

Chemical Safety Data Sheet MSDS / SDS

Creatine

Revision Date:2026-01-17 Revision Number:1

SECTION 1: Identification of the substance/mixture and of the company/undertaking

Product identifier

Product name : Creatine
CBnumber : CB3674978
CAS : 57-00-1
EINECS Number : 200-306-6
Synonyms : Creatine,creatin

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

Relevant identified uses : For R&D use only. Not for medicinal, household or other use.
Uses advised against : none

Company Identification

Company : Chemicalbook
Address : Building 1, Huihuang International, Shangdi 10th Street, Haidian District, Beijing
Telephone : 010-86108875

SECTION 2: Hazards identification

Classification of the substance or mixture

Not classified.

Label elements**Pictogram(s)**

□

Signal word : Warning

Hazard statement(s)

H315 Causes skin irritation
H319 Causes serious eye irritation
H335 May cause respiratory irritation

Precautionary statement(s)

P261 Avoid breathing dust/fume/gas/mist/vapours/spray.
P304+P340 IF INHALED: Remove victim to fresh air and Keep at rest in a position comfortable for breathing.
P305+P351+P338 IF IN EYES: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do.
Continuerinsing.

P405 Store locked up.

Prevention

none

Response

none

Storage

none

Disposal

none

Other hazards

no data available

SECTION 3: Composition/information on ingredients

Substance

Product name : Creatine
Synonyms : Creatine,creatin
CAS : 57-00-1
EC number : 200-306-6
MF : C4H9N3O2
MW : 131.13

SECTION 4: First aid measures

Description of first aid measures

If inhaled

Move the victim into fresh air. If breathing is difficult, give oxygen. If not breathing, give artificial respiration and consult a doctor immediately.
Do not use mouth to mouth resuscitation if the victim ingested or inhaled the chemical.

Following skin contact

Take off contaminated clothing immediately. Wash off with soap and plenty of water. Consult a doctor.

Following eye contact

Rinse with pure water for at least 15 minutes. Consult a doctor.

Following ingestion

Rinse mouth with water. Do not induce vomiting. Never give anything by mouth to an unconscious person. Call a doctor or Poison Control Center immediately.

Most important symptoms and effects, both acute and delayed

no data available

Indication of any immediate medical attention and special treatment needed

Absorption, Distribution and Excretion

In muscle and nerve, most of the creatine is phosphorylated to phosphocreatine (pCr) in a reaction that is catalyzed by the enzyme creatine kinase (CK), there are three isoforms of (isoenzymes) of CK. CK-MM is the skeletal muscle isoform; CK-BB, the brain isoform, and CK-MB, the isoform found in cardiac muscle. Most of the PCr in the body is in skeletal muscle.

SECTION 5: Firefighting measures

Extinguishing media

Use dry chemical, carbon dioxide or alcohol-resistant foam.

Specific Hazards Arising from the Chemical

no data available

Advice for firefighters

Wear self-contained breathing apparatus for firefighting if necessary.

NFPA 704

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1 0

HEALTH 1 Exposure would cause irritation with only minor residual injury (e.g. [acetone](#), sodium bromate, potassium chloride)

Materials that require considerable preheating, under all ambient temperature conditions, before ignition and combustion

FIRE 1 can occur. Includes some finely divided suspended solids that do not require heating before ignition can occur. Flash point at or above 93.3 °C (200 °F). (e.g. [mineral oil](#), ammonia)

REACT 0 Normally stable, even under fire exposure conditions, and is not reactive with water (e.g. helium, [N2](#))

SPEC.

HAZ.

SECTION 6: Accidental release measures

Personal precautions, protective equipment and emergency procedures

Avoid dust formation. Avoid breathing mist, gas or vapours. Avoid contacting with skin and eye. Use personal protective equipment. Wear chemical impermeable gloves. Ensure adequate ventilation. Remove all sources of ignition. Evacuate personnel to safe areas. Keep people away from and upwind of spill/leak.

Environmental precautions

Prevent further spillage or leakage if it is safe to do so. Do not let the chemical enter drains. Discharge into the environment must be avoided.

Methods and materials for containment and cleaning up

Collect and arrange disposal. Keep the chemical in suitable and closed containers for disposal. Remove all sources of ignition. Use spark-proof tools and explosion-proof equipment. Adhered or collected material should be promptly disposed of, in accordance with appropriate laws and regulations.

SECTION 7: Handling and storage

Precautions for safe handling

Handling in a well ventilated place. Wear suitable protective clothing. Avoid contact with skin and eyes. Avoid formation of dust and aerosols. Use non-sparking tools. Prevent fire caused by electrostatic discharge steam.

Conditions for safe storage, including any incompatibilities

Store the container tightly closed in a dry, cool and well-ventilated place. Store apart from foodstuff containers or incompatible materials.

SECTION 8: Exposure controls/personal protection

Control parameters

Occupational Exposure limit values

no data available

Biological limit values

no data available

Exposure controls

Ensure adequate ventilation. Handle in accordance with good industrial hygiene and safety practice. Set up emergency exits and the risk-elimination area.

Individual protection measures

Eye/face protection

Wear tightly fitting safety goggles with side-shields conforming to EN 166(EU) or NIOSH (US).

Skin protection

Wear fire/flammable resistant and impervious clothing. Handle with gloves. Gloves must be inspected prior to use. Wash and dry hands. The selected protective gloves have to satisfy the specifications of EU Directive 89/686/EEC and the standard EN 374 derived from it.

Respiratory protection

If the exposure limits are exceeded, irritation or other symptoms are experienced, use a full-face respirator.

Thermal hazards

no data available

SECTION 9: Physical and chemical properties

Information on basic physicochemical properties

Physical state	Solid
Colour	White to Off-White

Odour	no data available
Melting point/freezing point	Ca. 303 °C.
Boiling point or initial boiling point and boiling range	271.6°C at 760mmHg
Flammability	no data available
Lower and upper explosion limit/flammability limit	no data available
Flash point	118.1°C
Auto-ignition temperature	> 400 °C. Remarks:No exothermic reaction within the temperature range of 22°C to 400°C.
Decomposition temperature	no data available
pH	Neutral reaction to litmus
Kinematic viscosity	no data available
Solubility	Water (Slightly, Heated)
Partition coefficient n-octanol/water	log Pow = < -2. Temperature:20 °C. Remarks:PH value not reported.
Vapour pressure	0.001 mm Hg. Temperature:25 °C.
Density and/or relative density	Ca. 1.33 g/cm ³ . Temperature:25 °C.
Relative vapour density	no data available
Particle characteristics	no data available

SECTION 10: Stability and reactivity

Reactivity

no data available

Chemical stability

no data available

Possibility of hazardous reactions

no data available

Conditions to avoid

no data available

Incompatible materials

no data available

Hazardous decomposition products

no data available

SECTION 11: Toxicological information

Acute toxicity

- Oral: no data available
- Inhalation: no data available
- Dermal: LD0 - rat (male/female) - > 2 000 mg/kg bw.

Skin corrosion/irritation

no data available

Serious eye damage/irritation

no data available

Respiratory or skin sensitization

no data available

Germ cell mutagenicity

no data available

Carcinogenicity

no data available

Reproductive toxicity

no data available

STOT-single exposure

no data available

STOT-repeated exposure

no data available

Aspiration hazard

no data available

SECTION 12: Ecological information

Toxicity

Toxicity to fish: LC50 - Danio rerio (previous name: Brachydanio rerio) - > 100 mg/L - 96 h.

Toxicity to daphnia and other aquatic invertebrates: EC50 - Daphnia magna - > 1 000 mg/L - 48 h.

Toxicity to algae: EC50 - Desmodesmus subspicatus (previous name: Scenedesmus subspicatus) - > 100 mg/L - 72 h.

Toxicity to microorganisms: no data available

Persistence and degradability

AEROBIC: Creatine has been reported to be aerobically degraded by activated sludge(1).

Bioaccumulative potential

An estimated BCF of 3 was calculated for creatine(SRC), using water solubility of 1.33X10+4 mg/L(1) and a regression-derived equation(2).

According to a classification scheme(3), this BCF suggests the potential for bioconcentration in aquatic organisms is low.

Mobility in soil

The Koc of creatine is estimated as 24(SRC), using a water solubility of 1.33×10^{-4} mg/L(1) and a regression-derived equation(2). According to a classification scheme(3), this estimated Koc value suggests that creatine is expected to have very high mobility in soil.

Other adverse effects

no data available

SECTION 13: Disposal considerations

Disposal methods

Product

The material can be disposed of by removal to a licensed chemical destruction plant or by controlled incineration with flue gas scrubbing. Do not contaminate water, foodstuffs, feed or seed by storage or disposal. Do not discharge to sewer systems.

Contaminated packaging

Containers can be triply rinsed (or equivalent) and offered for recycling or reconditioning. Alternatively, the packaging can be punctured to make it unusable for other purposes and then be disposed of in a sanitary landfill. Controlled incineration with flue gas scrubbing is possible for combustible packaging materials.

SECTION 14: Transport information

UN Number

ADR/RID: Not dangerous goods. (For reference only, please check.)

IMDG: Not dangerous goods. (For reference only, please check.)

IATA: Not dangerous goods. (For reference only, please check.)

UN Proper Shipping Name

ADR/RID: Not dangerous goods. (For reference only, please check.)

IMDG: Not dangerous goods. (For reference only, please check.)

IATA: Not dangerous goods. (For reference only, please check.)

Transport hazard class(es)

ADR/RID: Not dangerous goods. (For reference only, please check.)

IMDG: Not dangerous goods. (For reference only, please check.)

IATA: Not dangerous goods. (For reference only, please check.)

Packing group, if applicable

ADR/RID: Not dangerous goods. (For reference only, please check.)

IMDG: Not dangerous goods. (For reference only, please check.)

IATA: Not dangerous goods. (For reference only, please check.)

Environmental hazards

ADR/RID: No

IMDG: No

IATA: No

Special precautions for user

no data available

Transport in bulk according to IMO instruments

no data available

SECTION 15: Regulatory information

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

European Inventory of Existing Commercial Chemical Substances (EINECS)

Listed.

EC Inventory

Listed.

United States Toxic Substances Control Act (TSCA) Inventory

Listed.

China Catalog of Hazardous chemicals 2015

Not Listed.

New Zealand Inventory of Chemicals (NZIoC)

Listed.

PICCS

Not Listed.

Vietnam National Chemical Inventory

Listed.

IECSC

Listed.

Korea Existing Chemicals List (KECL)

Listed.

SECTION 16: Other information

Abbreviations and acronyms

CAS: Chemical Abstracts Service

ADR: European Agreement concerning the International Carriage of Dangerous Goods by Road

RID: Regulation concerning the International Carriage of Dangerous Goods by Rail

IMDG: International Maritime Dangerous Goods

IATA: International Air Transportation Association

TWA: Time Weighted Average

STEL: Short term exposure limit

LC50: Lethal Concentration 50%

LD50: Lethal Dose 50%

EC50: Effective Concentration 50%

References

IPCS - The International Chemical Safety Cards (ICSC), website: <http://www.ilo.org/dyn/icsc/showcard.home>

HSDB - Hazardous Substances Data Bank, website: <https://toxnet.nlm.nih.gov/newtoxnet/hsdb.htm>

IARC - International Agency for Research on Cancer, website: <http://www.iarc.fr/>

eChemPortal - The Global Portal to Information on Chemical Substances by OECD, website: http://www.echemportal.org/echemportal/index?pageID=0&request_locale=en

CAMEO Chemicals, website: <http://cameochemicals.noaa.gov/search/simple>

ChemIDplus, website: <http://chem.sis.nlm.nih.gov/chemidplus/chemidlite.jsp>

ERG - Emergency Response Guidebook by U.S. Department of Transportation, website: <http://www.phmsa.dot.gov/hazmat/library/erg>

Germany GESTIS-database on hazard substance, website: <http://www.dguv.de/ifa/gestis/gestis-stoffdatenbank/index-2.jsp>

ECHA - European Chemicals Agency, website: <https://echa.europa.eu/>

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