

# NATURHELD 110

## Wood Fibre Insulation for CLT and Internal Use on Stud Walls, Floors and Ceilings



## Naturheld 110 Characteristics

Produced According to EN 13171

**Naturheld 110** wood fibre thermal insulation softboards are ideal to use externally over CLT (cross laminated timber) and glulam buildings. They can be protected with **60mm Naturheld 140** wood fibre boards or the **Ampack Ampatop Protecta Plus Breather Membrane** to ensure that the structure is water-resistant.

Naturheld 110 boards also have a variety of interior uses, for example they can be used flush against rafters and stud walls, as well as insulating the cavity between the rafters, studs and suspended floor joists. However, because the 40-200mm thick boards are square edged, they are best used in combination with a tongue and groove wood fibre board to ensure a wind-tight and improved thermal performance when used flush against studs and rafters. Thanks to their high density, they also improve the acoustic insulation of walls, suspended floors, ceilings and roofs.

Naturheld 110 boards are natural, highly vapour-open, rigid insulation boards with a high thermal mass and a long thermal lag time. This means they keep buildings warmer in winter and cooler in summer in all climates. Naturheld 110 has a specific heat capacity of 2100 J/kgK which is very favourable compared to mineral wool (800 J/kgK approx) or expanded polystyrene insulation (1400 J/kgK approx). It is very important to take summer heat protection into account particularly if the attic space of a house is to be used as a living or working space, or if the property has a lot of south facing glazing which often contributes to excess solar gain during the warm weather. The building will remain at a more ambient, comfortable temperature all year round, because the excess heat will be stored in the wood fibre, and released slowly as the temperature drops.

Naturheld 110 insulation boards, with a vapour diffusion factor of  $\mu = 3$ , are open to diffusion and ensure effective water vapour transmission through the complete structure, to provide a comfortable and healthy living space. The condensation will not get trapped in the middle of the structure which could cause mould growth, wet rot or dry rot.

Thickness (mm)	Weight (kg / m <sup>2</sup> )	Board Size (cm)	No. Boards Per Pallet	KG per Pallet	Edge Profile
<b>Naturheld 110</b>					
40	4.4	125 x 60	56	215	Square Edge
60	6.6	125 x 60	38	218	Square Edge
80	8.8	125 x 60	28	215	Square Edge
100	11.0	125 x 60	22	212	Square Edge
120	13.2	120 x 40	27	201	Square Edge
140	15.4	120 x 40	24	207	Square Edge
160	17.6	120 x 40	21	207	Square Edge
180	19.8	120 x 40	18	201	Square Edge
200	22.0	120 x 40	15	188	Square Edge

Technical Details	Naturheld 110
Density (kg / m <sup>3</sup> )	110
Declared Thermal Conductivity $\lambda$ D (W/mK)	0.039
Vapour Diffusion Factor $\mu$	3
Specific Heat Capacity - C (J/kgK)	2100
Tensile Strength Perpendicular to Plane of Board (kPa)	$\geq 15$
Compressive Stress at 10% Compressive Deformation (kPa)	$\geq 50$
Fire Behaviour (EN 13501-1)	Class E

## Application

### Insulating Cross Laminated Timber (CLT) Buildings Externally

It is strongly recommended to insulate CLT and glulam buildings from the outside so that the complete building structure is insulated. This will greatly diminish the risk of heat leakage through the junctions, such as where the wall meets the roof, and in the corners. The square edged Naturheld 110 wood fibre boards can be used for this purpose but because they are not very water-resistant, they must be covered over straight away with the water-resistant **60mm Naturheld 140** sarking boards or with the **Ampack Ampatop Protecta Plus Breather Membrane**. Due to excellent Y-Values, resulting from the thermal bridges being totally insulated, and good airtightness, the Building Regulations will be easier to meet with less stringent U-Values than if the thermal bridging was not addressed. This means that a thinner building frame can be used, saving costs. The Naturheld 110 boards are the most economical of all the wood fibre boards. They also have very good thermal conductivity values of 0.039 W/mK.

### Insulating Roofs and Stud Walls Internally

Naturheld 110 can be installed below the timber roof rafters or to the inside of timber or metal stud walls in renovation projects, to very effectively reduce the risk of thermal bridging. It will supplement the cavity insulation to provide lower U-Values. In addition, the Y-Values will be improved due to addressing the thermal bridging and this, combined with good airtightness, will help to achieve Building Regulation requirements. However, the square-edged Naturheld 110 boards need to meet on a rafter or stud, so an alternative T&G wood fibre board may provide less wastage. Naturheld 110 can also be placed between the rafters or studs, if cut carefully to ensure a snug fit. This will provide excellent airborne sound insulation too. Naturheld 110 must be finished with plasterboard or a similar finishing board. The CE-marked Naturheld wood fibre insulation panels are made from new timber off-cuts sourced from local PEFC certified sawmills. The wood fibre boards will not emit any toxic chemicals into the interior environment, and they are carbon negative, which means that during their lifetime, they will store more carbon dioxide than they will emit during their manufacture, shipping and disposal.

Naturheld 110 wood fibre will protect the property from overheating during summer-time which is particularly critical in buildings where the loft space is used for living accommodation and in dormer bungalows, as well as in buildings with lots of south facing windows. In addition, the sound insulation of the building fabric will be greatly enhanced.

If internally insulating masonry walls, we recommend using **Naturheld 140/180** boards which are more suited for this purpose.

### Insulating Timber Joist Floors

Naturheld 110 can be used to insulate between the joists of suspended timber joist floors as well as below the joists so long as there is at least 150mm of ventilation space below the boards, to ensure that the water vapour can be released. The dense wood fibre boards will also reduce airborne noise transmission through floors. Naturheld 110 boards do not have enough compression strength though to use on top of floors. It is not recommended to use wood fibre insulation boards over concrete ground floors as there will be no ventilation space to allow the absorbed water vapour to evaporate.

### Cutting and Storing the Wood Fibre Softboards

The panels can be cut with normal timber cutting tools e.g. a jigsaw, circular saw or reciprocating saw. It is recommended to use suction equipment to minimize dust. If a hole or gap occurs in the wood fibre due to a construction error, ensure that it is filled in with wood fibre pieces. Keep the boards dry when in storage and protect from damage. Do not stack any more than 2 pallets on top of each other.



**Acara Concepts Ltd**  
 Killossery  
 Kilsallaghan  
 Co. Dublin K67 E7N3, Ireland  
 Tel IRL: +353 (0)1 8409 286  
 Tel UK: 020 7998 1690  
 info@acaraconcepts.com



[www.acaraconcepts.com](http://www.acaraconcepts.com)