
<td>Risks of explosion of the product in presence of static discharge: Not available.</td>
</tr>
<tr>
<td>Fire Fighting Media and Instructions</td>
<td>SMALL FIRE: Use DRY chemical powder. LARGE FIRE: Use water spray, fog or foam. Do not use water jet.</td>
</tr>
<tr>
<td>Special Remarks on Fire Hazards</td>
<td>Not available.</td>
</tr>
<tr>
<td>Special Remarks on Explosion Hazards</td>
<td>Not available.</td>
</tr>
</tbody>
</table>

### Section 6. Accidental Release Measures

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small Spill</td>
<td>Use appropriate tools to put the spilled solid in a convenient waste disposal container. Finish cleaning by spreading water on the contaminated surface and dispose of according to local and regional authority requirements.</td>
</tr>
<tr>
<td>Large Spill</td>
<td>Use a shovel to put the material into a convenient waste disposal container. Finish cleaning by spreading water on the contaminated surface and allow to evacuate through the sanitary system.</td>
</tr>
</tbody>
</table>
**Section 7. Handling and Storage**

**Precautions**
Keep away from heat. Keep away from sources of ignition. Empty containers pose a fire risk, evaporate the residue under a fume hood. Ground all equipment containing material. Do not breathe dust. Wear suitable protective clothing. In case of insufficient ventilation, wear suitable respiratory equipment. If you feel unwell, seek medical attention and show the label when possible. Avoid contact with skin and eyes.

**Storage**
Keep container dry. Keep in a cool place. Ground all equipment containing material. Keep container tightly closed. Keep in a cool, well-ventilated place. Combustible materials should be stored away from extreme heat and away from strong oxidizing agents.

**Section 8. Exposure Controls/Personal Protection**

**Engineering Controls**
Use process enclosures, local exhaust ventilation, or other engineering controls to keep airborne levels below recommended exposure limits. If user operations generate dust, fume or mist, use ventilation to keep exposure to airborne contaminants below the exposure limit.

**Personal Protection**
Splash goggles. Lab coat. Dust respirator. Be sure to use an approved/certified respirator or equivalent. Gloves.

**Personal Protection in Case of a Large Spill**
Splash goggles. Full suit. Dust respirator. Boots. Gloves. A self contained breathing apparatus should be used to avoid inhalation of the product. Suggested protective clothing might not be sufficient; consult a specialist BEFORE handling this product.

**Exposure Limits**
Not available.

**Section 9. Physical and Chemical Properties**

<table>
<thead>
<tr>
<th>Physical state and appearance</th>
<th>Solid.</th>
<th>Odor</th>
<th>Not available.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Molecular Weight</td>
<td>149.16 g/mole</td>
<td>Taste</td>
<td>Not available.</td>
</tr>
<tr>
<td>pH (1% soln/water)</td>
<td>Not available.</td>
<td>Color</td>
<td>Not available.</td>
</tr>
<tr>
<td>Boiling Point</td>
<td>Decomposes. (303°C or 577.4°F)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Melting Point</td>
<td>Decomposes. (303°C or 577.4°F)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Critical Temperature</td>
<td>Not available.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Specific Gravity</td>
<td>1.3 (Water = 1)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vapor Pressure</td>
<td>Not applicable.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vapor Density</td>
<td>Not available.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volatility</td>
<td>Not available.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Odor Threshold</td>
<td>Not available.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water/Oil Dist. Coeff.</td>
<td>Not available.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ionicity (in Water)</td>
<td>Not available.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dispersion Properties</td>
<td>See solubility in water.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Solubility</td>
<td>Partially soluble in cold water.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Section 10. Stability and Reactivity Data**

| Stability                   | The product is stable. |
| Instability Temperature     | Not available. |
| Conditions of Instability   | Not available. |
| Incompatibility with various substances | Not available. |
### Creatine Monohydrate

**Corrosivity**
Non-corrosive in presence of glass.

**Special Remarks on Reactivity**
Not available.

**Special Remarks on Corrosivity**
Not available.

**Polymerization**
No.

## Section 11. Toxicological Information

**Routes of Entry**
Eye contact. Inhalation. Ingestion.

**Toxicity to Animals**
LD50: Not available. LC50: Not available.

**Chronic Effects on Humans**
The substance is toxic to lungs, mucous membranes.

**Other Toxic Effects on Humans**
Very hazardous in case of ingestion. Hazardous in case of skin contact (irritant), of inhalation. Slightly hazardous in case of skin contact (permeator).

**Special Remarks on Toxicity to Animals**
Not available.

**Special Remarks on Chronic Effects on Humans**
Not available.

**Special Remarks on Other Toxic Effects on Humans**
Not available.

## Section 12. Ecological Information

**Ecotoxicity**
Not available.

**BOD5 and COD**
Not available.

**Products of Biodegradation**
Possibly hazardous short term degradation products are not likely. However, long term degradation products may arise.

**Toxicity of the Products of Biodegradation**
The products of degradation are more toxic.

**Special Remarks on the Products of Biodegradation**
Not available.

## Section 13. Disposal Considerations

**Waste Disposal**

## Section 14. Transport Information

**DOT Classification**
Not a DOT controlled material (United States).

**Identification**
Not applicable.

**Special Provisions for Transport**
Not applicable.

*Continued on Next Page*
DOT (Pictograms)

Section 15. Other Regulatory Information and Pictograms

Federal and State Regulations

TSCA 8(b) inventory: Creatine monohydrate

California Proposition 65 Warnings


Other Regulations

Other Classifications

WHMIS (Canada) CLASS D-2A: Material causing other toxic effects (VERY TOXIC).

DSCL (EEC) R36/38- Irritating to eyes and skin.

HMIS (U.S.A.)

Health Hazard 2

Fire Hazard 1

Reactivity 0

Personal Protection E

National Fire Protection Association (U.S.A.)

Flammability

Specific hazard

WHMIS (Canada) (Pictograms)

DSCL (Europe) (Pictograms)

TDG (Canada) (Pictograms)

ADR (Europe) (Pictograms)

Protective Equipment

Gloves.

Lab coat.

Dust respirator. Be sure to use an approved/certified respirator or equivalent. Wear appropriate respirator when ventilation is inadequate.

Continued on Next Page
Splash goggles.

**Section 16. Other Information**

<table>
<thead>
<tr>
<th>MSDS Code</th>
<th>C4750</th>
</tr>
</thead>
<tbody>
<tr>
<td>References</td>
<td>Not available.</td>
</tr>
<tr>
<td>Other Special Considerations</td>
<td>Not available.</td>
</tr>
</tbody>
</table>

Validated by Sonia Owen on 1/20/2003.  
Verified by Sonia Owen.  
Printed 1/21/2003.

CALL (310) 516-8000

**Notice to Reader**

All chemicals may pose unknown hazards and should be used with caution. This Material Safety Data Sheet (MSDS) applies only to the material as packaged. If this product is combined with other materials, deteriorates, or becomes contaminated, it may pose hazards not mentioned in this MSDS. It shall be the user’s responsibility to develop proper methods of handling and personal protection based on the actual conditions of use. While this MSDS is based on technical data judged to be reliable, Spectrum Quality Products, Inc. assumes no responsibility for the completeness or accuracy of the information contained herein.