



# ECO SPEC<sup>®</sup>

## INTERIOR LATEX SEMI-GLOSS FINISH

### F376

#### Features

- Minimal Odour
- Zero VOC
- Quick return to service
- 100% Acrylic
- Dries quickly to a beautiful semi-gloss finish
- Spatter-resistant

#### Recommended For

For use on primed or previously painted drywall, masonry, plaster, wood, metal and wallpapered surfaces. Provides a beautiful semi-gloss finish for trim, doors, cabinets, walls, and ceilings Use Eco Spec<sup>®</sup> Interior Latex Primer (F372) as a first coat when a low odour, solvent free primer/ finish system is desired.

#### General Description

A low Odour, zero VOC, 100% acrylic interior latex semi-gloss finish with splatter resistant properties that provides a high hiding, washable semi-gloss finish. Eco Spec<sup>®</sup> Interior Latex Semi-Gloss Finish (F376) is ideally suited for commercial, facility management and residential applications. Eco Spec<sup>®</sup> Interior Latex Semi-Gloss Finish (F376) does not have the odour of conventional paints that contain ingredients known as Volatile Organic Compounds (VOC's).

#### Limitations

- Do not paint when temperature of air and surface is below 10 °C (50 °F)

### Product Information

<b>Colours — Standard:</b> White (01) (May be tinted with up to 2.0 fl. oz. of Gennex <sup>®</sup> Waterborne Colorants per 3.79 L.)			
<b>— Tint Bases:</b> Gennex <sup>®</sup> Waterborne Colorant Bases 1X, 2X, 3X and 4X.			
<b>— Special Colours:</b> Contact your Benjamin Moore representative			
<b>Certifications &amp; Qualifications:</b> <b>VOC compliant in all regulated areas</b> Zero VOC Zero Emissions Class A (0-25) over non-combustible surfaces when tested in accordance with ASTM E-84 Master Painters Institute MPI # 54, 54 X-Green™, 141			
		<p>This product meets Green Seal™ Standard GS-11 based on effective performance, minimized/recycled packaging, and protective limits on VOCs and human toxicity. <a href="http://GreenSeal.org">GreenSeal.org</a></p>	
<p>Benjamin Moore's Green Promise<sup>®</sup> designation is our company's assurance that this product meets – and often exceeds – rigorous environmental and performance criteria regarding VOCs, emissions, application, washability, scrubability and packaging, while also delivering the premium levels of performance you expect from Benjamin Moore.</p>			
Eligible for LEED <sup>®</sup> v4 Credit	CDPH v1 Emissions Certified	Qualifies for CHPS low emitting credit (Collaborative for High Performance Schools)	VOC (in any colour)
YES	YES	YES	<50 g/L
This Benjamin Moore product has been tested by independent third parties and meets or exceeds the published chemical restriction and performance criteria of the <b>Green Seal™ GS-11 2015 standard</b>			

Technical Data <sup>◇</sup>	Base 1
Vehicle Type	100% Acrylic Latex
Pigment Type	Titanium Dioxide
Volume Solids	40 ± 1%
Coverage per 3.79 L at Recommended Film Thickness	37.2 – 41.8 sq. m. (400 – 450 sq. ft.)
Recommended Film Thickness	– Wet 3.8 mils – Dry 1.5 mils
Depending on surface texture and porosity. Be sure to estimate the right amount of paint for the job. This will ensure colour uniformity and minimize the disposal of excess paint.	
Dry Time @ 25 °C (77 °F) @ 50% RH	– To Touch ½ – 1 Hour – To Recoat 1 – 2 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	Evaporation, Coalescence
Viscosity	93 ± 3 KU
Flash Point	None
Gloss / Sheen	Semi-Gloss (40 – 50 @ 60°)
Surface Temperature at Application	– Min. 10 °C (50 °F) – Max 32.2 °C (90 °F)
Thin With	See Chart
Clean Up Thinner	Clean Water
Weight Per 3.79 L	5.0 kg (11.0 lbs)
Storage Temperature	– Min. 4.4 °C (40 °F) – Max 32.2 °C (90 °F)

#### Volatile Organic Compounds (VOC)

0 g/L

**Zero VOC post tint (any base and any colour)**

<sup>◇</sup>Reported values are for Base 1

#### Customer Information Centre:

1-800-361-5898, [info@benjaminmoore.ca](mailto:info@benjaminmoore.ca), [www.benjaminmoore.ca](http://www.benjaminmoore.ca)

## 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.

**Difficult Substrates:** Benjamin Moore offers a variety of specialty primers for use over difficult substrates such as plaster, 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.

**AVERTISSEMENT!** 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 logging onto Health Canada @ <https://www.canada.ca/en/health-canada/services/environmental-workplace-health/environmental-contaminants/lead/lead-information-package-some-commonly-asked-questions-about-lead-human-health.html>

## Primer/Finish Systems

New surfaces should be fully primed, and previously painted surfaces may be primed or spot primed as necessary. Eco Spec® Interior Latex Primer (F372) is the preferred primer in most situations. For best hiding results use Eco Spec® Primer tinted to the approximate finish coat colour. **Special Note:** Certain custom Colours require a Deep Colour Base Primer tinted to a special prescription formula to achieve the desired colour. Consult your retailer.

### Wood and engineered wood products

**Primer:** Eco Spec® Interior Latex Primer (F372) or Fresh Start® All Purpose Alkyd Primer (F024)

**Finish:** 1 or 2 coats Eco Spec® Interior Latex Semi-Gloss Finish (F376)

### Drywall

**Primer:** Eco Spec® Interior Latex Primer (F372)

**Finish:** 1 or 2 coats Eco Spec® Interior Latex Semi-Gloss Finish (F376)

### Plaster

**Primer:** Eco Spec® Interior Latex Primer (F372)

**Finish:** 1 or 2 coats Eco Spec® Interior Latex Semi-Gloss Finish (F376)

### Rough or Pitted Masonry

**Primer:** Ultra Spec® Masonry Interior/Exterior Hi-Build Block Filler (K571)

**Finish:** 1 or 2 coats Eco Spec® Interior Latex Semi-Gloss Finish (F376)

### Smooth Poured or Pre-cast Concrete

**Primer:** Eco Spec® Interior Latex Primer (F372)

**Finish:** 1 or 2 coats Eco Spec® Interior Latex Semi-Gloss Finish (F376)

### Unpainted Metal (Ferrous)

**Primer:** Ferrous Metal (Steel and Iron):

**Primer:** Ultra Spec® HP Acrylic Metal Primer (FP04) or Super Spec HP® Alkyd Metal Primer (KP06)

**Finish:** 1 or 2 coats Eco Spec® Interior Latex Semi-Gloss Finish (F376)

**Non-Ferrous Metal (Galvanized & Aluminium).** 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 (FP04)

**Finish:** 1 or 2 coats Eco Spec® Interior Latex Semi-Gloss Finish (F376)

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

## Application

**Mixing of Paint:** Stir thoroughly before and during use. Apply one or two coats. Use the same brushing techniques as you would for any zero-VOC compliant interior coating. For best results, use a premium Benjamin Moore® custom-blended nylon/polyester brush, premium Benjamin Moore® roller or a similar product. Apply paint generously from unpainted area into wet area. Eco Spec® dries faster than other acrylic paints, so avoid lap marks by maintaining a wet edge. Roll out vertical sections in 3' to 4' widths. This product can also be sprayed; refer to the chart below for spray recommendations.

## Thinning/Cleaning

Conditioning with Benjamin Moore® K518 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>K518 Extender</b> or <b>water:</b>  Max of 236 ml (8 fl. oz.) to a 3.79 L  <b>Never add other paints or solvents</b>
<b>Roller:</b> Premium Quality		
<b>Spray: Airless</b> Pressure: 1,500 -2,500 psi Tip: 0.011-0.015		

**Clean up:** Wash brushes, rollers, and other painting tools in warm soapy water immediately after use. Spray equipment should be given a final rinse with mineral spirits to prevent rusting.

**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 provincial environmental agency on disposal options.

## Environmental Health & Safety Information

**Use only with adequate ventilation.** Keep container closed when not in use. In case of spillage, absorb with inert material and dispose of in accordance with local regulations. Wash thoroughly after handling

**WARNING:** This product contains isothiazolinone compounds at levels of <0.1%. These substances are biocides commonly found in most paints and a variety of personal care products as a preservative. Certain individuals may be sensitive or allergic to these substances, even at low levels.

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

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