



PELATEC

SAFETY PRODUCTS

READY TO PROTECT!

Product Catalog 2024

ARBO TEC RSP



PELATEC

SAFETY PRODUCTS

Pelatec has been developing and producing safety clothing for customers in over 50 countries for over 20 years.

Our main focus is clothing for painting processes. Thanks to our 20 years of experience in this field, we develop innovative products that meet the latest requirements.

Our customers include industry, paint manufacturers and trading companies. Permanent quality controls during production guarantee a constant high quality of our products. We set individual customer solutions daily at. We offer you solutions for all areas.

Our products offer maximum process reliability.

We take responsibility, not only for our economic actions, but also for the people and the environment involved.

We are working on solutions to produce CO² neutrally and are always optimizing our products and processes.

Social, ecological and economic aspects reconciling them is our ultimate goal.

Innovation, quality and flexibility are our philosophy.

CONTACTS

Pablo Penzel
Managing Director

Phone (+49) 0711-887737-27
Fax (+49) 0711-887737-17
penzel@pelatec.com

Artur Rens
Sales Manager

Tel. (+49) 151-21717616
Fax (+49) 0711-887737-17
artur.rens@pelatec.com

Sylvia Juddat
Order processing

Phone (+49) 0711-887737-12
Fax (+49) 0711-887737-17
sylvia.juddat@pelatec.com

Steffen Bock
Logistics

Phone (+49) 0711-887737-15
Fax (+49) 0711-887737-17
steffen.bock@pelatec.com



OUR PHILOSOPHY



QUALITY

Through our quality management and our qualified employees we guarantee a permanently high quality.

Every single product goes through our quality controls before it is sent reached you.

INNOVATION & DESIGN

Our innovative products are constantly being further developed to meet current and future requirements.

Our premium products set standards worldwide in terms of design and innovation.

SOCIAL COMMITMENT

We face up to our social obligations and guarantee ours Products are made without child labor!

Our production is regularly certified and we are committed to Task set the working and living conditions of the workers in our factory to improve continuously.

Among other things, since year we are supporting welfare programs for our employees and their families.

SUSTAINABILITY

We take responsibility, not only for our economic actions, but also for the people and the environment involved.

We are working on solutions to produce and optimize CO² neutrally always our products and processes. Social, ecological and economic

Reconciling aspects is our ultimate goal.

	COVERALLS
AIRMASTER PRO	5
POLYTEC AIR	6
POLYTEC PRO	6
POLYTEC STANDARD BLUE	7
POLYTEC STANDARD WHITE	7
CARBOTEC RS	8
CARBOTEC GT	9
CARBOMAX	9
CARBOTEC PRO	10
CARBOTEC	10

	DISPOSABLE COVERALLS
SIMTEC COOL	11
SIMTEC CLASSIC	11

	COATS
POLYTEC COAT BLUE	12
POLYTEC COAT WHITE	12
POLYTEC COAT BLACK	13
CARBOTEC COAT	13

	JACKETS & PANTS
POLYTEC PLUS PANTS	14
POLYTEC PLUS JACKET	14
EVOTEC MASTER PANTS	15
EVOTEC MASTER JACKET	15

	GLOVES
P1 - ECOFLEX PRO - MICROFOAM ASSEMBLY GLOVES	16
P2 - POWERGRIP - NITRILE DISPOSABLE GLOVES (NOBLED)	16
P3 - BLACK ULTRA - NITRILE DISPOSABLE GLOVES	17

	HOODS
UNIVERSAL HOOD - "SPRAY SOCKS"	17

	SEAT COVERS
ECOSTAR BASIC - PREMIUM CAR SEAT COVER	18
ECOSTAR PRO - PREMIUM CAR SEAT COVER SET 2 IN 1	18



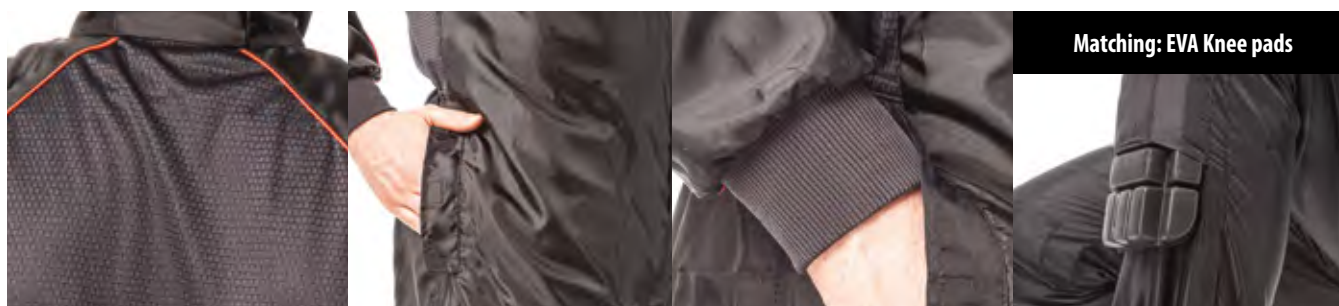


AIRMASTER PRO BREATHABLE PREMIUM COVERALL

- Material: 100% Polyester
- Color: Black with red accent stripes
- CE, EN1149-1:2008, EN ISO13688:2013
- High quality zipper with Logo rubber puller
- Hood with elastic band
- Breathable TRIGON fabric at the back
- Breathable mesh inserts under the arms and in the crotch
- Chest pocket with flap and Velcro closing
- 2 side grasp through pockets with flap and Velcro closing
- Back pocket
- Comfortable nylon wrist cuffs
- Elastic waistband at ankle
- Knee pockets for optional EVA knee pads
- Washable at 40°C or by chemical cleaning

Item No.	Size	VE/pc.
AP300010	3XS 30-32	50
AP300009	2XS 34-36	50
AP300000	XS 38-40	50
AP300001	S 42-44	50
AP300002	M 46-48	50
AP300003	L 50-52	50
AP300004	XL 54-56	50
AP300005	2XL 58-60	50
AP300006	3XL 62-64	50

K100000 Knee pads EVA (2 pc.) 40



Matching: EVA Knee pads



POLYTEC AIR BREATHABLE PREMIUM COVERALL

- Material: 100% Polyester
- Color: Black with red and silver gray accent stripes
- CE, EN1149-1:2008, EN ISO13688:2013
- High quality zipper with Logo rubber puller
- Hood with drawstring
- Breathable TRIGON fabric at the back
- Breathable mesh inserts under the arms
- Chest pocket with protective flap and Velcro.
- Back pocket
- Comfortable nylon cuffs
- Elastic band at the ankles
- Knee pockets for optional EVA knee pads
- Washable at 40°C or by chemical cleaning

Item No.	Size		VE/pc.
PA220000	XS	38-40	50
PA220001	S	42-44	50
PA220002	M	46-48	50
PA220003	L	50-52	50
PA220004	XL	54-56	50
PA220005	2XL	58-60	50
PA220006	3XL	62-64	50
PA220007	4XL	66-68	50
PA220008	5XL	70-72	50
K100000	Knee pads EVA (2 pc.)		40



Matching:
EVA Knee pads

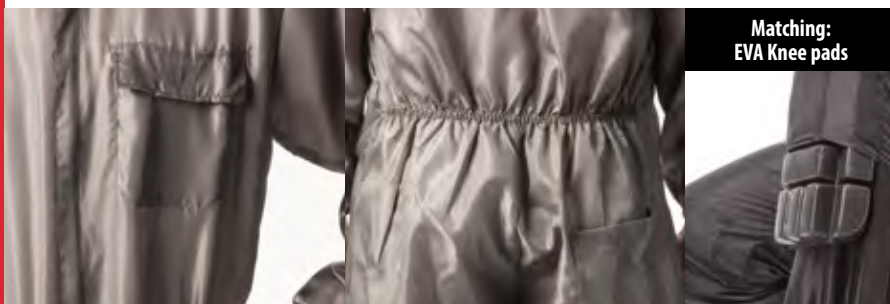


POLYTEC PRO TEFLON COATED PREMIUM COVERALL

- Material: 100% Polyester
- Color: Gray
- CE, EN1149-1:2008, EN ISO13688:2013
- Original Dupont Teflon fabric protector
- Antistatic, silicone-free, lint-free, dirt & water repellent
- Breathable / AVS system (Air Ventilation System)
- Air ventilation yoke at back, ventilation inserts under the armpits
- 1 chest pocket, 1 back pocket
- High collar with Velcro closing
- 2-way zip with protective flap
- Hood with drawstring
- Elastic band at waist, wrists and ankles
- Knee pockets for optional EVA knee pads
- Washable at 40°C or by chemical cleaning



Item No.	Size		VE/pc.
PP800001	S	42-44	50
PP800002	M	46-48	50
PP800003	L	50-52	50
PP800004	XL	54-56	50
PP800005	2XL	58-60	50
PP800006	3XL	62-64	50
K100000	Knee pads EVA (2 pc.)		40



Matching:
EVA Knee pads



POLYTEC STANDARD COVERALL

- Material: 100% Polyester
- Colour: Blue
- CE, EN1149-1:2006, EN ISO13688:2013
- PPE Category I
- Antistatic, silicone-free, lint-free
- Breathable
- 1 back pocket
- High collar with Velcro closing
- Hood with drawstring
- 2-way zipper with protective flap
- Elastic band at waist, wrists and ankles
- Washable at 40°C or by chemical cleaning



Item No.	Size	VE/pc.
B190000	XS 38-40	50
B190001	S 42-44	50
B190002	M 46-48	50
B190003	L 50-52	50
B190004	XL 54-56	50
B190005	2XL 58-60	50
B190006	3XL 62-64	50
B190007	4XL 66-68	50

POLYTEC STANDARD COVERALLS

- Material: 100% Polyester
- Color: White
- CE, EN1149-1:2006, EN ISO13688:2013
- PPE Category I
- Antistatic, silicone-free, lint-free
- Breathable
- 1 back pocket
- High collar with Velcro closing
- Hood with drawstring
- 2-way zipper with protective flap
- Elastic band at waist, wrists and ankles
- Washable at 40°C or by chemical cleaning



Item No.	Size	VE/pc.
W210001	S 42-44	50
W210002	M 46-48	50
W210003	L 50-52	50
W210004	XL 54-56	50
W210005	2XL 58-60	50
W210006	3XL 62-64	50





CARBOTEC RS PREMIUM ESD COVERALL - RACING DESIGN

- Material: 98% polyester, 2% carbon
- Colour: Light Gray / Dark Gray with red accent stripes
- CE, EN1149-5:2016, EN ISO13688:2013
- PPE Category I
- Original Dupont Teflon fabric protector
- Antistatic, silicone-free, lint-free, dirt & water repellent
- Breathable / AVS system (Air Ventilation System)
- Air ventilation yoke at back, ventilation inserts under the armpits
- Adjustable hood with elastic and Velcro for a perfect fit
- High collar with plastic buttons
- 2 side pockets, 2 chest pockets, 1 inner chest pocket, 1 back pocket
- 2-way zipper with protective flap & rubber puller
- Wide cuffs at the wrists and elastic at the waist for optimum comfort
- Adjustable ankle cuffs with Velcro closing
- Washable at 40°C or by chemical cleaning

Item No.	Size		VE/pc.
RS911001	S	42-44	25
RS911002	M	46-48	25
RS911003	L	50-52	25
RS911004	XL	54-56	25
RS911005	2XL	58-60	25
RS911006	3XL	62-64	25



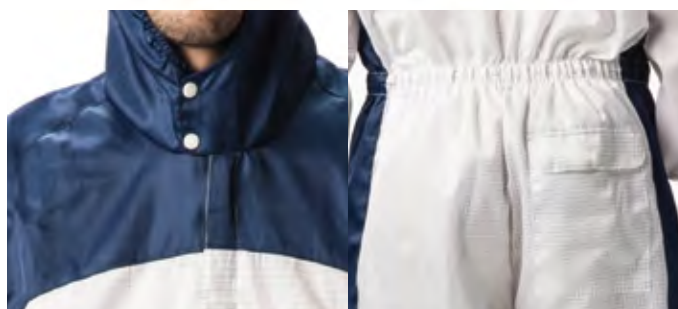


CARBOTEC GT PREMIUM ESD COVERALL - RACING DESIGN

- Material: 98% polyester, 2% carbon
- Color: White / Blue
- CE, EN1149-5:2016, EN ISO13688:2013
- PPE Category I
- Original Dupont Teflon fabric protector
- Antistatic, silicone-free, lint-free, dirt & water repellent
- Breathable through AVS system
- Air ventilation yoke at back, ventilation inserts under the armpits
- Adjustable hood with elastic and Velcro for a perfect fit
- High collar with plastic buttons
- 2 side pockets, 2 chest pockets, 1 inner chest pocket, 1 back pocket
- 2-way zip with protective flap
- Wide cuffs at the wrists and elastic at the waist for optimum comfort
- Adjustable ankle cuffs with Velcro closing
- Washable at 40°C or by chemical cleaning



Item No.	Size	VE/pc.
GT917000	XS 38-40	25
GT917001	S 42-44	25
GT917002	M 46-48	25
GT917003	L 50-52	25
GT917004	XL 54-56	25
GT917005	2XL 58-60	25
GT917006	3XL 62-64	25



CARBOMAX COVERALL WITH COOLMAX BACK FOR MAXIMUM BREATHABILITY

- Material: Front: 99% Polyester, 1% Carbon. Back: Coolmax
- Color: White / Blue
- CE, EN1149-1:2008, EN ISO13688:2013
- PPE Category I
- Antistatic, silicone free
- Hood with elastic band, high collar with Velcro
- 1 chest pocket, 2 side pockets, 1 back pocket
- 2-way zip with protective flap
- Wide cuffs at the wrist for optimal comfort
- Elastic and shoe protection at the foot
- Washable at 40°C or by chemical cleaning



Item No.	Size	VE/pc.
CM800001	S 42-44	25
CM800002	M 46-48	25
CM800003	L 50-52	25
CM800004	XL 54-56	25
CM800005	2XL 58-60	25
CM800006	3XL 62-64	25





CARBOTEC PRO PREMIUM ESD COVERALL

- Material: 98% polyester, 2% carbon
- Color: Light Gray / Dark Gray
- CE, EN1149-5:2016, EN ISO13688:2013
- PPE Category I
- Original Dupont Teflon fabric protector
- Antistatic, silicone-free, lint-free, dirt & water repellent
- Breathable through AVS system
- Air ventilation yoke at back, ventilation inserts under the armpits
- Integrated hood in collar with drawstring
- 2 chest pockets, 1 back pocket
- 2 side patch pockets with grasp through option
- 2-way zip with protective flap
- Wide wrist cuffs and elastic at waist for optimal wearing comfort
- Adjustable ankle cuffs with Velcro closing
- Washable at 40°C or by chemical cleaning



Item No.	Size	VE/pc.
CT600001	S	42-44
CT600002	M	46-48
CT600003	L	50-52
CT600004	XL	54-56
CT600005	2XL	58-60
CT600006	3XL	62-64
CT600007	4XL	66-68



CARBOTEC PREMIUM ESD COVERALL WITHOUT HOOD

- Material: 98% polyester, 2% carbon
- Color: Light Gray / Dark Gray
- CE, EN1149-5:2016, EN ISO13688:2013
- PPE Category I
- Original Dupont Teflon fabric protector
- Antistatic, silicone-free, lint-free, dirt & water repellent
- Breathable thanks to the AVS system
- Ventilation yoke on the back & ventilation insert under the arms
- 2 chest pockets, 1 back pocket
- 2 side pockets with reach-through option
- 2-way zip with protective flap
- Wide wrist cuffs and elastic at the waist for optimal wearing comfort
- Adjustable ankle cuffs with Velcro & zips
- Washable at 40°C or by chemical cleaning



Item No.	Size	VE/pc.
CT400001	S	42-44
CT400002	M	46-48
CT400003	L	50-52
CT400004	XL	54-56
CT400005	2XL	58-60
CT400006	3XL	62-64



SIMTEC COOL BREATHABLE DISPOSABLE COVERALL CAT.3 TYPE 5&6

- Color: White
- Material: Front - Polypropylene-Polyethylene
- Material: Back made of breathable SMS fabric
- Silicone-free, lint-free, antistatic
- Breathable
- PPE CAT.III
- EN1149-5:2008
- EN340
- EN14126:2003+AC:2004
- EN13982-1:2004+A1:2010
- EN13034:2005+A1:2009
- EN1073-2:2002
- Zipper with protective flap
- Elastic at hood & ankles, wide knitted cuff at wrist



Item No.	Size	VE/pc.
SC330001	S	42-44
SC330002	M	46-48
SC330003	L	50-52
SC330004	XL	54-56
SC330005	2XL	58-60
SC330006	3XL	62-64



SIMTEC CLASSIC STANDARD DISPOSABLE COVERALL CAT.3 TYPE 5&6

- Color: white
- Material: polypropylene-polyethylene
- Silicone-free, lint-free, antistatic
- PPE CAT.III
- EN1149-5:2008
- EN340
- EN14126:2003+AC:2004
- EN13982-1:2004+A1:2010
- EN13034:2005+A1:2009
- EN1073-2:2002
- Zipper with protective flap
- Elastic at hood & ankles
- Wide knitted cuff at wrist



Item No.	Size	VE/pc.
SK230001	S	42-44
SK230002	M	46-48
SK230003	L	50-52
SK230004	XL	54-56
SK230005	2XL	58-60
SK230006	3XL	62-64





POLYTEC COAT



POLYTEC COAT NAVY BLUE

- Material: 100% Polyester
- Color : Blue
- CE, EN1149-1:2008, EN ISO13688:2013
- PPE Category I
- Antistatic, silicone-free, lint-free
- Breathable
- 1 chest pocket, 2 side pockets
- Hood with drawstring
- 2-way zipper with protective flap
- Elastic at wrist
- Washable at 40°C or by chemical cleaning



Item No.	Size		VE/pc.
SCB8001	S	42-44	50
SCB8002	M	46-48	50
SCB8003	L	50-52	50
SCB8004	XL	54-56	50
SCB8005	2XL	58-60	50
SCB8006	3XL	62-64	50



POLYTEC COAT



POLYTEC COAT WHITE

- Material: 100% Polyester
- Color: Blue
- CE, EN1149-1:2008, EN ISO13688:2013
- PPE Category I
- Antistatic, silicone-free, lint-free
- Breathable
- 1 chest pocket, 2 side pockets
- Hood with drawstring
- 2-way zipper with protective flap
- Elastic at wrist
- Washable at 40°C or by chemical cleaning



Item No.	Size		VE/pc.
SCW8002	M	46-48	50
SCW8003	L	50-52	50
SCW8004	XL	54-56	50
SCW8005	2XL	58-60	50



POLYTEC COAT

POLYTEC COAT MIDNIGHT BLACK

- Material: 100% Polyester
- Color: Black
- CE, EN1149-1:2008, EN ISO13688:2013
- PPE Category I
- Antistatic, silicone-free, lint-free
- Breathable
- 1 chest pocket, 2 side pockets
- Hood with drawstring
- 2-way zipper with rubber puller
- Elastic at wrist
- Washable at 40°C or by chemical cleaning



Item No.	Size	VE/pc.
PS200001	S	42-44
PS200002	M	46-48
PS200003	L	50-52
PS200004	XL	54-56
PS200005	2XL	58-60
PS200006	3XL	62-64



CARBOTEC PREMIUM ESD COAT

- Material: 98% polyester, 2% carbon
- Color: Light Gray / Dark Gray
- CE, EN1149-5:2016, EN ISO13688:2013
- PPE Category I
- Original Dupont Teflon fabric protector
- Antistatic, silicone-free, lint-free, dirt & water repellent
- Integrated hood in collar with drawstring
- 1 chest pocket with plastic button, 2 side front pockets
- 2-way zip with protective flap
- Wide cuffs at the wrist for optimal comfort
- Washable at 40°C or by chemical cleaning



Item No.	Size	VE/pc.
CT700001	S	42-44
CT700002	M	46-48
CT700003	L	50-52
CT700004	XL	54-56
CT700005	2XL	58-60
CT700006	3XL	62-64



CARBOTEC COAT



POLYTEC PLUS - PANTS

- Material: 100% Polyester
- Color: Gray
- CE, EN1149-1:2008, EN ISO13688:2013
- PPE Category I
- Antistatic, silicone-free, lint-free
- Breathable
- Waistband with wide elastic and drawstring
- Knee pockets for optional K10000 knee pads
- Velcro closing at the ankle
- Washable at 40°C or by chemical cleaning



Matching:
EVA Knee pads

Item No.	Size	VE/pc.
PH321001	S	42-44
PH321002	M	46-48
PH321003	L	50-52
PH321004	XL	54-56
PH321005	2XL	58-60
PH321006	3XL	62-64

K100000 Knee pads EVA (2 pc.) 40



POLYTEC PLUS - JACKET

- Material: 100% Polyester
- Color: Gray
- CE, EN1149-1:2008, EN ISO13688:2013
- PPE Category I
- Antistatic, silicone-free, lint-free
- Breathable
- Hood with drawstring
- Chest pocket
- Elastic at waist and wrists
- 2-way zipper with protective flap
- Washable at 40°C or by chemical cleaning



Item No.	Size	VE/pc.
PJ320001	S	42-44
PJ320002	M	46-48
PJ320003	L	50-52
PJ320004	XL	54-56
PJ320005	2XL	58-60
PJ320006	3XL	62-64



EVOTEC MASTER PREMIUM PAINT PANTS

- Material: 100% Polyester
- Color : Gray
- CE, EN1149-1:2008, EN ISO13688:2013
- PPE Category I
- Antistatic, silicone-free, lint-free
- Breathable
- Waistband with wide elastic and drawstring
- 2 front patch pockets with protective flap
- 2 side pockets for ruler and mobile phone
- Knee pockets for optional K10000 knee pads
- Velcro closing at the ankle
- Washable at 40°C or by chemical cleaning



Item No.	Size	VE/pc.
EM260001	S 42-44	25
EM260002	M 46-48	25
EM260003	L 50-52	25
EM260004	XL 54-56	25
EM260005	2XL 58-60	25
EM260006	3XL 62-64	25

K100000 Knee pads EVA (2 pc.) 40

**Matching:
EVA Knee pads**



EVOTEC MASTER PANTS

EVOTEC MASTER PREMIUM JACKET

- Material: 100% Polyester
- Color: Gray
- CE, EN1149-1:2008, EN ISO13688:2013
- PPE Category I
- Antistatic, silicone-free, lint-free
- Breathable thanks to the AVS system
- Ventilation yoke on the back & ventilation insert under the arms
- Adjustable hood
- 2 side pockets with protective flap
- Wide elastic band at wrist
- 2-way zipper
- Washable at 40°C or by chemical cleaning



Item No.	Size	VE/pc.
JT250001	S 42-44	25
JT250002	M 46-48	25
JT250003	L 50-52	25
JT250004	XL 54-56	25
JT250005	2XL 58-60	25
JT250006	3XL 62-64	25



EVOTEC MASTER JACKET



P1 - ECOFLEX PRO



P1 - ECOFLEX PRO MICROFOAM ASSEMBLY GLOVES

- High-quality professional assembly gloves
- Micro foam - thin nitrile coating on the palm
- Breathable nylon - polyester knit fabric
- EN388:2016+A1:2018 - 3121A
- EN ISO 21420:2020
- CE and UKCA marking
- Optimal fit, high wearing comfort
- Touch screen compatible
- Antistatic, silicone-free
- Complies with PPE Regulation (EU) 2016/425P2 - POWER GRIP



Item No.	Size		VE/pc.
P100007	S	7	12 pairs
P100008	M	8	12 pairs
P100009	L	9	12 pairs
P100010	XL	10	12 pairs



P2 - POWERGRIP



P2 - POWERGRIP NITRILE DISPOSABLE GLOVES (NOBLED)

- 100% nitrile rubber (NBR), diamond structure
- Contents 50 pieces per pack
- Color: Black
- CE and UKCA marking
- Latex-free, powder-free, non-sterile, ambidextrous
- Antistatic, silicone-free
- EN ISO 374-1:2016+A1:2018/Type B
- EN ISO 374-5:2016 / Virus
- Complies with PPE Regulation (EU) 2016/425
- Very thick, high quality, professional disposable nitrile glove for numerous areas of application
- Ultimate hold thanks to the nubby surface
- Protection against oil, liquids, dirt, dust and viruses
- Length = 24 cm
- Extremely stretchy, very tear-resistant
- Touchscreen compatible
- Perfect fit
- Disposable product
- Color: Black
- Contents: 12 pairs per pack (box=144 pairs)



Item No.	Size		VE/pc.
P200108	M	7-8	50
P200109	L	8-9	50
P200110	XL	10	50



P3 - BLACK ULTRA NITRILE DISPOSABLE GLOVES

- 100% nitrile rubber (NBR)
- Contents 100 pieces per pack
- Color: Black
- CE and UKCA marking
- Latex-free, powder-free, non-sterile, ambidextrous
- Antistatic, silicone-free
- DIN EN ISO 374-1:2016 Type B / KPJOT
- EN ISO 374-5:2016 / Virus
- Complies with PPE Regulation (EU) 2016/425
- EN 420 and EN ISO 375
- High quality, professional disposable glove made of nitrile for numerous areas of application
- Protection against oil, liquids, dirt, dust and viruses
- NANOGRIP TECHNOLOGY, structured fingertips, very good grip and slip resistance
- Length = 24 cm
- Extremely stretchy
- Touchscreen compatible
- Perfect fit
- Certified for medical applications (MD Medical Devices)
- Disposable product



Item No.	Size	VE/pc.
P300007	S 6-7	100
P300008	M 7-8	100
P300009	L 8-9	100
P300010	XL 9-10	100



P3 - BLACK ULTRA

UNIVERSAL HOOD „SPRAY SOCKS“

- 100% polyester with stretch
- Color: Natural white
- Moisture regulating
- Breathable
- Antistatic, silicone-free
- 1 pack = 6 pieces.
- Protects hair, neck and face from:
- Spray mist, sanding dust, fiberglass, resin and other dirt particles
- Perfect fit
- 3-way fit
- Reusable
- One size: One size fits all



Item No.	Size	VE/pc.
923006	Standard / light	6
823000	Pro / heavy	6



UNIVERSAL HOOD



ECOSTAR BASIC



ECOSTAR BASIC PREMIUM CAR SEAT COVER

- Premium car seat protector
- Made from 100% recycled polyester
- Original DuPont Teflon coating
- Water, oil and dirt repellent
- Lint-free, antistatic, silicone-free
- Color: Black with red trim
- Optimal fit for all vehicle types
- Reusable
- Washable up to 40°C



Item No.	Size	VE/pc.
ECB230100	Unisize	25



ECOSTAR PRO

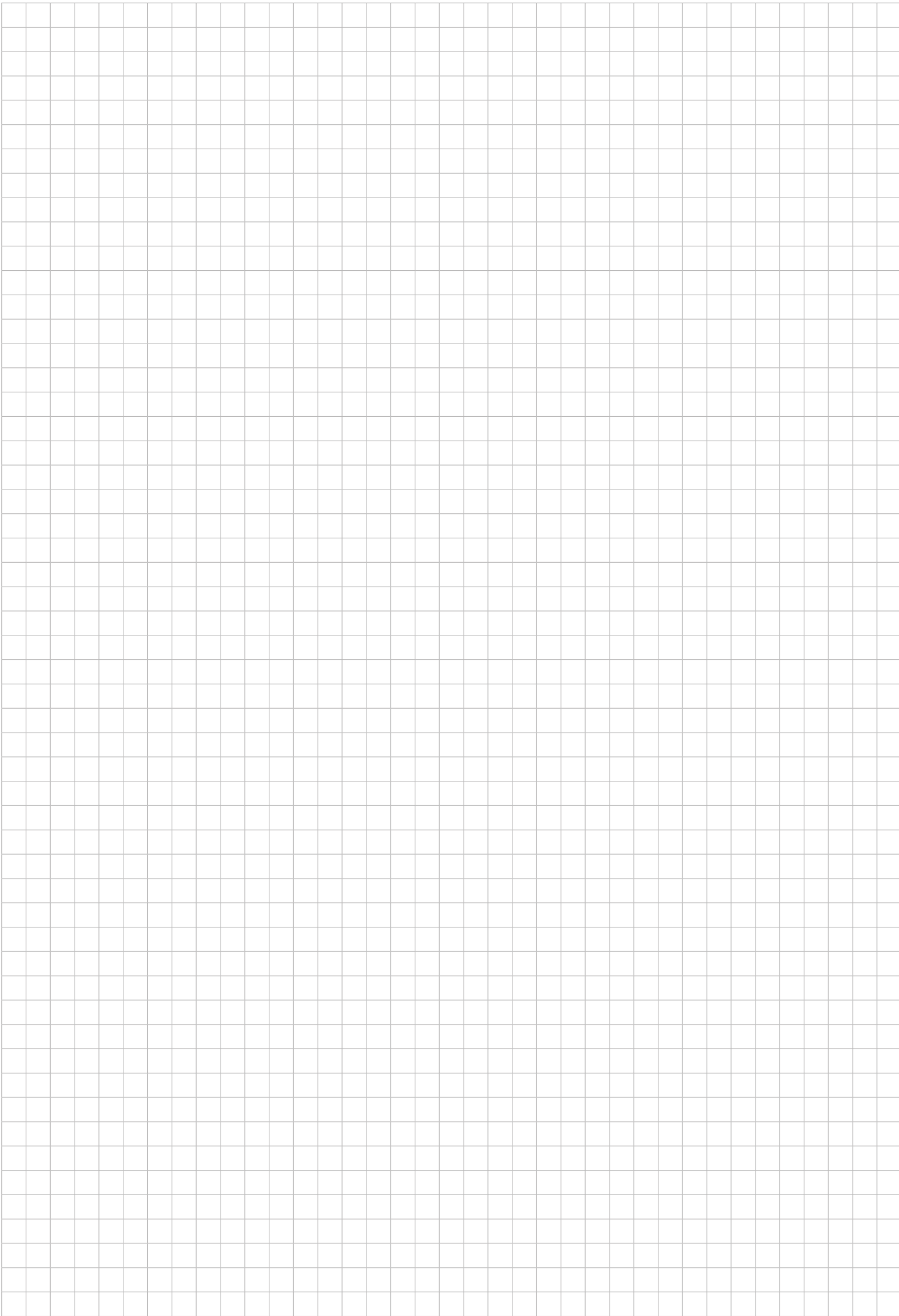


ECOSTAR PRO PREMIUM CAR SEAT COVER SET - 2 IN 1 WITH INTEGRATED STORAGE BAG

- Premium car seat protector set
- Including steering wheel protection
- Includes storage bag for clean storage
- Made from 100% recycled polyester
- Original DuPont Teflon coating
- Water, oil and dirt repellent
- Lint-free, antistatic, silicone-free
- Color: Black with red trim
- Pelatec ICON print on seat
- Optimal fit for all vehicle types
- Reusable
- Washable up to 40°C



Item No.	Size	VE/pc.
ESP230000	Unisize	25



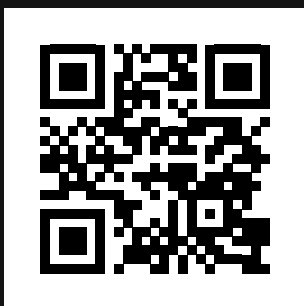


PELATEC

SAFETY PRODUCTS

Pelatec Lackiertechnik GmbH
Turbinenstr. 8
70499 Stuttgart

Tel.: (+49) 711-887737-10
Fax: (+49) 711-887737-17
Mail: verkauf@pelatec.com



WWW.PELATEC.COM