



MATERIAL SAFETY DATA SHEET

Date Written: 2/11/05

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Section 1 – Substance Identity and Company Contact Information

PRODUCT NAME: Chromium Picolinate
SYNONYMS: None

MANUFACTURER'S NAME: Monarch Nutritional Laboratories
ADDRESS: 933 Wall Avenue
Ogden, UT 84404

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Section 2 – Composition/Information on Ingredients

INGREDIENT: Chromium Picolinate
MOLECULAR FORMULA: $C_{18}H_{12}N_3O_6Cr$
MOLECULAR WEIGHT: 418.30
CAS NUMBER: N/A

Section 3 – Hazards Identification

Potential Health Effects

Oral Exposure

Swallowing this material is not likely to be harmful.

Dermal Exposure

Unlikely to cause skin irritation or injury.

Inhalation Exposure

This material is a dust or may produce dust. Breathing small amounts of this material is not likely to be harmful.

Eye Exposure

Dust can cause eye irritation. Symptoms may include stinging, tearing, redness and swelling of eyes.

Symptoms of exposure

No data

Target Organ Effects

No data

Developmental Information

No data available for assessing risk to the fetus from maternal exposure to this material.

Cancer information

No information available. The chance of this material causing cancer is unknown. The material is not listed as a carcinogen by the International Agency for Research on Cancer, the National Toxicology Program or the Occupational Safety and Health Administration.

Other Health Effects

This material can form dust, which may cause skin or mucous membrane irritation. Symptoms may include redness, burning, and swelling. Although they may cause respiratory tract irritation, nuisance dusts do not form scar tissue or affect the structure of air spaces in the lungs. Their effects on the tissues are potentially reversible.

Primary Route(s) of Entry

Inhalation, Skin contact, Eye contact.

Section 4 – First Aid Measures

Oral Exposure

First aid is not normally required. If symptoms develop, seek medical attention

Dermal Exposure

First aid is not normally required. If symptoms develop, seek medical attention

Inhalation Exposure

If symptoms develop, move from exposure to fresh air. If breathing becomes difficult, call a physician.

Eye Exposure

If symptoms develop, flush eyes gently with water for at least 15 minutes while holding eyelids apart; seek medical attention.

Note to Physicians

No data

Section 5 – Fire Fighting Measures

Flash Point N/A

Explosive Limit N/A

Auto Ignition Temperature No data

Extinguishing Media

Water spray. Carbon dioxide, dry chemical powder, or appropriate foam.

Special Firefighting Procedures

Wear self-contained breathing apparatus and protective clothing to prevent contact with skin and eyes.

Unusual Fire and Explosions Hazards

Dust/air mixture may be explosive under fire conditions.

Section 6 – Accidental Release Measures

Wear protective equipment. Sweep up, place in bag and hold for waste disposal. Avoid raising dust. Ventilate area and wash spill site after material pickup is complete.

Section 7 – Handling and Storage

Handling

Refer to section 8.

Storage

Store in a closed container at ambient temperature (20-30 degrees celsius), <75% RH

Section 8 – Exposure Controls / Personal Protection

Exposure Controls

No exposure limits established

Personal Protection**Eye Protection**

Wear safety glasses

Skin Protection

Wear resistant gloves

Respiratory Protection

Dust respirator is recommended

Section 9 – Physical and Chemical Properties

Appearance**Physical State**

Solid

Physical Form

Crystalline Powder

Color

Reddish Powder

Odor

No data

Physical Properties**Solubility**

Insoluble in water or organic solvents

Boiling point (C)

N/A

Melting Point (C)

No Data

Vapor Pressure

N/A

Specific Vapor Density

N/A

Specific Gravity

No Data

Liquid Density

N/A

% Volatiles

N/A

Evaporation Rate

N/A

Section 10 – Stability and Reactivity

Chemical Stability

Stable

Hazardous Combustion or Decomposition Products may form:

Carbon Dioxide, Carbon Monoxide

Hazardous Polymerization

Will not occur

Incompatibility

Strong oxidizing agents

Section 11 – Toxicological Information

Acute Effects

The toxicological properties have not been thoroughly investigated.

Toxicity Data

No data

Section 12 – Ecological Information

Data not yet available

Section 13 – Ecological Information

Dispose of with other normal, solid waste.

Observe all federal, state, and local environmental regulations.

Section 14 – Transport Information

Not regulated by D.O.T. The material is not a hazardous product.

Section 15 – Regulatory Information

The material is considered a nutritional or dietary supplement in several countries

Section 16 – Other Information

The information contained herein is believed to be accurate but is not purported to be all-inclusive and shall be used only as a guide. This information shall only be used as a supplement to presently existing rules and regulations established for safety in the work place. Monarch Nutritional Laboratories shall not be held liable for any damage resulting from handling or from contact with the specified product.

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