

## Safety Data Sheet

Revision Date: 2/26/2015

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### Section 1: Product and Company Identification

**Product Name:** Blue Athletic Gel  
**Chemical Family:** Mixture

**Recommended Use:** Topical Pain Reliever  
**Restrictions on Use:** No Data

**Company:** Performance Health, Inc.  
1245 Home Avenue  
Akron, OH 44310

**Telephone:** (330) 633-8460 (Only available during normal business hours.)

<b>Emergency Telephone:</b>	(800) 321-2135
<b>CHEMTREC (Transportation):</b>	(800) 424-9300
<b>U.S. Coast Guard National Response Center:</b>	(800) 424-8802

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### Section 2: Hazards Identification

**Emergency Overview:**  
Warning: Flammable. May cause eye irritation. May be harmful if swallowed.

**GHS Classification:**  
Flammable Liquid, Category 3  
Eye Irritant, Category 2B

**GHS Label Elements:**

**Pictograms:**



**Signal Word:** Warning

**Hazard Statements:**  
H226: Flammable liquid and vapor  
H318: Causes eye irritation

**Precautionary Statements:**

P210: Keep away from heat/sparks/open flames/hot surfaces.-No smoking.  
 P233: Keep container tightly closed.  
 P264: Wash hands thoroughly after handling.  
 P403 + P235: Store in a well-ventilated place. Keep cool.

**Classification According to Directive 1999/45/EC:**

**European Economic Community Information:** This product meets the definition of the following hazard class as defined by the European Economic Community Guidelines.

**EU Classification:** [R10] Flammable, [Xi] Irritant

**EU Risk Phrases:** R10: Flammable; R36: Irritating to eyes.

**EU Safety Phrases:** S2: Keep out of reach of children; S7: Keep container tightly closed; S16: Keep away from sources of ignition – No smoking; S25: Avoid contact with eyes; S26: In case of contact with eyes, rinse immediately with plenty of water and seek medical advice.

**EU Symbols:****Section 3: Composition/Information on Ingredients**

Chemical Ingredients:	CAS Number:	EC Number	Index Number	Percent Range:	Classification of Ingredient according to 67/548/EEC*	Classification of Ingredient according to Regulation (EC) No 1272/2008 [CLP]*
Isopropyl Alcohol	67-63-0	200-661-7	603-117-00-0	15 - 40%	F; R11 Xi; R36 R67	Flam. Liq. 2 H225 Eye Irrit. 2 H319 STOT Single 3 H336
L-Menthol	2216-51-5	218-690-9	Not Available	3 – 7%	Not classified. Substance with a community workplace exposure limit.	
Glycerine	56-81-5	200-289-5	Not Available	1 – 5%	Not classified. Substance with a community workplace exposure limit.	
Propylene Glycol	57-55-6	200-338-0	Not Available	1 – 5%	Not classified. Substance with a community workplace exposure limit.	

\*Legend: F: Highly flammable  
 R11: Highly flammable  
 Xi: Irritant

R36: Irritating to eyes  
R67: Vapors may cause drowsiness or dizziness  
H225: Highly flammable liquid and vapor  
H319: Causes serious eye irritation  
H336: May cause drowsiness or dizziness

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#### Section 4: First Aid Measures

**Inhalation:** Remove victim to fresh air and keep at rest in a position comfortable for breathing. Call a poison center or doctor/physician if victim feels unwell.

**Skin Contact:** Not applicable.

**Eye Contact:** Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing. If eye irritation persists: Get medical advice/attention.

**Ingestion:** Do NOT induce vomiting. Immediately call a poison center or doctor/physician.

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#### Section 5: Fire Fighting Measures

**Suitable Extinguishing Media:** Water, carbon dioxide, dry chemical, or foam

**Specific Hazards in Case of Fire:** None known.

**Special Protective Equipment for Fire-Fighters:** Use protective clothing and breathing equipment appropriate for the surrounding fire.

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#### Section 6: Accidental Release Measures

**Personal Precautions:** Eliminate all ignition sources and heat sources if safe to do so. Take off contaminated clothing and wash before reuse.

**Environmental Precautions:** Do not flush into surface water or sanitary sewer system.

**Methods for Containment/Cleaning Up:** Contain spillage and collect with non-combustible absorbent material. Disposal should be in accordance with all applicable local, state and federal regulations.

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#### Section 7: Handling and Storage

**Handling:** Avoid breathing vapor or mist. Wash hands thoroughly after handling. Keep away from heat, sparks, open flames, and hot surfaces. No smoking. Keep out of reach of children.

**Storage:** Store in a well-ventilated place. Keep cool. Keep container tightly closed. Keep away from heat, sparks, open flames, and hot surfaces. No smoking.

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#### Section 8: Exposure Controls/Personal Protection

**US Exposure Limits:**

Chemical Ingredients:	CAS Number:	OSHA PEL	NIOSH REL	ACGIH TLV
Isopropyl Alcohol	67-63-0	400 ppm	400 ppm (TWA) 500 ppm (STEL) 2000 ppm (IDLH)	200 ppm (TWA) 400 ppm (STEL)
L-Menthol	2216-51-5	Not Established	Not Established	Not Established
Glycerine (as mist)	56-81-5	15 mg/m <sup>3</sup>	Not Established	10 mg/m <sup>3</sup>
Propylene Glycol	57-55-6	Not Established	Not Established	Not Established

**Other Exposure Limits:**

## Isopropyl Alcohol:

China:	700 mg/m <sup>3</sup> STEL; 350 mg/m <sup>3</sup> TWA
Hong Kong:	500 ppm STEL; 1230 mg/m <sup>3</sup> STEL; 400 ppm TWA; 983 mg/m <sup>3</sup> TWA
Indonesia:	500 ppm STEL; 1230 mg/m <sup>3</sup> STEL; 400 ppm TWA; 983 mg/m <sup>3</sup> TWA
Japan:	200 ppm Administrative Control Level (ACL) 400 ppm Ceiling; 980 mg/m <sup>3</sup> Ceiling
Korea:	400 ppm STEL; 980 mg/m <sup>3</sup> STEL; 200 ppm TWA; 480 mg/m <sup>3</sup> TWA
Malaysia:	400 ppm TWA; 980 mg/m <sup>3</sup> TWA
Philippines:	400 ppm TWA; 980 mg/m <sup>3</sup> TWA
Singapore:	500 ppm STEL; 1230 mg/m <sup>3</sup> STEL; 400 ppm TWA; 983 mg/m <sup>3</sup> TWA
Taiwan:	500 ppm STEL; 1228.75 mg/m <sup>3</sup> STEL; 400 ppm TWA; 983 mg/m <sup>3</sup> TWA
Russia:	50 mg/m <sup>3</sup> STEL (vapor); 10 mg/m <sup>3</sup> TWA (vapor)
Austria:	800 ppm STEL; 2000 mg/m <sup>3</sup> STEL (4 x 15 min) 800 ppm STEL; 2000 mg/m <sup>3</sup> STEL (4 x 30 min) 200 ppm MAK; 500 mg/m <sup>3</sup> MAK;
Belgium:	400 ppm STEL; 1000 mg/m <sup>3</sup> STEL; 200 ppm TWA; 500 mg/m <sup>3</sup> TWA
Bulgaria:	1225.0 mg/m <sup>3</sup> STEL; 980.0 mg/m <sup>3</sup> TWA
Czech Republic:	500 mg/m <sup>3</sup> TWA; 1000 mg/m <sup>3</sup> Ceiling
Denmark:	200 ppm TWA; 490 mg/m <sup>3</sup> TWA
Estonia:	250 ppm STEL; 600 mg/m <sup>3</sup> STEL; 150 ppm TWA; 350 mg/m <sup>3</sup> TWA
Finland:	250 ppm STEL; 620 mg/m <sup>3</sup> STEL; 200 ppm TWA; 500 mg/m <sup>3</sup> TWA
France:	400 ppm TWA; 980 mg/m <sup>3</sup> STEL
Germany:	400 ppm Peak; 1000 mg/m <sup>3</sup> Peak; 200 ppm MAK; 500 mg/m <sup>3</sup> MAK
Greece:	500 ppm STEL; 1225 mg/m <sup>3</sup> STEL; 400 ppm TWA; 980 mg/m <sup>3</sup> TWA
Hungary:	2000 mg/m <sup>3</sup> STEL; 500 mg/m <sup>3</sup> TWA
Ireland:	400 ppm STEL; 200 ppm TWA
Italy:	400 ppm STEL; 200 ppm TWA
Latvia:	600 mg/m <sup>3</sup> STEL; 350 mg/m <sup>3</sup> TWA
Lithuania:	250 ppm STEL; 600 mg/m <sup>3</sup> STEL; 150 ppm TWA; 350 mg/m <sup>3</sup> TWA

Netherlands:	10000 mg/m <sup>3</sup> Life Threatening Value (LBW); 200 mg/m <sup>3</sup> Prescribed Target Value (VRW); 2000 mg/m <sup>3</sup> Warning Limit Value (AGW)
Poland:	1200 mg/m <sup>3</sup> STEL; 900 mg/m <sup>3</sup> TWA
Portugal:	400 ppm STEL; 200 ppm TWA
Romania:	203 ppm STEL; 500 mg/m <sup>3</sup> STEL; 81 ppm TWA; 200 mg/m <sup>3</sup> TWA
Slovakia:	1000 mg/m <sup>3</sup> Ceiling; 200 ppm TWA; 500 mg/m <sup>3</sup> TWA
Slovenia:	800 ppm STEL; 2000 mg/m <sup>3</sup> STEL; 200 ppm TWA; 500 mg/m <sup>3</sup> TWA
Spain:	500 ppm STEL; 1250 mg/m <sup>3</sup> STEL; 400 ppm TWA; 998 mg/m <sup>3</sup> TWA
Sweden:	250 ppm STEL; 600 mg/m <sup>3</sup> STEL; 150 ppm TLV; 350 mg/m <sup>3</sup> TLV
United Kingdom:	500 ppm STEL; 1250 mg/m <sup>3</sup> STEL; 400 ppm TWA; 999 mg/m <sup>3</sup> TWA

## L-Menthol:

Russia:	1 mg/m <sup>3</sup> (aerosol and vapor)
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## Glycerine:

Indonesia:	10 mg/m <sup>3</sup> TWA (mist, inhalable particulates)
Korea:	10 mg/m <sup>3</sup> TWA (mist)
Malaysia:	10 mg/m <sup>3</sup> TWA (mist)
Singapore:	10 mg/m <sup>3</sup> PEL (mist)
Belgium:	10 mg/m <sup>3</sup> TWA (mist)
Czech Republic:	10 mg/m <sup>3</sup> TWA; 15 mg/m <sup>3</sup> Ceiling
Estonia:	10 mg/m <sup>3</sup> TWA
Finland:	20 mg/m <sup>3</sup> TWA
France:	10 mg/m <sup>3</sup> TWA (aerosol)
Germany:	100 mg/m <sup>3</sup> Peak (inhalable fraction); 50 mg/m <sup>3</sup> MAK (inhalable fraction)
Greece:	10 mg/m <sup>3</sup> TWA
Ireland:	10 mg/m <sup>3</sup> TWA
Italy:	10 mg/m <sup>3</sup> TWA
Poland:	10 mg/m <sup>3</sup> TWA (aerosol)
Portugal:	10 mg/m <sup>3</sup> TWA (mist)
Spain:	10 mg/m <sup>3</sup> TWA
United Kingdom:	30 mg/m <sup>3</sup> STEL (calculated, mist); 10 mg/m <sup>3</sup> TWA (mist)

## Propylene Glycol:

Russia:	7 mg/m <sup>3</sup> (aerosol and vapor)
Ireland:	150 ppm TWA (total vapor and particulates); 470 mg/m <sup>3</sup> TWA (total vapor and particulates); 10 mg/m <sup>3</sup> TWA (particulate)
Latvia:	7 mg/m <sup>3</sup> TWA
Lithuania:	7 mg/m <sup>3</sup> TWA
Netherlands:	200 mg/m <sup>3</sup> Prescribed Target Value (VRW); 2000 mg/m <sup>3</sup> Warning Limit Value (AGW)
United Kingdom:	450 ppm STEL (calculated, total particulate and vapor); 1422 mg/m <sup>3</sup> STEL (calculated, total particulate and vapor); 30 mg/m <sup>3</sup> STEL (calculated, particulate); 150 ppm TWA (total particulate and vapor); 474 mg/m <sup>3</sup> TWA (total particulate and vapor); 10 mg/m <sup>3</sup> TWA (particulate)

**Engineering Controls:** Use only in a well-ventilated area.

**Personal Protective Equipment:**

**Eye Protection:** None required under normal conditions of use.

**Hand Protection:** Not Applicable

**Skin and Body Protection:** Not Applicable

**Respiratory Protection:** None required under normal conditions of use.

**Hygiene Measures:** Wash hands thoroughly after handling. Use only in a well-ventilated area.

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**Section 9: Physical and Chemical Properties**

<b>Physical State:</b>	Gel
<b>Color:</b>	Blue
<b>Odor:</b>	Menthol Scented
<b>Odor Threshold:</b>	Not Available
<b>pH:</b>	6.0 – 7.0
<b>Melting/Freezing Point:</b>	Not Available
<b>Initial Boiling Point:</b>	Not Available
<b>Flash Point:</b>	≥73.4°F (≥23°C)
<b>Evaporation Rate:</b>	Not Available
<b>Flammability (solid, gas):</b>	Not Applicable
<b>Lower Explosive Limit:</b>	Not Available
<b>Upper Explosive Limit:</b>	Not Available
<b>Lower Flammability Limit:</b>	20%
<b>Upper Flammability Limit:</b>	35%
<b>Vapor Pressure:</b>	Not Available
<b>Vapor Density:</b>	Not Available
<b>Relative Density:</b>	0.95 ± 0.05
<b>Water Solubility:</b>	Complete
<b>Partition Coefficient:</b>	Not Available
<b>Autoignition Temperature:</b>	Not Available
<b>Decomposition Temperature:</b>	Not Available
<b>Viscosity:</b>	Not Available

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**Section 10: Stability and Reactivity**

**Stability:** Stable under ordinary conditions of use and storage.

**Conditions to Avoid:** Sources of ignition, heat, sunlight, pressure.

**Incompatible Materials:** Strong acids and oxidizers.

**Hazardous Decomposition Products:** Alcoholic vapors.

**Hazardous Polymerization:** Will not occur.

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**Section 11: Toxicological Information**

**Inhalation:** No known effects.

**Ingestion:** May be harmful if swallowed.

**Skin Contact:** Relieves pain when used in accordance with instructions.

**Eye Contact:** May cause eye irritation.

**Chronic Exposure:** No known effects.

**Aggravation of Pre-existing Conditions:** No information found.

**Numerical Measures of Toxicity:** None available.

**Carcinogenicity:** Not known to be as defined by OSHA, IARC or NTP.

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**Section 12: Ecological Information**

This product is safe for the environment at the concentrations predicted under normal use conditions.

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**Section 13: Disposal Considerations**

Dispose of contents/container in accordance with all applicable local, state and national regulations.

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**Section 14: Transport Information****US DOT:**

Proper shipping name:	Flammable liquid nos (contains isopropyl alcohol)
Hazard class:	3 Flammable liquid
UN Number:	UN 1993
Packing Group:	III
Labels:	Flammable Liquid Class 3

***If a Limited Quantity (49CFR 173.150) then ship as follows:***

Proper shipping name:	Not required.
Hazard class:	Not required.
UN Number:	Not required.
Labels:	Use ground limited quantity label.

DOT Hazardous Substance RQ:	None/no reportable quantities
DOT Marine Pollutants:	None/no reportable quantities

**IATA:**

Proper shipping name: Flammable liquid nos (contains isopropyl alcohol)  
Hazard class: 3 Flammable liquid  
UN Number: UN 1993  
Packing Group: III  
Labels: Flammable Liquid, Air limited quantity Y label.

***If a Limited Quantity (49CFR 173.150) then ship as follows:***

Proper shipping name: ID8000 Consumer Commodity  
Hazard class: 9 Miscellaneous  
UN Number: Not required  
Packing Group: Not Required  
Labels: Class 9 Miscellaneous, Air limited quantity Y label.

**IMDG (All domestic and international shipments by Ocean)**

Proper shipping name: Flammable liquid nos (contains isopropyl alcohol)  
Hazard Class: 3 (Flammable)  
UN Number: UN1993  
Packing Group: III  
Labels: Flammable Liquid

***If a Limited Quantity (49CFR 173.150) then ship as follows:***

Proper shipping name: Flammable liquid nos(contains isopropyl alcohol), LTD. QTY.  
Hazard Class: 3 (Flammable)  
UN Number: UN1993  
Packing Group: III  
Labels: Limited Quantity

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**Section 15: Regulatory Information****US Regulatory Information:**

**OSHA Hazards:** Flammable, Irritant

**SARA 302:** None/no reportable quantities.

**SARA 311/312 Hazard Categories:** Fire Hazard, Acute Health Hazard

**SARA 313:** Isopropyl Alcohol (CAS #67-63-0) is subject to SARA 313 reporting requirements.

**TSCA:** All substances in this product are listed on the TSCA inventory if required.

**Canadian Regulatory Information:**

**DSL List:** All components of this product comply with registration requirements.

**European Economic Community Information for Constituents:** The following information is available for the components of this product:

Isopropyl Alcohol: EU EINECS/ELINCS Number: 200-661-7  
Glycerin: EU EINECS/ELINCS Number: 200-289-5  
Propylene Glycol: EU EINECS/ELINCS Number: 200-338-0  
L-Menthol: EU EINECS/ELINCS Number: 218-690-9



**EU Labeling and Classification According to Directive 1999/45/EC:** This product meets the definition of the following hazard class as defined by the European Economic Community Guidelines.

**EU Classification:** [R10] Flammable, [Xi] Irritant

**EU Risk Phrases:** R10: Flammable; R36: Irritating to eyes; R67: Vapors may cause drowsiness or dizziness.

**EU Safety Phrases:** S2: Keep out of reach of children; S7: Keep container tightly closed; S16: Keep away from sources of ignition – No smoking; S25: Avoid contact with eyes; S26: In case of contact with eyes, rinse immediately with plenty of water and seek medical advice.

**EU Symbols:**



#### Japanese Information:

**Japanese Minister of International Trade and Industry (MITI) Status:** The components of this product are not listed as Class I Specified Chemical Substances or Class II Specified Chemical Substances by the Japanese MITI. Contains less than 1% methyl 4-hydroxybenzoate, which is a Class I Designated Chemical Substance.

**Japanese ENCS Inventory:** The components of this product are on the ENCS Inventory if required.

**Poisonous and Deleterious Substances Control Law:** No component of this product is a listed poisonous, deleterious, or specified poisonous substance under the Poisonous and Deleterious Substances Control Law.

#### Other International Chemical Inventories:

**China Inventory of Existing Chemical Substances (IECSC):** The components of this product are on the IECSC if required.

**Korean Existing Chemicals List (KECL):** The components of this product are on the KECL if required.

**Philippines Inventory of Chemicals and Chemical Substances (PICCS):** The components of this product are on the PICCS if required.

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#### Section 16: Other Information

The information contained in this MSDS is presented in good faith and believed to be accurate based on the information provided. The MSDS does not purport to be all inclusive, and shall be used only as a guide. While Performance Health, Inc. believes that the data contained herein comply with 29 CFR 1910.1200, they are not to be taken as a warranty or representation for which Performance Health, Inc. assumes legal responsibility. Performance Health, Inc. shall not be held liable or accountable for any loss or damage associated with the use of this material and information. The recommended industrial hygiene

and safe use, handling, storage, and disposal procedures are believed to be generally applicable. However, since the use, handling, storage, and disposal are beyond Performance Health, Inc. control, it is the responsibility of the user both to determine safe conditions for use of this product and to assume liability of loss, damage, or expense arising out of the material's improper use.

**HMIS Classification:**

Health Hazard: 1  
Flammability: 2  
Physical Hazards: 0

**Legend:**

**ACGIH:** American Conference of Governmental & Industrial Hygienists  
**CAS:** Chemical Abstract Service  
**CFR:** Code of Federal Regulations  
**DOT:** Department of Transportation  
**DSL/NDSL:** Domestic Substances List/Non-Domestic Substances List  
**EC Number:** EINECS Number or ELINCS Number  
**EINECS:** European Inventory of Existing Commercial Chemical Substance  
**ELINCS:** European List of Notified Substance  
**ENCS:** Existing and New Chemical Substances  
**EU:** European Union  
**GHS:** Globally Harmonized System of Chemical Classification and Labelling  
**HMIS:** Hazardous Materials Identification System  
**IARC:** International Agency for the Research of Cancer  
**IATA:** International Air Traffic Association  
**ICAO:** International Civil Aviation Organization  
**IDLH:** Immediately Dangerous to Life or Health  
**IMDG:** International Maritime Dangerous Goods  
**IMO:** International Maritime Organizations  
**MAK:** Maximale Arbeitsplatzkonzentration (Exposure Limit)  
**NIOSH:** National Institute of Occupational Safety and Health  
**NTP:** National Toxicology Program  
**NFPA:** National Fire Protection Association  
**NTP:** National Toxicology Program  
**OSHA:** Occupational Safety & Health Administration  
**PEL:** Permissible Exposure Limits  
**RCRA:** Resource Conservation & Recovery Act  
**REL:** Recommended Exposure Limits  
**RQ:** Reportable Quantity  
**RTK:** Right-To-Know  
**SARA:** Superfund Amendments & Reauthorization Act  
**STEL:** Short Term Exposure Limit  
**TLV:** Threshold Limit Value  
**TSCA:** Toxic Substances Control Act  
**TWA:** Time Weighted Average  
**TCLP:** Toxicity Characteristic Leaching Procedure  
**US:** United States  
**VOC:** Volatile Organic Compounds

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