



Safety Guidelines for Using VINEVIDA Nutmeg Essential Oil

This Certificate assesses the conformity of a fragrance mixture with IFRA Standards and provides restrictions for use as necessary. It is based only on those materials subject to IFRA Standards for the toxicity endpoint(s) described in each Standard.

Certifying Party	VINEVIDA
Product Name	Nutmeg Essential Oil
Botanical Name	Myristica fragrans
Country of Origin	India

Using Vinevida Nutmeg Essential Oil Safely

The International Fragrance Association set boundaries for creating fragranced products to ensure people can enjoy the art of perfumery with confidence. The IFRA Standards ban, limit or set criteria for the use of certain ingredients, based on scientific evidence and consumer insights.

Vinevida []essential oil contains 4.82 % limonene and 7.1 linalool. IFRA recommends that an antioxidant should be added to new products that will not be used up immediately, at the time of their formulation, if they contain limonene or linalool. The addition of 0.1% BHT or alpha-tocopherol, for example, has shown great efficiency.

Like all nutmeg oils, Vinevida nutmeg essential oil contains some compounds listed as being of concern in the March 2021 listing of California Proposition 65. These are safrole and methyl euganol that both carry concerns of carcinogenic possibilities.

Practical Usage Notes

Do not apply this oil neat. Essential oils should always be diluted into carrier oils, and applied over a large surface skin area. We have a number of them for you to choose from on our site. Robert Tisserand and Rodney Young recommend a maximum dermal level for 0.8% dilution of nutmeg essential oil in their *Essential Oil Safety for Health Practitioners*. In practical terms, this means one drop of nutmeg essential oil to just under two teaspoons of carrier oil. If you do happen to come into contact with a spillage, and are exposed to larger concentrations than that, add more vegetable oil to dilute it, then wash off with soap.

Pregnancy and Breastfeeding

Use of essential oils is not advised during the first 16 weeks of pregnancy. Nutmeg essential oil would be safe to use after that. Whilst Nutmeg essential oil is deemed to be safe for breastfeeding, essential oils do pass through into breast milk which not all babies like. If your child does suddenly become reluctant to feed, cease use for a couple of days to ensure it is not the oil affecting their palate.

Other Safety Concerns

Nutmeg essential oil may be psychotropic in large amounts. Sticking to smaller dilutions is strongly recommended.

Care Around Pets

Some essential oils pose a potential risk of toxicity to cats as they do not possess the correct enzyme to metabolize some of its components in their livers. This means the oil does not break down into smaller parts in their system, so it's as if they have imbibed it undiluted.

Diffusers, evaporators and even reed diffusers propel drops into the air, which could land on your cat. Limit the amount of time you leave it in the room, as the longer it stays, the more chance it has of collecting droplets on its fur and then grooming itself, which could be hazardous for it.

Nutmeg is not one of these oils and can be used safely around both cats and dogs, however please note that both cats and dogs have profoundly stronger senses of smell than we do, and like humans each has its own individual likes and dislikes, so always make sure the door is open for your pet to leave the room when they have had enough.

As ever, when introducing something new to the home, it's worth keeping an eye out to see how it affects everyone. Some cats can develop a runny nose or itchy eyes from strong fragrances, or burning sensations in their nose and throat. Watch out for them drinking more water than usual. Drooling can be a sign they feel nauseous, and watch for them vomiting or having difficulty breathing. They might seem to be coughing up a hairball, and that too might indicate some kind of respiratory irritation.

If any of these do start, the first thing to do is to get them out into the fresh air. Usually being moved away from the scent will help. If not, then seek urgent veterinary assistance. Remember that what you are witnessing is poisoning and they need immediate assessment..

Diffusion

We recommend that the maximum time you would diffuse for any purposes would be 2 hours before taking half an hour's break. This applies for humans and creatures alike!

Dealing With Accidents

Keep essential oils out of the reach of children. We do not advise ingesting any essential oils, however if it does happen accidentally, drink milk and seek medical assistance. Take this leaflet and the bottle of oil with you to the emergency room.

Avoid inner ears, eyes, and sensitive areas. If you should get it into your eyes, or start to have a skin reaction, we suggest rinsing with vegetable oil to dilute it more. Do not try to rinse with water, since oils and water do not mix so it will merely spread the oil over a larger surface area. Cold full fat milk will work, but it will need to have a high fat content to absorb the essential oil. If you do happen to develop a rash, discontinue use immediately.

Shelf Life

The chemistry of this oil gives it a shelf life of roughly 5 years.

Long Term Use

Essential oils have a cumulative effect, which means there are slightly different considerations to the safety of an oil since tolerance will increase over time. Ensure your workspace is well ventilated and you take frequent breaks. Vary the oils you use often. There is a slight risk of skin sensitization with some essential oils, so perhaps avoid regular use if you have sensitive or damaged hands. Discontinue use if your hands become cracked and sore. *(The Aromatherapy Practitioner Reference Manual, Sheppard Hangar 1994)*

Disclaimer & Caution

This information is provided for documentation purposes only. This Certificate provides restrictions for use of the specified product based only on those materials restricted by IFRA Standards for the toxicity endpoint(s) described in each Standard. This Certificate does not provide certification of a comprehensive safety assessment of all product constituents. This certificate is the responsibility of the fragrance supplier issuing it. It has not been prepared or endorsed by IFRA in any way.

Prior to use, please refer to all relevant technical information to the product. The complete range of conditions or methods of use are beyond our control therefore we do not assume any responsibility and expressly disclaim any liability for any use of this product. Information contained herein is believed to be true and accurate however, all statements or suggestions are made without warranty, expressed or implied, regarding accuracy of the information, the hazards connected with the use of the material or the results to be obtained from the use thereof. Compliance with all applicable federal, state, and local laws and local regulations remains the responsibility of the user. The liability of VINEVIDA is limited to the value of the goods and does not include any consequential loss. VINEVIDA will not be held liable for any errors or delays in the content, or for any actions taken in reliance thereon. VINEVIDA releases itself from all liabilities, and shall not be held responsible for any damages resulting from use or reliance upon this information.