



# SUPER HIDE<sup>®</sup>

## ZERO VOC INTERIOR LOW SHEEN

### 356

#### Features

- Good hide
- Good touch up
- Spatter resistant
- Quick dry
- Low odor
- Easy application
- Eligible for LEED<sup>®</sup>v4 Low Emitting Products credit

#### Recommended For

Interior wall and ceiling surfaces in commercial and institutional environments where a Low Sheen finish is desired. For new or previously painted interior wallboard, masonry, and primed or previously painted plaster, wood or metal.

#### General Description

A professional-quality interior waterborne low sheen finish tinted with Benjamin Moore's proprietary zero VOC colorants. The product is eligible for LEED<sup>®</sup> credit and is MPI approved.

#### Limitations

- Do not apply when air and surface temperatures are below 50 °F (10 °C)

#### Product Information

##### Colors — Standard:

White (01), Bone White (03), Linen White (70), Navajo White (73), China White (74)

##### — Tint Bases:

Benjamin Moore<sup>®</sup> Gennex<sup>®</sup> bases 1X, 2X & 3X

##### — Special Colors:

Contact your Benjamin Moore<sup>®</sup> representative.

##### Certifications & Qualifications:

###### VOC compliant in all regulated areas

Zero VOC  
 Eligible for LEED<sup>®</sup> v4 Credit  
 Qualifies for CHPS low emitting credit (Collaborative for High Performance Schools)  
 CDPH v1 Emission Certified  
 Class A (0-25) over non-combustible surfaces when tested in accordance with ASTM E-84  
 Master Painters Institute MPI # 44, 44 X-Green<sup>™</sup>, 144

##### Technical Assistance

Available through your local authorized independent Benjamin Moore retailer. For the location of the retailer nearest you, call 1-866-708-9180 or visit [www.benjaminmoore.com](http://www.benjaminmoore.com)

##### Technical Data<sup>◇</sup>

##### White

Vehicle Type	Acrylic	
Pigment Type	Titanium Dioxide	
Volume Solids	33.5 ± 2%	
Coverage per Gallon at Recommended Film Thickness	400 – 450 sq. ft. (37.2 – 41.8 sq. m.)	
Recommended Film Thickness	– Wet	3.8 mils
	– Dry	1.3 mils
Depending on surface texture and porosity. Be sure to estimate the right amount of paint for the job. This will ensure color uniformity and minimize the disposal of excess paint.		
Dry Time @ 77°F (25°C) @ 50% RH	– To Touch	2 Hours
	– To Recoat	2 -3 Hours
Painted surfaces can be washed after two weeks. High humidity and cool temperatures will result in longer dry, recoat and service times.		
Dries By	Coalescence	
Viscosity	100 ± 2 KU	
Flash Point	N/A	
Gloss / Sheen	Low Sheen (4 – 6 @ 60°) (25 – 30 @ 85°)	
Surface Temperature at Application	– Min.	50 °F (10 °C)
	– Max.	90 °F (32 °C)
Thin With	See Chart	
Clean Up Thinner	Clean Water	
Weight Per Gallon	10.66 lbs. (4.8 Kg)	
Storage Temperature	– Min.	40 °F (4 °C)
	– Max.	90 °F (32 °C)

##### Volatile Organic Compounds (VOC)

0 Grams/Liter 0 Lbs./Gallon

Zero VOC post tint (any base and any color)

<sup>◇</sup>Reported values are for White. Contact Benjamin Moore<sup>®</sup> for values of other bases or colors.

**Surface Preparation**

Surfaces to be painted must be clean, dry, and free of dirt, dust, grease, oil, soap, wax, scaling paint, water soluble materials, and mildew. Remove any peeling or scaling paint and sand these areas to feather edges smooth with adjacent surfaces. Glossy areas should be dulled. Drywall surfaces must be free of sanding dust.

New plaster or masonry surfaces must be allowed to cure 30 days before applying base coat. Cured plaster should be hard, have a slight sheen and maximum pH of 10; soft, porous or powdery plaster indicates improper cure. Never sand a plaster surface; knife off any protrusions and prime plaster before and after applying patching compound. Poured or pre-cast concrete with a very smooth surface should be etched or abraded to promote adhesion, after removing all form release agents and curing compounds. Remove any powder or loose particles before priming. Wood substrates must be thoroughly dry.

**Difficult Substrates:** Benjamin Moore® offers a variety of specialty primers for use over difficult substrates such as bleeding woods, grease stains, crayon markings, hard glossy surfaces, galvanized metal or other substrates where paint adhesion or stain suppression is a particular problem. Your Benjamin Moore® retailer can recommend the right problem-solving primer for your special needs.

**WARNING!** If you scrape, sand, or remove old paint, you may release lead dust. **LEAD IS TOXIC. EXPOSURE TO LEAD DUST CAN CAUSE SERIOUS ILLNESS, SUCH AS BRAIN DAMAGE, ESPECIALLY IN CHILDREN. PREGNANT WOMEN SHOULD ALSO AVOID EXPOSURE.** Wear a NIOSH approved respirator to control lead exposure. Clean up carefully with a HEPA vacuum and a wet mop. Before you start, find out how to protect yourself and your family by contacting the National Lead Informational Hotline at 1-800-424-LEAD or log on to [www.epa.gov/lead](http://www.epa.gov/lead).

**Primer/Finish Systems**

New surfaces should be fully primed, and previously painted surfaces may be primed or spot primed as necessary. For best hiding results, tint the primer to the approximate shade of the finish coat, especially when a significant color change is desired. Consult your retailer or a Benjamin Moore® representative.

**Wood, and Engineered Wood Products:**  
**Primer:** Super Hide® Zero VOC Interior Primer (354) or Ultra Spec® 500 Interior Latex Primer (N534)  
**Finish:** 1 or 2 coats Super Hide® Zero VOC Interior Low Sheen (356)

**Bleeding Type Woods, (Redwood and Cedar):**  
**Primer:** Fresh Start® Multi-Purpose Oil Based Primer (024)  
**Finish:** 1 or 2 coats Super Hide® Zero VOC Interior Low Sheen (356)

**Drywall:**  
**Primer:** Super Hide® Zero VOC Interior Primer (354) or Ultra Spec® 500 Interior Latex Primer (N534)  
**Finish:** 1 or 2 coats Super Hide® Zero VOC Interior Low Sheen (356)

**Plaster:**  
**Primer:** Fresh Start® Multi-Purpose Latex Primer (N023) or Fresh Start® High-Hiding All Purpose Primer (046)  
**Finish:** 1 or 2 coats Super Hide® Zero VOC Interior Low Sheen (356)

**Rough or Pitted Masonry:**  
**Primer:** Ultra Spec® Masonry Interior/Exterior Hi-Build Block Filler (571)  
**Finish:** 1 or 2 coats Super Hide® Zero VOC Interior Low Sheen (356)

**Smooth Poured or Precast Concrete:**  
**Primer:** Ultra Spec® Masonry Interior / Exterior 100% Acrylic Masonry Sealer (608) or Fresh Start® Multi-Purpose Latex Primer (N023)  
**Finish:** 1 or 2 coats Super Hide® Zero VOC Interior Low Sheen (356)

**Ferrous Metal (Steel and Iron):**  
**Primer:** Ultra Spec® HP Acrylic Metal Primer (HP04) or Super Spec HP® Alkyd Metal Primer (P06)  
**Finish:** 1 or 2 coats Super Hide® Zero VOC Interior Low Sheen (356)

**Non-Ferrous Metal (Galvanized & Aluminum):**

All new metal surfaces must be thoroughly cleaned with Corotech® Oil & Grease Emulsifier (V600) to remove contaminants. New shiny non-ferrous metal surfaces that will be subject to abrasion should be dulled with very fine sandpaper or a synthetic steel wool pad to promote adhesion.

**Primer:** Ultra Spec® HP Acrylic Metal Primer (HP04)  
**Finish:** 1 or 2 coats Super Hide® Zero VOC Interior Low Sheen (356)

**Repaint, All Substrates:** Prime bare areas with the primer recommended for the substrate above.

**Application**

Stir thoroughly before use. Apply one or two coats. For best results, use a Benjamin Moore® Professional custom-blended nylon/polyester brush, Benjamin Moore® Professional roller, or a similar product. This product can also be sprayed.

Conditioning with Benjamin Moore® 518 Extender may be necessary under certain conditions to adjust open time or spray characteristics. The chart below is for general guidance.		
	Mild Conditions	Severe Conditions
	Humid (RH> 50%) with no direct sunlight & with little to no wind	Dry (RH<50%), in direct sunlight, or windy conditions
<b>Brush:</b> Nylon / Polyester	No thinning necessary	Add <b>518 Extender</b> or <b>water:</b>  Max of 8 fl. oz. to a gallon of paint  <b>Never add other paints or solvents.</b>
<b>Roller:</b> Premium Quality 3/8" roller cover		
<b>Spray:</b> Airless Pressure: 1200 -2200 psi Tip: 0.013-0.017		


**Clean Up**

**Clean Up:** Use soap and water. Spray equipment should be given a final rinse with mineral spirits to prevent corrosion. Follow state/local guidelines on solvent use.

USE COMPLETELY OR DISPOSE OF PROPERLY. Dry empty containers may be recycled in a can recycling program. **Local disposal requirements vary; consult your sanitation department or state-designated environmental agency on disposal options.**

**Environmental Health & Safety Information**

**Use only with adequate ventilation.** Do not breathe spray mist or sanding dust. Ensure fresh air entry during application and drying. Avoid contact with eyes and prolonged or repeated contact with skin. Avoid exposure to dust and spray mist by wearing a NIOSH approved respirator during application, sanding and clean up. Follow respirator manufacturer's directions for respirator use. Close container after each use. Wash thoroughly after handling.

 **WARNING** Cancer and Reproductive Harm—  
[www.P65warnings.ca.gov](http://www.P65warnings.ca.gov)

**FIRST AID:** In case of eye contact, flush immediately with plenty of water for at least 15 minutes; for skin, wash thoroughly with soap and water. If symptoms persist, seek medical attention. If you experience difficulty breathing, leave the area to obtain fresh air. If continued difficulty is experienced, get medical attention immediately.

**IN CASE OF SPILL** – Absorb with inert material and dispose of as specified under “Clean Up”.

**KEEP OUT OF REACH OF CHILDREN  
 PROTECT FROM FREEZING**

**Refer to Safety Data Sheet for additional health and safety information.**