



Navy Heart Essential Oils

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IFRA COMPLIANCE DOCUMENT

Bergamot Essential Oil (Cold Pressed) | IFRA 51st Amendment (June 2023)

Issue Date: May 24, 2026

PRODUCT IDENTIFICATION

Product Name	Bergamot Essential Oil (Cold Pressed)
Botanical Name	Citrus bergamia
INCI Name	Citrus Bergamia Peel Oil Expressed
CAS Number	8007-75-8
Product Type	Essential Oil — Aromatic
Supplier	Navy Heart Essential Oils, Calgary, Alberta, Canada
IFRA Amendment	51st Amendment to the IFRA Code of Practice (published June 2023)
Document Issue Date	May 24, 2026

IFRA COMPLIANCE STATEMENT

Navy Heart Essential Oils hereby confirms that Bergamot Essential Oil (cold pressed) is assessed in accordance with the IFRA 51st Amendment to the IFRA Code of Practice (published June 2023). This oil is compliant for use in the product categories listed below at the maximum concentration levels stated.

IMPORTANT — PHOTOTOXICITY: Navy Heart's Bergamot Essential Oil is cold pressed and contains naturally occurring furocoumarins, including bergapten (5-methoxypsoralen). Bergapten is a potent photosensitizer that can cause severe skin reactions (burns, blistering, hyperpigmentation) when skin is exposed to UV light after application. This limits the IFRA maximum to 0.40% across virtually all leave-on and UV-exposed categories.

For rinse-off products (soap, shower gel — Category 9) and non-skin-contact products (candles — Category 12), there is NO IFRA restriction, because the phototoxic risk does not apply to products that are washed off or never contact skin.

Key constituents (lot BR-260116, tested): Limonene 42.42% — Linalyl acetate 23.48% — Linalool 13.75%. Bergapten (bergaptene), typical range ~0.3–0.4% for cold-pressed bergamot. IFRA guidance sets the finished-product bergapten trigger level at 0.0015% (15 ppm) for leave-on, UV-exposed applications.

IFRA CATEGORY USAGE LIMITS — 51ST AMENDMENT

IFRA Category	Typical Product Applications	Max. Usage Level (51st Amdt.)	Navy Heart Recommended
1	Lip products (lip balm, lipstick, lip gloss, lip scrub)	0.40%	Up to 0.2% — bergapten concern applies to lip area
2	Deodorant & antiperspirant (spray, stick, roll-on)	0.40%	Up to 0.2%
3	Facial makeup, eye products, foundation, blush	0.40%	Up to 0.2%
4	Hair leave-on (hair oil, hair serum, scalp treatment)	0.40%	Up to 0.2%
5A	Body leave-on: body lotion, butter, oil, cream	0.40%	Up to 0.2% ⚠️ Phototoxic — avoid UV exposure after application
5B	Face leave-on: facial moisturiser, face cream, serum, toner	0.40%	Up to 0.2% ⚠️ Phototoxic — do not use before sun exposure
5C	Hand leave-on: hand cream, hand lotion, cuticle cream	0.40%	Up to 0.2% ⚠️ Phototoxic — see warning
5D	Baby leave-on: baby lotion, baby oil, baby cream, diaper cream	0.40%	Not recommended for baby products
6	Intimate wipes, feminine hygiene products	0.40%	Up to 0.1%
7A	Rinse-off body: shower gel, body wash, shampoo, bath products	No Restriction	Up to 3%
7B	Rinse-off hair: conditioner, hair mask, hair rinse	0.40%	Up to 0.2%
8	Intimate leave-on with anogenital exposure	0.40%	Not recommended
9	Rinse-off: bar soap, body wash, scrubs, bath bombs	Not Limited	Up to 3% — safe for soap. Phototoxicity is not a concern for rinse-off products.
10A	Home fragrance: reed diffusers, pot pourri, sachets	Not Limited	Up to 10%
10B	Room spray, linen spray, air freshener spray	0.40%	Up to 0.2%
11A	Fabric treatment rinse-off (fabric softener, laundry detergent)	No Restriction	Up to 3%
11B	Fabric treatment leave-on (dryer sheets, pillow spray)	0.40%	Up to 0.2%
12	Non-skin contact: candles, wax melts, incense	Not Limited	Up to 10%

Note: Maximum usage levels are sourced from an IFRA 51st Amendment Certificate of Conformity for cold-pressed bergamot essential oil. The 0.40% limit across most leave-on categories is driven by bergapten (furanocoumarin) content. Rinse-off and non-skin-contact categories are unrestricted. Lot BR-260116 has been tested for limonene, linalyl acetate, and linalool content (see Certificate of Analysis); bergapten has not yet been separately quantified for this lot, so the 0.40% category limits below remain based on typical published bergapten ranges for cold-pressed bergamot.

COLOUR KEY

Green	Not Limited — no IFRA restriction applies in this category.
White	Standard limit applies — use at or below the stated maximum.
Amber	Use with extra caution — sensitive application area (lips, baby, intimate). Lower recommended levels apply.
Red	Not Approved / 0% — this oil is not permitted in this category.

ADDITIONAL FORMULATION NOTES

Soap makers (Category 9):

Bergamot cold pressed is unrestricted in soap — the phototoxic bergapten is washed away with rinse-off products. Up to 3% is suitable. Bergamot behaves well in cold process soap with good scent longevity when blended with fixatives. Light, fresh citrus top note.

Leave-on products — phototoxicity warning:

The 0.40% limit in ALL leave-on categories is driven entirely by bergapten content. Formulators must include a clear sun-avoidance warning on any leave-on product containing bergamot cold pressed, even at this low level. Example label statement: “Avoid sun exposure after application.”

Alternative:

If higher usage levels are needed in leave-on products, consider bergapten-free (FCF) bergamot oil, which allows limits of approximately 16–17% in leave-on skincare categories.

Phototoxicity:

Furocoumarins (bergapten) are present. Total bergapten in the finished product must not exceed 0.0015% (15 ppm) for applications on UV-exposed skin — per IFRA guidance on furocoumarins.

Disclaimer: This IFRA compliance document is prepared in good faith based on known typical constituent data for this essential oil and the IFRA 51st Amendment (June 2023). Usage limits are based on typical composition ranges and information derived from lot-specific supplier testing. It is the responsibility of the formulator to verify compliance for their specific formulation. Navy Heart Essential Oils makes no warranty as to the accuracy or completeness of this information. Always perform your own safety assessment before use in consumer products.

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