

## Hangover Recovery Essential Oil Blend

Version number: GHS 1.0

Date of compilation: 2025-11-05

### SECTION 1: Identification

#### 1.1 Product identifier

Trade name **Hangover Recovery Essential Oil Blend**

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

Relevant identified uses general use

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

Plant Therapy LLC  
621 Washington St. S. Suite 100  
Twin Falls ID 83301  
United States

Telephone: +1 800-917-6577  
e-mail: cs@planttherapy.com  
Website: <https://www.planttherapy.com>

#### 1.4 Emergency telephone number

Emergency information service This number is only available during the following office hours: Mon-Fri 09:00 AM - 05:00 PM

### SECTION 2: Hazard(s) identification

#### 2.1 Classification of the substance or mixture

Classification acc. to OSHA "Hazard Communication Standard" (29 CFR 1910.1200)

| Section | Hazard class                                     | Category | Hazard class and category | Hazard statement |
|---------|--|----------|---------------------------|------------------|
| A.2     | skin corrosion/irritation                        | 2        | Skin Irrit. 2             | H315             |
| A.3     | serious eye damage/eye irritation                | 1        | Eye Dam. 1                | H318             |
| A.4S    | skin sensitization                               | 1        | Skin Sens. 1              | H317             |
| A.8     | specific target organ toxicity - single exposure | 2        | STOT SE 2                 | H371             |
| A.10    | aspiration hazard                                | 1        | Asp. Tox. 1               | H304             |
| B.6     | flammable liquid                                 | 3        | Flam. Liq. 3              | H226             |

For full text of abbreviations: see SECTION 16.

The most important adverse physicochemical, human health and environmental effects

Immediate effects can be expected after short-term exposure. The product is combustible and can be ignited by potential ignition sources.

#### 2.2 Label elements

Labelling acc. to OSHA "Hazard Communication Standard" (29 CFR 1910.1200)

- Signal word danger

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### - Pictograms

GHS02, GHS05, GHS07,  
GHS08



### - Hazard statements

H226 Flammable liquid and vapor.  
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.  
H371 May cause damage to organs.

### - Precautionary statements

P210 Keep away from heat/sparks/open flames/hot surfaces. No smoking.  
P233 Keep container tightly closed.  
P240 Ground/bond container and receiving equipment.  
P241 Use explosion-proof electrical/ventilating/lighting equipment.  
P242 Use only non-sparking tools.  
P243 Take precautionary measures against static discharge.  
P260 Do not breathe dust/fume/gas/mist/vapors/spray.  
P270 Do not eat, drink or smoke when using this product.  
P272 Contaminated work clothing must not be allowed out of the workplace.  
P280 Wear protective gloves/eye protection/face protection.  
P301+P310 If swallowed: Immediately call a poison center/doctor.  
P302+P352 If on skin: Wash with plenty of water.  
P303+P361+P353 If on skin (or hair): Take off immediately all contaminated clothing. Rinse skin with water/shower.  
P305+P351+P338 If in eyes: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing.  
P321 Specific treatment (see on this label).  
P331 Do NOT induce vomiting.  
P362 Take off contaminated clothing and wash before reuse.  
P363 Wash contaminated clothing before reuse.  
P370+P378 In case of fire: Use sand, carbon dioxide or powder extinguisher to extinguish.  
P403+P235 Store in a well-ventilated place. Keep cool.  
P405 Store locked up.  
P501 Dispose of contents/container to industrial combustion plant.

## 2.3 Other hazards

### Hazards not otherwise classified

May be harmful if swallowed (GHS category 5: acutely toxic - oral).  
Toxic to aquatic life with long lasting effects (GHS category 2: aquatic toxicity - acute and/or chronic).

### Results of PBT and vPvB assessment

Does not contain a PBT-/vPvB-substance at a concentration of  $\geq 0.1\%$ .

### Endocrine disrupting properties

Does not contain an endocrine disruptor (ED) in a concentration of  $\geq 0.1\%$ .

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### SECTION 3: Composition/information on ingredients

#### 3.1 Substances

Not relevant (mixture)

#### 3.2 Mixtures

Description of the mixture

This product does not meet the criteria for classification in any hazard class according to GHS.

### SECTION 4: First-aid measures

#### 4.1 Description of first-aid measures

General notes

Do not leave affected person unattended. Remove victim out of the danger area. Keep affected person warm, still and covered. Take off immediately all contaminated clothing. In all cases of doubt, or when symptoms persist, seek medical advice. In case of unconsciousness place person in the recovery position. Never give anything by mouth.

Following inhalation

If breathing is irregular or stopped, immediately seek medical assistance and start first aid actions. In case of respiratory tract irritation, consult a physician. Provide fresh air.

Following skin contact

Wash with plenty of soap and water.

Following eye contact

Remove contact lenses, if present and easy to do. Continue rinsing. Irrigate copiously with clean, fresh water for at least 10 minutes, holding the eyelids apart.

Following ingestion

Rinse mouth with water (only if the person is conscious). Do NOT induce vomiting.

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

Symptoms and effects are not known to date.

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

none

### SECTION 5: Fire-fighting measures

#### 5.1 Extinguishing media

Suitable extinguishing media

Water spray, BC-powder, Carbon dioxide (CO<sub>2</sub>)

Unsuitable extinguishing media

Water jet

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

In case of insufficient ventilation and/or in use, may form flammable/explosive vapor-air mixture. Solvent vapors are heavier than air and may spread along floors. Places which are not ventilated, e.g. unventilated below ground level areas such as trenches, conduits and shafts, are particularly prone to the presence of flammable substances or mixtures.

Hazardous combustion products

Carbon monoxide (CO), Carbon dioxide (CO<sub>2</sub>)

#### 5.3 Advice for firefighters

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In case of fire and/or explosion do not breathe fumes. Coordinate firefighting measures to the fire surroundings. Do not allow firefighting water to enter drains or water courses. Collect contaminated firefighting water separately. Fight fire with normal precautions from a reasonable distance.

### SECTION 6: Accidental release measures

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

For non-emergency personnel

Remove persons to safety.

For emergency responders

Wear breathing apparatus if exposed to vapors/dust/aerosols/gases.

#### 6.2 Environmental precautions

Keep away from drains, surface and ground water. Retain contaminated washing water and dispose of it. If substance has entered a water course or sewer, inform the responsible authority.

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

Advice on how to contain a spill

Covering of drains

Advice on how to clean up a spill

Wipe up with absorbent material (e.g. cloth, fleece). Collect spillage: sawdust, kieselgur (diatomite), sand, universal binder

Appropriate containment techniques

Use of adsorbent materials.

Other information relating to spills and releases

Place in appropriate containers for disposal. Ventilate affected area.

#### 6.4 Reference to other sections

Hazardous combustion products: see section 5. Personal protective equipment: see section 8. Incompatible materials: see section 10. Disposal considerations: see section 13.

### SECTION 7: Handling and storage

#### 7.1 Precautions for safe handling

Recommendations

- Measures to prevent fire as well as aerosol and dust generation

Use local and general ventilation. Avoidance of ignition sources. Keep away from sources of ignition - No smoking. Take precautionary measures against static discharge. Use only in well-ventilated areas. Due to danger of explosion, prevent leakage of vapours into cellars, flues and ditches. Ground/bond container and receiving equipment. Use explosion-proof electrical/ventilating/lighting/equipment. Use only non-sparking tools.

- Specific notes/details

Places which are not ventilated, e.g. unventilated below ground level areas such as trenches, conduits and shafts, are particularly prone to the presence of flammable substances or mixtures. Vapors are heavier than air, spread along floors and form explosive mixtures with air. Vapors may form explosive mixtures with air.

Advice on general occupational hygiene

Wash hands after use. Do not eat, drink and smoke in work areas. Remove contaminated clothing and protective equipment before entering eating areas. Never keep food or drink in the vicinity of chemicals. Never place chemicals in containers that are normally used for food or drink. Keep away from food, drink and animal feedingstuffs.

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

Managing of associated risks

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- Explosive atmospheres  
Keep container tightly closed and in a well-ventilated place. Use local and general ventilation. Keep cool. Protect from sunlight.
- Flammability hazards  
Keep away from sources of ignition - No smoking. Keep away from heat, hot surfaces, sparks, open flames and other ignition sources. No smoking. Take precautionary measures against static discharge. Protect from sunlight.
- Ventilation requirements  
Use local and general ventilation. Ground/bond container and receiving equipment.
- Packaging compatibilities  
Only packagings which are approved (e.g. acc. to the Dangerous Goods Regulations) may be used.

### 7.3 Specific end use(s)

See section 16 for a general overview.

## SECTION 8: Exposure controls/personal protection

### 8.1 Control parameters

Occupational exposure limit values (Workplace Exposure Limits)  
this information is not available

### 8.2 Exposure controls

Appropriate engineering controls  
General ventilation.

Individual protection measures (personal protective equipment)

Eye/face protection

Wear eye/face protection.

Skin protection

- Hand protection

Wear suitable gloves. Chemical protection gloves are suitable, which are tested according to EN 374. Check leak-tightness/impermeability prior to use. In the case of wanting to use the gloves again, clean them before taking off and air them well. For special purposes, it is recommended to check the resistance to chemicals of the protective gloves mentioned above together with the supplier of these gloves.

- Other protection measures

Take recovery periods for skin regeneration. Preventive skin protection (barrier creams/ointments) is recommended. Wash hands thoroughly after handling.

Respiratory protection

In case of inadequate ventilation wear respiratory protection.

Environmental exposure controls

Use appropriate container to avoid environmental contamination. Keep away from drains, surface and ground water.

## SECTION 9: Physical and chemical properties

### 9.1 Information on basic physical and chemical properties

#### Appearance

|                |        |
|----------------|--------|
| Physical state | liquid |
|----------------|--------|

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|          |                       |
|----------|-----------------------|
| Color    | not determined        |
| Particle | not relevant (liquid) |
| Odor     | characteristic        |

### Other safety parameters

|   |                                   |
|---|-----------------------------------|
| pH (value)                              | not determined                    |
| Melting point/freezing point            | not determined                    |
| Initial boiling point and boiling range | not determined                    |
| Flash point                             | 58.4 °C 137.1 °F                  |
| Evaporation rate                        | not determined                    |
| Flammability (solid, gas)               | not relevant, (fluid)             |
| Vapor pressure                          | not determined                    |
| Density                                 | 0.877 – 0.888 g/cm <sup>3</sup>   |
| Vapor density                           | this information is not available |
| Solubility(ies)                         | not determined                    |

### Partition coefficient

|                             |                                   |
|-----------------------------|-----------------------------------|
| - n-octanol/water (log KOW) | this information is not available |
| Auto-ignition temperature   | not determined                    |
| Viscosity                   | not determined                    |
| Explosive properties        | none                              |
| Oxidizing properties        | none                              |

### 9.2 Other information

|                |       |
|----------------|-------|
| Liquid content | 100 % |
| Solid content  | 0 %   |

## SECTION 10: Stability and reactivity

### 10.1 Reactivity

Concerning incompatibility: see below "Conditions to avoid" and "Incompatible materials". The mixture contains reactive substance(s). Risk of ignition.

If heated:

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Risk of ignition

### 10.2 Chemical stability

See below "Conditions to avoid".

### 10.3 Possibility of hazardous reactions

No known hazardous reactions.

### 10.4 Conditions to avoid

Keep away from heat, hot surfaces, sparks, open flames and other ignition sources. No smoking.

Hints to prevent fire or explosion

Use explosion-proof electrical/ventilating/lighting/equipment. Use only non-sparking tools. Take precautionary measures against static discharge.

### 10.5 Incompatible materials

Oxidizers

### 10.6 Hazardous decomposition products

Reasonably anticipated hazardous decomposition products produced as a result of use, storage, spill and heating are not known. Hazardous combustion products: see section 5.

## SECTION 11: Toxicological information

### 11.1 Information on toxicological effects

Test data are not available for the complete mixture.

Classification procedure

The method for classification of the mixture is based on ingredients of the mixture (additivity formula).

#### **Classification acc. to OSHA "Hazard Communication Standard" (29 CFR 1910.1200)**

Acute toxicity

Shall not be classified as acutely toxic.

GHS of the United Nations, annex 4: May be harmful if swallowed.

Skin corrosion/irritation

Causes skin irritation.

Serious eye damage/eye irritation

Causes serious eye damage.

Respiratory or skin sensitization

May cause an allergic skin reaction.

Germ cell mutagenicity

Shall not be classified as germ cell mutagenic.

Carcinogenicity

Shall not be classified as carcinogenic.

Reproductive toxicity

Shall not be classified as a reproductive toxicant.

Specific target organ toxicity - single exposure

May cause damage to organs.

Specific target organ toxicity - repeated exposure

Shall not be classified as a specific target organ toxicant (repeated exposure).

Aspiration hazard

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May be fatal if swallowed and enters airways.

### SECTION 12: Ecological information

#### 12.1 Toxicity

Toxic to aquatic life with long lasting effects.

#### 12.2 Persistence and degradability

Data are not available.

#### 12.3 Bioaccumulative potential

Data are not available.

#### 12.4 Mobility in soil

Data are not available.

#### 12.5 Results of PBT and vPvB assessment

Does not contain a PBT-/vPvB-substance at a concentration of  $\geq 0.1\%$ .

#### 12.6 Endocrine disrupting properties

Does not contain an endocrine disruptor (ED) in a concentration of  $\geq 0.1\%$ .

#### 12.7 Other adverse effects

Data are not available.

### SECTION 13: Disposal considerations

#### 13.1 Waste treatment methods

Waste treatment-relevant information

Solvent reclamation/regeneration.

Sewage disposal-relevant information

Do not empty into drains. Avoid release to the environment. Refer to special instructions/safety data sheets.

Waste treatment of containers/packages

Only packagings which are approved (e.g. acc. to DOT) may be used. Completely emptied packages can be recycled. Handle contaminated packages in the same way as the substance itself.

#### Remarks

Please consider the relevant national or regional provisions. Waste shall be separated into the categories that can be handled separately by the local or national waste management facilities.

### SECTION 14: Transport information

#### 14.1 UN number

|           |         |
|-----------|---------|
| DOT       | UN 1197 |
| IMDG-Code | UN 1197 |
| ICAO-TI   | UN 1197 |

#### 14.2 UN proper shipping name

|           |                  |
|-----------|------------------|
| DOT       | Extracts, liquid |
| IMDG-Code | EXTRACTS, LIQUID |

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|  |                                      |
|--|--------------------------------------|
| ICAO-TI  | Extracts, liquid                     |
| <b>14.3 Transport hazard class(es)</b>                     |                                      |
| DOT  | 3                                    |
| IMDG-Code  | 3                                    |
| ICAO-TI  | 3                                    |
| <b>14.4 Packing group</b>                                  |                                      |
| DOT  | III                                  |
| IMDG-Code  | III                                  |
| ICAO-TI  | III                                  |
| <b>14.5 Environmental hazards</b>                          | hazardous to the aquatic environment |
| <b>14.6 Special precautions for user</b>                   |                                      |
| There is no additional information.                        |                                      |
| <b>14.7 Transport in bulk according to IMO instruments</b> |                                      |
| The cargo is not intended to be carried in bulk.           |                                      |

### Information for each of the UN Model Regulations

#### **Transport of dangerous goods by road or rail (49 CFR US DOT) - Additional information**

|  |   |
|--|---|
| Particulars in the shipper's declaration | UN1197, Extracts, liquid, (contains: Pink Grapefruit Essential Oil, Bergamot Essential Oil), 3, III, environmentally hazardous  |
| Danger label(s)                          | 3, fish and tree  |
|  | The image shows two GHS hazard labels side-by-side. The left one is a red diamond with a flame icon and the text 'FLAMMABLE LIQUID' and '3'. The right one is a white diamond with a black border, a black tree icon, and the text 'ENVIRONMENT' and 'N'. |
| Environmental hazards                    | YES (hazardous to the aquatic environment)  |
| Special provisions (SP)                  | B1, IB3, T2, TP1  |
| ERG No                                   | 127   |


#### **International Maritime Dangerous Goods Code (IMDG) - Additional information**

|                          |   |
|--------------------------|---|
| Marine pollutant         | YES (hazardous to the aquatic environment)  |
| Danger label(s)          | 3, fish and tree  |
|                          | The image shows two GHS hazard labels side-by-side. The left one is a red diamond with a flame icon and the text 'FLAMMABLE LIQUID' and '3'. The right one is a white diamond with a black border, a black tree icon, and the text 'ENVIRONMENT' and 'N'. |
| Special provisions (SP)  | 223, 955  |
| Excepted quantities (EQ) | E1  |
| Limited quantities (LQ)  | 5 L   |
| EmS                      | F-E, S-D  |

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|   |  |
|---|--|
| Stowage category  | A  |
| <b>International Civil Aviation Organization (ICAO-IATA/DGR) - Additional information</b> |  |
| Environmental hazards   | yes (hazardous to the aquatic environment) |
| Danger label(s)   | 3  |
|          |  |
| Special provisions (SP)   | A3   |
| Excepted quantities (EQ)  | E1   |
| Limited quantities (LQ)   | 10 L                                       |

### SECTION 15: Regulatory information

#### 15.1 Safety, health and environmental regulations specific for the product in question

##### National regulations (United States)

**Toxic Substance Control Act (TSCA)** all ingredients are listed (ACTIVE) or exempt from listing

##### Superfund Amendment and Reauthorization Act (SARA TITLE III )

- The List of Extremely Hazardous Substances and Their Threshold Planning Quantities (EPCRA Section 302, 304)

none of the ingredients are listed

- Specific Toxic Chemical Listings (EPCRA Section 313)

none of the ingredients are listed

##### Comprehensive Environmental Response, Compensation, and Liability Act (CERCLA)

- List of Hazardous Substances and Reportable Quantities (CERCLA section 102a) (40 CFR 302.4)

none of the ingredients are listed

##### Clean Air Act

none of the ingredients are listed

##### Right to Know Hazardous Substance List

- Toxic or Hazardous Substance List (MA-TURA)

none of the ingredients are listed

- Hazardous Substances List (MN-ERTK)

none of the ingredients are listed

- Hazardous Substance List (NJ-RTK)

none of the ingredients are listed

- Hazardous Substance List (Chapter 323) (PA-RTK)

none of the ingredients are listed

- Hazardous Substance List (RI-RTK)

none of the ingredients are listed

##### California Environmental Protection Agency (Cal/EPA): Proposition 65 - Safe Drinking Water and Toxic Enforcement Act of 1987

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none of the ingredients are listed

### Industry or sector specific available guidance(s)

#### NPCA-HMIS® III

Hazardous Materials Identification System. American Coatings Association.

| Category            | Rating | Description  |
|---------------------|--------|--|
| Chronic             | /      | none   |
| Health              | 3      | major injury likely unless prompt action is taken and medical treatment is given   |
| Flammability        | 2      | material that must be moderately heated or exposed to relatively high ambient temperatures before ignition can occur                                       |
| Physical hazard     | 0      | material that is normally stable, even under fire conditions, and will not react with water, polymerize, decompose, condense, or self-react. Non-explosive |
| Personal protection | -      |  |

#### NFPA® 704

National Fire Protection Association: Standard System for the Identification of the Hazards of Materials for Emergency Response (United States).

| Category       | Degree of hazard | Description  |
|----------------|------------------|--|
| Flammability   | 2                | material that must be moderately heated or exposed to relatively high ambient temperatures before ignition can occur |
| Health         | 3                | material that, under emergency conditions, can cause serious or permanent injury                                     |
| Instability    | 0                | material that is normally stable, even under fire conditions   |
| Special hazard |                  |  |

### National inventories

| Country | Inventory  | Status                              |
|---------|------------|-------------------------------------|
| EU      | REACH Reg. | not all ingredients are listed      |
| US      | TSCA       | all ingredients are listed (ACTIVE) |

#### Legend

REACH Reg. REACH registered substances

TSCA Toxic Substance Control Act

## 15.2 Chemical Safety Assessment

Chemical safety assessments for substances in this mixture were not carried out.

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### SECTION 16: Other information, including date of preparation or last revision

#### Abbreviations and acronyms

| Abbr.          | Descriptions of used abbreviations  |
|----------------|---|
| 49 CFR US DOT  | 49 CFR U.S. Department of Transportation  |
| DGR            | Dangerous Goods Regulations (see IATA/DGR)  |
| DOT            | Department of Transportation (USA)  |
| ED             | Endocrine disruptor   |
| EmS            | Emergency Schedule  |
| ERG No         | Emergency Response Guidebook - Number   |
| GHS            | "Globally Harmonized System of Classification and Labelling of Chemicals" developed by the United Nations     |
| IATA           | International Air Transport Association   |
| IATA/DGR       | Dangerous Goods Regulations (DGR) for the air transport (IATA)  |
| ICAO           | International Civil Aviation Organization   |
| ICAO-TI        | Technical instructions for the safe transport of dangerous goods by air                                       |
| IMDG           | International Maritime Dangerous Goods Code   |
| IMDG-Code      | International Maritime Dangerous Goods Code   |
| NPCA-HMIS® III | National Paint and Coatings Association: Hazardous Materials Identification System - HMIS® III, Third Edition |
| OSHA           | Occupational Safety and Health Administration (United States)   |
| PBT            | Persistent, Bioaccumulative and Toxic   |
| vPvB           | Very Persistent and very Bioaccumulative  |

#### Key literature references and sources for data

OSHA Hazard Communication Standard (HCS), 29 CFR 1910.1200.

Transport of dangerous goods by road or rail (49 CFR US DOT). International Maritime Dangerous Goods Code (IMDG). Dangerous Goods Regulations (DGR) for the air transport (IATA).

#### Classification procedure

Physical and chemical properties: The classification is based on tested mixture.

Health hazards, Environmental hazards: The method for classification of the mixture is based on ingredients of the mixture (additivity formula).

#### List of relevant phrases (code and full text as stated in section 2 and 3)

| Code | Text  |
|------|---|
| H226 | Flammable liquid and vapor.                   |
| 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.                    |

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| Code | Text                        |
|------|-----------------------------|
| H371 | May cause damage to organs. |

### Disclaimer

This information is based upon the present state of our knowledge. This SDS has been compiled and is solely intended for this product.