Compiled in accordance with REACH Regulation (EC) No 1907/2006, as retained and amended in UK law

SAFETY DATA SHEET

Take Off Strong

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

1.1. Product identifier

Trade name

Take Off Strong

Product no.

2222210, 2222211, 2222212, 2225300

Unique formula identifier (UFI)

3FDF-0XP0-6XKQ-V05V

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

Relevant identified uses of the substance or mixture

Grafitti remover

Use descriptors (UK REACH)

Sectors of use	**Description**
LCS "PW"	Professional uses: Public domain (administration, education, entertainment, services, craftsmen)
Product category	**Description**
PC35	Washing and Cleaning Products (including solvent based products)
Process category	**Description**
PROC10	Roller application or brushing
Environmental release category	**Description**
ERC8d	Wide dispersive outdoor use of processing aids in open systems

Uses advised against

None known.

1.3. Details of the supplier of the safety data sheet

Company and address

Huma.dk ApS
Industrigrenen 21
2635 Ishøj
Denmark
7040 4500

Contact person

Emil Blücher

E-mail

emil@huma.dk

Revision

20/12/2022

SDS Version

1.0

1.4. Emergency telephone number

Contact The National Poisons Information Service (dial 111, 24 h service).
See section 4 “First aid measures”.

SECTION 2: Hazards identification

2.1. Classification of the substance or mixture

Acute Tox. 4; H302, Harmful if swallowed.
Eye Irrit. 2; H319, Causes serious eye irritation.

2.2. Label elements

Hazard pictogram(s)

Signal word

Warning

Hazard statement(s)

Harmful if swallowed. (H302)
Causes serious eye irritation. (H319)

Safety statement(s)

General

-

Prevention

Wash hands thoroughly after handling. (P264)
Wear eye protection/protective gloves/protective clothing. (P280)

Response

IF SWALLOWED: Call a POISON CENTER/doctor if you feel unwell. (P301+P312)
Rinse mouth. (P330)
If eye irritation persists: Get medical advice/attention. (P337+P313)

Storage

-

Disposal

Dispose of contents/container in accordance with local regulation
. (P501)

Hazardous substances

Benzyl alcohol

Additional labelling

UFI: 3FDF-0XP0-6XKQ-V05V

2.3. Other hazards

Additional warnings

This mixture/product does not contain any substances considered to meet the criteria classifying them as PBT and/or vPvB.
This product does not contain any substances considered to be endocrine disruptors in accordance with the criteria set out in Commission Delegated Regulation (EU) 2017/2100 or Commission Regulation (EU) 2018/605.

SECTION 3: Composition/information on ingredients

3.1. Substances

Not applicable. This product is a mixture.

3.2. Mixtures

Product/substance	Identifiers	% w/w	Classification	Note
Benzyl alcohol	CAS No.: 100-51-6 EC No.: 202-859-9 UK-REACH: Index No.: 603-057-00-5	25-40%	Acute Tox. 4, H302 Eye Irrit. 2, H319 Acute Tox. 4, H332	[9]
2-methoxy-1-(2-methoxypropoxy)propane; 2-methoxy-1-[(1-methoxypropan-2-yl)oxy]propane	CAS No.: 111109-77-4 EC No.: 404-640-5 UK-REACH: Index No.:	25-40%	Eye Irrit. 2, H319	
2-(2-butoxyethoxy)ethanol	CAS No.: 112-34-5 EC No.: 203-961-6 UK-REACH: Index No.: 603-096-00-8	10-15%	Eye Irrit. 2, H319	[1], [3]
Ethanol	CAS No.: 64-17-5 EC No.: 200-578-6 UK-REACH: Index No.: 603-002-00-5	3-5%	Flam. Liq. 2, H225 Eye Irrit. 2, H319 (SCL: 50.00 %)	
propan-2-ol isopropyl alcohol isopropanol	CAS No.: 67-63-0 EC No.: 200-661-7 UK-REACH: Index No.: 603-117-00-0	1-3%	Flam. Liq. 2, H225 Eye Irrit. 2, H319 STOT SE 3, H336	

See full text of H-phrases in section 16. Occupational exposure limits are listed in section 8, if these are available.

Other information

[1] European occupational exposure limit.
[3] According to UK REACH, Annex XVII, the substance is subject to restrictions.
[9] Identified by EU as one of 26 specific fragrance ingredients, known to cause allergic contact dermatitis (Regulation (EC) No 1223/2009 on cosmetic products)

Labelling of contents according to Detergents Regulation (EC) No 648/2004 as retained and amended in UK law

≥ 30%
· Perfumes (BENZYL ALCOHOL)

SECTION 4: First aid measures

4.1. Description of first aid measures

General information

In the case of accident: Contact a doctor or casualty department – take the label or this safety data sheet. Contact a doctor if in doubt about the injured person's condition or if the symptoms persist. Never give an unconscious person water or other drink.

Inhalation

Upon breathing difficulties or irritation of the respiratory tract: Bring the person into fresh air and stay with him/her.

Skin contact

Upon irritation: rinse with water. In the event of continued irritation, seek medical assistance.

Eye contact

Upon irritation of the eye: Remove contact lenses. Flush eyes immediately with plenty of water or isotonic water (20-30 °C) for at least 5 minutes and continue until irritation stops. Make sure to flush under upper and lower

eyelids. If irritation continues, contact a doctor. Continue flushing during transport.

Ingestion

In the case of ingestion, contact a doctor immediately. If the person is conscious, give them water. DO NOT try to induce vomiting unless this is recommended by a doctor. Hold head facing down to prevent vomit returning mouth and throat. Prevent shock by keeping the injured person warm and calm. Initiate immediate resuscitation if breathing stops. If unconscious, roll the injured person into recovery position. Call an ambulance.

Burns

Not applicable.

4.2. Most important symptoms and effects, both acute and delayed

Irritation effects: This product contains substances, which may cause irritation upon exposure to skin, eyes or lungs. Exposure may result in an increased absorption potential of other hazardous substances at the area of exposure.

4.3. Indication of any immediate medical attention and special treatment needed

If eye irritation persists: Get medical advice/attention.

Information to medics

Bring this safety data sheet or the label from this product.

SECTION 5: Firefighting measures

5.1. Extinguishing media

Suitable extinguishing media: Alcohol-resistant foam, carbon dioxide, powder, water mist.
Unsuitable extinguishing media: Waterjets should not be used, since they can spread the fire.

5.2. Special hazards arising from the substance or mixture

Fire will result in dense smoke. Exposure to combustion products may harm your health. Closed containers, which are exposed to fire, should be cooled with water. Do not allow fire-extinguishing water to enter the sewage system and nearby surface waters.
If the product is exposed to high temperatures, e.g. in the event of fire, dangerous decomposition compounds are produced. These are:
Carbon oxides (CO / CO2)

5.3. Advice for firefighters

Wear self-contained breathing apparatus and protective clothing to prevent contact. Upon direct exposure contact The National Poisons Information Service (dial 111, 24 h service) in order to obtain further advice.

SECTION 6: Accidental release measures

6.1. Personal precautions, protective equipment and emergency procedures

No specific requirements.

6.2. Environmental precautions

Avoid discharge to lakes, streams, sewers, etc.

6.3. Methods and material for containment and cleaning up

Use sand, earth, vermiculite, diatomaceous earth to contain and collect non-combustible absorbent materials and place in container for disposal, according to local regulations.
Wherever possible cleaning should be performed with normal cleaning agents. Avoid use of solvents.

6.4. Reference to other sections

See section 13 “Disposal considerations” on handling of waste.
See section 8 "Exposure controls/personal protection" for protective measures.

SECTION 7: Handling and storage

7.1. Precautions for safe handling

The product should be tested for peroxides before distillation or evaporation and tested for peroxide formation or

discarded after 1 year.
Peroxide formation may be present anywhere in the container, including the sides, bottom, exterior and threaded cap. Peroxide formation in ppm concentrations may not be visually observable and must be identified through the use of appropriate testing procedures. If any of the following conditions exist, the material may be explosively unstable and will require stabilization prior to use:
1. Material appears to be degraded and or contaminated.
2. Material appears to be discolored.
3. Deterioration or distortion of storage container.
4. Thermal shock (sunlight).
5. Age of material exceeds recommended storage time.
Smoking, drinking and consumption of food is not allowed in the work area.
See section 8 "Exposure controls/personal protection" for information on personal protection.

7.2. Conditions for safe storage, including any incompatibilities

Store in tightly closed containers and store protected from moisture and light. Containers should be dated when opened and tested periodically for the presence of peroxides. Do not exceed storage time limits.
Containers that have been opened must be carefully resealed and kept upright to prevent leakage.

Recommended storage material

Always store in containers of the same material as the original container.

Storage temperature

> 0°C

Incompatible materials

Strong acids, strong bases, strong oxidizing agents, and strong reducing agents.

7.3. Specific end use(s)

This product should only be used for applications quoted in section 1.2.

SECTION 8: Exposure controls/personal protection

8.1. Control parameters

2-(2-butoxyethoxy)ethanol
Long term exposure limit (8 hours) (ppm): 10
Long term exposure limit (8 hours) (mg/m³): 67,5
Short term exposure limit (15 minutes) (ppm): 15
Short term exposure limit (15 minutes) (mg/m³): 101,2

Ethanol
Long term exposure limit (8 hours) (ppm): 1000
Long term exposure limit (8 hours) (mg/m³): 1920

propan-2-ol isopropyl alcohol isopropanol
Long term exposure limit (8 hours) (ppm): 400
Long term exposure limit (8 hours) (mg/m³): 999
Short term exposure limit (15 minutes) (ppm): 500
Short term exposure limit (15 minutes) (mg/m³): 1250

The Control of Substances Hazardous to Health Regulations 2002. SI 2002/2677 The Stationery Office 2002.
EH40/2005 Workplace exposure limits (Fourth Edition 2020).

DNEL

2-(2-butoxyethoxy)ethanol

Duration	Route of exposure	DNEL
Long term – Systemic effects - Workers	Dermal	20 mg/kg uge/dag

Long term – Systemic effects - Workers	Inhalation	10 ppm
Short term – Local effects - Workers	Inhalation	14 ppm
Short term – Local effects - Workers	Inhalation	10 ppm

Ethanol

Duration	Route of exposure	DNEL
Long term – Systemic effects - Workers	Dermal	343 mg/kg/bw/day
Long term – Systemic effects - Workers	Inhalation	950 mg/m3
Short term – Local effects - Workers	Inhalation	1900 mg/m3

propan-2-ol isopropyl alcohol isopropanol

Duration	Route of exposure	DNEL
Long term – Systemic effects - Workers	Inhalation	500 mg/m3

PNEC

2-(2-butoxyethoxy)ethanol

Route of exposure	Duration of Exposure	PNEC
Freshwater		1 mg/l
Freshwater sediment		4 mg/l
Marine water		0,1 mg/l
Marine water sediment		0,4 mg/l
Sewage treatment plant		200 mg/l
Soil		0,4 mg/l

Ethanol

Route of exposure	Duration of Exposure	PNEC
Freshwater		0,96mg/l
Freshwater sediment		3,6 mg/kg dw
Intermittent release		2,75 mg/l
Marine water		0,79 mg/l
Marine water sediment		2,9 mg/kg dw
Sewage treatment plant		580 mg/l
Soil		0,63 mg/kg

propan-2-ol isopropyl alcohol isopropanol

Route of exposure	Duration of Exposure	PNEC
Freshwater		140,9 mg/l
Freshwater sediment		522 mg/kg
Marine water		140,9 mg/l
Marine water sediment		552 mg/kg
Sewage treatment plant		2251 mg/l
Soil		28 mg/kg

8.2. Exposure controls

Compliance with the given occupational exposure limits values should be controlled on a regular basis.

General recommendations

Smoking, drinking and consumption of food is not allowed in the work area.

Exposure scenarios

There are no exposure scenarios implemented for this product.

Exposure limits

Professional users are subjected to the legally set maximum concentrations for occupational exposure. See occupational hygiene limit values above.

Appropriate technical measures

The formation of vapours must be kept at a minimum and below current limit values (see above). Installation of a local exhaust system if normal air flow in the work room is not sufficient is recommended. Ensure eyewash and emergency showers are clearly marked.

Hygiene measures

In between use of the product and at the end of the working day all exposed areas of the body must be washed thoroughly. Always wash hands, forearms and face.

Measures to avoid environmental exposure

No specific requirements.

8.3. Individual protection measures, such as personal protective equipment

Generally

Use only UKCA marked protective equipment.

Respiratory Equipment

Type	Class	Colour	Standards	
S/SL	P2	White	EN149	

Skin protection

Recommended	Type/Category	Standards	
Dedicated work clothing should be worn.	-	-	

Hand protection

Material	Glove thickness (mm)	Breakthrough time (min.)	Standards	
Nitrile	0.4	> 480	EN374-2, EN374-3, EN388	

Eye protection

Type	Standards	
Safety glasses with side shields.	EN166	

SECTION 9: Physical and chemical properties

9.1. Information on basic physical and chemical properties

Physical state
Liquid

Colour
Colourless

Odour / Odour threshold
Characteristic

pH
7,2 +/-1

Density (g/cm³)
0.9 (20 °C)

Kinematic viscosity
Testing not relevant or not possible due to the nature of the product.

Particle characteristics
Does not apply to liquids.

Phase changes

Melting point/Freezing point (°C)
Testing not relevant or not possible due to the nature of the product.

Softening point/range (waxes and pastes) (°C)
Does not apply to liquids.

Boiling point (°C)
Testing not relevant or not possible due to the nature of the product.

Vapour pressure
Testing not relevant or not possible due to the nature of the product.

Relative vapour density
Testing not relevant or not possible due to the nature of the product.

Decomposition temperature (°C)
Testing not relevant or not possible due to the nature of the product.

Data on fire and explosion hazards

Flash point (°C)
Testing not relevant or not possible due to the nature of the product.

Ignition (°C)
Testing not relevant or not possible due to the nature of the product.

Auto flammability (°C)
Testing not relevant or not possible due to the nature of the product.

Lower and upper explosion limit (% v/v)
Testing not relevant or not possible due to the nature of the product.

Solubility

Solubility in water
Completely soluble

n-octanol/water coefficient
Testing not relevant or not possible due to the nature of the product.

Solubility in fat (g/L)
Testing not relevant or not possible due to the nature of the product.

9.2. Other information

Other physical and chemical parameters
No data available.

SECTION 10: Stability and reactivity

10.1. Reactivity
No data available.

10.2. Chemical stability
The product is stable under the conditions, noted in section 7 “Handling and storage”.

10.3. Possibility of hazardous reactions
None known.

10.4. Conditions to avoid
None known.

10.5. Incompatible materials
Strong acids, strong bases, strong oxidizing agents, and strong reducing agents.

10.6. Hazardous decomposition products
The product is not degraded when used as specified in section 1.

SECTION 11: Toxicological information

11.1. Information on hazard classes as defined in Regulation (EC) No 1272/2008 as retained and amended in UK law

Acute toxicity

Product/substance	Benzyl alcohol
Test method	
Species	Rat
Route of exposure	Oral
Test	LD50
Result	1230 mg/kg ·
Other information	

Product/substance	Benzyl alcohol
Test method	
Species	Rat
Route of exposure	Inhalation
Test	LD50
Result	>4,178 mg/l ·
Other information	

Product/substance	Benzyl alcohol
Test method	
Species	Rabbit
Route of exposure	Dermal
Test	LD50
Result	2000 mg/kg ·
Other information	

Product/substance	2-(2-butoxyethoxy)ethanol
Test method	
Species	Rat
Route of exposure	Oral
Test	LD50
Result	>2000 mg/kg ·
Other information	

Product/substance	Ethanol
Test method	
Species	Rat
Route of exposure	Oral
Test	LD50

Result	7060 mg/kg ·
Other information	

Product/substance	Ethanol
Test method	
Species	Rabbit
Route of exposure	Dermal
Test	LD lo
Result	20 gram/kg ·
Other information	

Product/substance	Ethanol
Test method	
Species	Rat
Route of exposure	Inhalation
Test	LC50
Result	2000 ppm 10H ·
Other information	

Product/substance	propan-2-ol isopropyl alcohol isopropanol
Test method	
Species	Rat
Route of exposure	Oral
Test	LD50
Result	5045 mg/kg ·
Other information	

Product/substance	propan-2-ol isopropyl alcohol isopropanol
Test method	
Species	Rabbit
Route of exposure	Dermal
Test	LD50
Result	12800 mg/kg ·
Other information	

Product/substance	propan-2-ol isopropyl alcohol isopropanol
Test method	
Species	Rat
Route of exposure	Inhalation
Test	LC50
Result	16000 mg/l ·
Other information	

Harmful if swallowed.

Skin corrosion/irritation

Based on available data, the classification criteria are not met.

Serious eye damage/irritation

Causes serious eye irritation.

Respiratory sensitisation

Based on available data, the classification criteria are not met.

Skin sensitisation

Based on available data, the classification criteria are not met.

Germ cell mutagenicity

Based on available data, the classification criteria are not met.

Carcinogenicity
Based on available data, the classification criteria are not met.

Reproductive toxicity
Based on available data, the classification criteria are not met.

STOT-single exposure
Based on available data, the classification criteria are not met.

STOT-repeated exposure
Based on available data, the classification criteria are not met.

Aspiration hazard
Based on available data, the classification criteria are not met.

11.2. Information on other hazards

Long term effects
Irritation effects: This product contains substances, which may cause irritation upon exposure to skin, eyes or lungs. Exposure may result in an increased absorption potential of other hazardous substances at the area of exposure.

Endocrine disrupting properties
None known.

Other information
Ethanol has been classified by IARC as a group 1 carcinogen.
propan-2-ol isopropyl alcohol isopropanol has been classified by IARC as a group 3 carcinogen.

SECTION 12: Ecological information

12.1. Toxicity

Product/substance	Benzyl alcohol
Test method	
Species	Fish
Compartment	
Duration	96 hours
Test	LC50
Result	646 mg/l ·
Other information	

Product/substance	Benzyl alcohol
Test method	
Species	
Compartment	
Duration	24 hours
Test	EC50
Result	400 mg/l ·
Other information	

Product/substance	Benzyl alcohol
Test method	
Species	Daphnia
Compartment	
Duration	24 hours
Test	EC50
Result	400 mg/l ·
Other information	

Product/substance	2-(2-butoxyethoxy)ethanol
Test method	
Species	Fish

Compartment	
Duration	No data available.
Test	LC50
Result	>100 mg/l ·
Other information	

Product/substance	2-(2-butoxyethoxy)ethanol
Test method	
Species	Algae
Compartment	
Duration	No data available.
Test	EC50
Result	>100 mg/l ·
Other information	

Product/substance	propan-2-ol isopropyl alcohol isopropanol
Test method	
Species	Algae
Compartment	
Duration	24 hours
Test	EC50
Result	1000000 ug/l ·
Other information	

Product/substance	propan-2-ol isopropyl alcohol isopropanol
Test method	
Species	Fish
Compartment	
Duration	48 hours
Test	LC50
Result	1400000 ug/l ·
Other information	

12.2. Persistence and degradability

Product/substance	2-(2-butoxyethoxy)ethanol
Biodegradable	Yes
Test method	OECD 301 D
Result	76%

12.3. Bioaccumulative potential

Product/substance	2-(2-butoxyethoxy)ethanol
Test method	
Potential bioaccumulation	No
LogPow	0.5600
BCF	No data available.
Other information	

Product/substance	propan-2-ol isopropyl alcohol isopropanol
Test method	
Potential bioaccumulation	No
LogPow	0.0500
BCF	No data available.
Other information	

12.4. Mobility in soil

propan-2-ol isopropyl alcohol isopropanol
LogKoc = 0.117995, High mobility potential.

12.5. Results of PBT and vPvB assessment

This mixture/product does not contain any substances considered to meet the criteria classifying them as PBT and/or vPvB.

12.6. Endocrine disrupting properties

None known.

12.7. Other adverse effects

None known.

SECTION 13: Disposal considerations

Waste treatment methods

Product is covered by the regulations on hazardous waste.
HP 4 - Irritant (skin irritation and eye damage)
HP 6 - Acute toxicity
Dispose of contents/container to an approved waste disposal plant.
Regulation (EU) No 1357/2014 of 18 December 2014 on waste as retained and amended in UK law.

EWC code

Not applicable.

Specific labelling

Not applicable.

Contaminated packing

Packaging containing residues of the product must be disposed of similarly to the product.

SECTION 14: Transport information

	14.1 UN / ID	14.2 UN proper shipping name	14.3 Hazard class(es)	14.4 PG*	14.5 Env**	Other information
ADR	-	-	-	-	-	-
IMDG	-	-	-	-	-	-
IATA	-	-	-	-	-	-

* Packing group
** Environmental hazards

Additional information

Not dangerous goods according to ADR, IATA and IMDG.

14.6. Special precautions for user

Not applicable.

14.7. Maritime transport in bulk according to IMO instruments

No data available.

SECTION 15: Regulatory information

15.1. Safety, health and environmental regulations/legislation specific for the substance or mixture

Restrictions for application

Restricted to professional users.

Demands for specific education

No specific requirements.

SEVESO - Categories / dangerous substances

Not applicable.

Additional information

Not applicable.

Sources

The Health and Safety at Work etc. Act 1974 Regulations 2013.
Regulation (EC) No 648/2004 on detergents as retained and amended in UK law.
Regulation (EU) No 1357/2014 of 18 December 2014 on waste as retained and amended in UK law.
Regulation (EC) No 1272/2008 on classification, labelling and packaging of substances and mixtures (CLP) as retained and amended in UK law.
Regulation (EC) No 1907/2006 concerning the Registration, Evaluation, Authorisation and Restriction of Chemicals (REACH) as retained and amended in UK law.

15.2. Chemical safety assessment

No

SECTION 16: Other information

Full text of H-phrases as mentioned in section 3

H225, Highly flammable liquid and vapour.
H302, Harmful if swallowed.
H319, Causes serious eye irritation.
H332, Harmful if inhaled.
H336, May cause drowsiness or dizziness.

The full text of identified uses as mentioned in section 1

LCS "PW" = Professional uses: Public domain (administration, education, entertainment, services, craftsmen)
PROC10 = Roller application or brushing
PC35 = Washing and Cleaning Products (including solvent based products)
ERC8d = Wide dispersive outdoor use of processing aids in open systems

Abbreviations and acronyms

ADN = European Provisions concerning the International Carriage of Dangerous Goods by Inland Waterway
ADR = The European Agreement concerning the International Carriage of Dangerous Goods by Road
ATE = Acute Toxicity Estimate
BCF = Bioconcentration Factor
CAS = Chemical Abstracts Service
CE = Conformité Européenne
CLP = Classification, Labelling and Packaging Regulation [Regulation (EC) No. 1272/2008]
CSA = Chemical Safety Assessment
CSR = Chemical Safety Report
DMEL = Derived Minimal Effect Level
DNEL = Derived No Effect Level
EINECS = European Inventory of Existing Commercial chemical Substances
ES = Exposure Scenario
EUH statement = CLP-specific Hazard statement
EWC = European Waste Catalogue
GHS = Globally Harmonized System of Classification and Labelling of Chemicals
IARC = International Agency for Research on Cancer (IARC)
IATA = International Air Transport Association
IBC = Intermediate Bulk Container
IMDG = International Maritime Dangerous Goods
LogPow = logarithm of the octanol/water partition coefficient
MARPOL = International Convention for the Prevention of Pollution From Ships, 1973 as modified by the Protocol of 1978. ("Marpol" = marine pollution)
OECD = Organisation for Economic Co-operation and Development

PBT = Persistent, Bioaccumulative and Toxic
PNEC = Predicted No Effect Concentration
RID = The Regulations concerning the International Carriage of Dangerous Goods by Rail
RRN = REACH Registration Number
SCL = A specific concentration limit
SVHC = Substances of Very High Concern
STOT-RE = Specific Target Organ Toxicity - Repeated Exposure
STOT-SE = Specific Target Organ Toxicity - Single Exposure
TWA = Time weighted average
UN = United Nations
UVBC = Unknown or variable composition, complex reaction products or of biological materials
VOC = Volatile Organic Compound
vPvB = Very Persistent and Very Bioaccumulative

Additional information

The classification of the substance/mixture in regard of health hazards are in accordance with the calculation methods given by Regulation (EC) No. 1272/2008 (CLP) as retained and amended in UK law.

The safety data sheet is validated by

NB

Other

A change (in proportion to the last essential change (first cipher in SDS version, see section 1)) is marked with a blue triangle.
The information in this safety data sheet applies only to this specific product (mentioned in section 1) and is not necessarily correct for use with other chemicals/products.
It is recommended to hand over this safety data sheet to the actual user of the product. Information in this safety data sheet cannot be used as a product specification.
Country-language: GB-en