



Navy Heart Essential Oils

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IFRA COMPLIANCE DOCUMENT

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

Issue Date: May 24, 2026

PRODUCT IDENTIFICATION

Product Name	Grapefruit Essential Oil (Cold Pressed)
Botanical Name	Citrus paradisi
INCI Name	Citrus Paradisi (Grapefruit) Peel Oil Expressed
CAS Number	8016-20-4
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 Grapefruit Essential Oil (cold pressed) is assessed in accordance with the IFRA 51st Amendment (June 2023). This oil is compliant for use in the product categories listed below at the maximum concentration levels stated.

Cold-pressed grapefruit essential oil contains naturally occurring furocoumarins at low levels. While not as severely restricted as cold-pressed bergamot, formulators should note that leave-on products in UV-exposed areas carry a mild phototoxicity risk and the Navy Heart recommended levels for leave-on categories reflect appropriate caution.

Published literature reports cold-pressed grapefruit generally has substantially lower bergapten content than cold-pressed bergamot (typical range cited in industry sources: <0.001%). This has not been separately verified by GC/MS for this lot — see the disclaimer below. Which means the main driver of leave-on limits is citral and limonene-related specification standards rather than furocoumarin restrictions.

Key restricted constituents (typical composition): Limonene 88–96% — Citral trace — Myrcene 1–3% — Furocoumarins very low (bergapten typically <0.001%).

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)	11.27%	Up to 0.5% for lip use
2	Deodorant & antiperspirant (spray, stick, roll-on)	2.63%	Up to 1%
3	Facial makeup, eye products, foundation, blush	10.13%	Up to 1%
4	Hair leave-on (hair oil, hair serum, scalp treatment)	100.00%	Up to 3%
5A	Body leave-on: body lotion, butter, oil, cream	5.07%	Up to 2% ⚠️ Cold-pressed — sun exposure precautions recommended at higher levels
5B	Face leave-on: facial moisturiser, face cream, serum, toner	4.22%	Up to 1% ⚠️ Sun exposure caution
5C	Hand leave-on: hand cream, hand lotion, cuticle cream	5.07%	Up to 1.5%
5D	Baby leave-on: baby lotion, baby oil, baby cream, diaper cream	1.69%	Up to 0.5%
6	Intimate wipes, feminine hygiene products	48.80%	Up to 0.5%
7A	Rinse-off body: shower gel, body wash, shampoo, bath products	6.76%	Up to 3%
7B	Rinse-off hair: conditioner, hair mask, hair rinse	6.76%	Up to 2%
8	Intimate leave-on with anogenital exposure	1.69%	Up to 0.5%
9	Rinse-off: bar soap, body wash, scrubs, bath bombs	Not Limited	Up to 3%
10A	Home fragrance: reed diffusers, pot pourri, sachets	Not Limited	Up to 10%
10B	Room spray, linen spray, air freshener spray	Not Limited	Up to 5%
11A	Fabric treatment rinse-off (fabric softener, laundry detergent)	1.69%	Up to 1%
11B	Fabric treatment leave-on (dryer sheets, pillow spray)	1.69%	Up to 1%
12	Non-skin contact: candles, wax melts, incense	Not Limited	Up to 10%

Note: Maximum usage levels are based on known typical furanocoumarin content (<0.001% bergapten) and IFRA 51st Amendment data for cold-pressed grapefruit essential oil. Usage limits are based on typical composition ranges and information derived from supplier testing.

COLOUR KEY

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

ADDITIONAL FORMULATION NOTES

Soap makers (Category 9):

Grapefruit cold pressed is not limited in soap. Up to 3% is the Navy Heart recommendation. No phototoxicity concern for rinse-off products. Bright, tart, fresh citrus. Scent retention in CP soap is moderate to low (top note) — blend with cedarwood, patchouli, or vanilla for longevity.

Phototoxicity:

Cold-pressed grapefruit has very low furanocoumarin content and is not considered significantly phototoxic at typical usage levels. Navy Heart recommends a cautious approach for leave-on products intended for sun-exposed skin — include a sun-avoidance suggestion at levels above 2%.

vs. Steam-distilled grapefruit:

Steam-distilled grapefruit would have no furanocoumarin content and more generous leave-on limits, but is less common commercially. These limits apply to cold-pressed grapefruit.

Skin sensitization:

Limonene oxidation can cause sensitization. Always use fresh oil and recommend antioxidant protection in formulas containing grapefruit.

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 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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