

## PLANTS LOVE THE EXTRA OXYGEN ATOM 14 MIRACLE USES FOR PLANTS

Hydrogen Peroxide 3% (H<sub>2</sub>O<sub>2</sub>)



### 1 SANITISE YOUR SEEDS

Soak your seeds in H<sub>2</sub>O<sub>2</sub> 3% and it will help reduce any germs and bacteria. If you wish to sanitise your seeds or speed up germination, only select method 1 or 2, do not use both.

**Mix:** Cover the seeds with H<sub>2</sub>O<sub>2</sub> 3% in a sealed container. Let them sit for 4 hours then rinse thoroughly with water.

### 5 SANITISED POTTING MIX

Sanitise your growing medium (whichever one you choose) with Hydrogen Peroxide. This will ensure your garden/pot is free from bacteria and diseases and keep your plants smiling.

**Mix:** Add 125 - 250ml of H<sub>2</sub>O<sub>2</sub> 3% to your organic growing medium, mix thoroughly and plant.

### 9 SANITISE POTS AND TOOLS

Worried about bacteria in your gardening utensils? If you have had a plant with root rot, it is most likely the pot has the disease too. Use H<sub>2</sub>O<sub>2</sub> 3% to remove any bacteria found on your utensils to stop the spread to your plants.

**Mix:** 2:1 ratio of water to H<sub>2</sub>O<sub>2</sub> 3%. Pour the solution directly into the pot. Thoroughly clean and wipe the sides of the pot, making sure to cover all areas. Wear gloves while cleaning. Additionally, after you have added the solution, soak your tools in the pot too. Empty the solution and rinse, then dry off utensils.

### 13 HELP DYING PLANTS

If you think your plant is dying, you may still be able to revive it with Hydrogen Peroxide. First check by scratching the stem, if it is green and juicy then you can still nurse it back to health. Cut off all the dead branches and the stem, and inspect the roots for any root rot too.

**Mix:** 60:1 ratio of water to H<sub>2</sub>O<sub>2</sub> 3%. Soak the plant roots in the solution for 6 hours. Replant into a clean, fresh potting mix in a new container. Water with the same solution and leave in the shade for a few days. Repeat watering every 2-3 days until signs of life.

### 2 HELP ACCELERATE SEED GERMINATION

Hydrogen Peroxide can increase germination rates by breaking down the seed coat, which increases the oxygen intake.

**Mix:** 8:1 ratio of water to H<sub>2</sub>O<sub>2</sub> 3% in a container. Soak the seeds overnight, then plant as usual.

### 6 PLANT MISTING AS NATURE INTENDED

House plants often need more moisture than they receive. Keep them healthy and green by misting them 1-2 times a week. Hydrogen Peroxide naturally occurs in rainwater - which is why gardens always look so lush - now your house plants will look better than ever after getting a spritz from nature's own magic water.

**Mix:** 32:1 ratio\*\* of water to H<sub>2</sub>O<sub>2</sub> 3% into your Mister 360 spray bottle. Mist your plants like the Amazon rainforest, remembering to get underneath the foliage. Bonus, add 3-5 drops of Evergreen Essential Oil\*\*\*.

### 10 TREAT VASE WATER ODOUR

Fresh flowers add so much beauty to a room, but have you noticed that they start emitting a foul smell after a few days?

**Mix:** 15ml of H<sub>2</sub>O<sub>2</sub> 3% per 500ml of vase water. Hydrogen Peroxide will reduce odour-causing bacteria and, as a bonus, will keep your flowers looking fresher for longer.

### 14 BOOST HYDRO PLANTS

Use Hydrogen Peroxide in your Hydro Plants system to boost the oxygen in the water. Your plants will grow healthier and it will reduce harmful bacteria.

**Mix:** 80:1 ratio of water to H<sub>2</sub>O<sub>2</sub> 3%. Pour over your plants\*\* or directly into the vase. Refresh with straight water every 3-5 days. Use H<sub>2</sub>O<sub>2</sub> every alternate time.

### 3 GROW HEALTHY ROOTS, HELP ROOT ROT & PREVENT INFECTIONS

Hydrogen Peroxide is not only an eco-friendly gardening alternative; it also has the added benefit of being anti-fungal and adds a boost of Oxygen. Thanks to that extra Oxygen atom, it's a powerful tool for encouraging healthy root growth, helping plants absorb nutrients, and reduces bacteria. Whether you're treating an infection or root rot, growing healthy roots, or giving your plants a boost, Hydrogen Peroxide will support your plant's health for optimal results.

**Mix:** In a watering can, pour directly into the soil for:

**HEALTHY ROOTS:** 10:1 ratio\*\* of water to H<sub>2</sub>O<sub>2</sub> 3%.

**ROOT ROT:** 1:1 - 2:1 ratio\*\*.

**PREVENT INFECTIONS:** 16:1 ratio\*\*

### 7 BOOST PLANT HEALTH

Give your limp and lifeless plants a boost with a dose of Hydrogen Peroxide. This supports plants at any stage of their growth cycle.

**Mix:** 30:1 ratio of water to H<sub>2</sub>O<sub>2</sub> 3% in a watering can. Water your plants with the solution every other watering.

### 4 DEAL WITH FUNGAL INFECTIONS

If you start to notice 'rust-like' colouring, white mould or brown spots on your plants, these are the signs of a fungal infection. Use Hydrogen Peroxide to help treat the infection easily.

**Mix:** 16:1 ratio of water to H<sub>2</sub>O<sub>2</sub> 3%. Heavily coat all sides of the roots with the H<sub>2</sub>O<sub>2</sub> solution to flush the fungus. Alternatively, use a spray bottle to spray the foliage and stems.

### 8 WATER TREATMENT

Whether you are collecting rainwater in a tank or forced to use tap water in your garden in the summer, you can easily treat your water before you use it with Hydrogen Peroxide. As it has a strong oxidation process, it will remove any harmful chemicals or bacteria found in ordinary tap water.

**Mix:** 30ml of H<sub>2</sub>O<sub>2</sub> 3% per 4L of water. We recommend letting the purified water sit for at least 24 hours. This can also be used in hydroponic systems.

### 12 REDUCE ALGAL IN HYDROPONICS

Algae is not welcome in hydroponics and causes a slew of problems, including reduced crop yield and less dissolved oxygen. Any hydroponic system, regardless of kind, must provide water, nutrients, and oxygen in order to succeed. Hydrogen Peroxide is a good way to get the extra oxygen required.

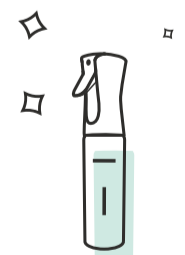
**Mix:** For 4-5 days, start with 5ml of H<sub>2</sub>O<sub>2</sub> 3% per 3.7L of water in your reservoir. Build up to 12-15ml over time. Circulate for 30 minutes each time. Increase the H<sub>2</sub>O<sub>2</sub> amount if required to a max of 50ml.

#### \*

\*Before using any foliar spray, test a leaf or two and monitor for three days, checking the solution hasn't damaged them. Do not spray on known sensitive plants (Peace Lillies, Orchids).

\*\*Water between using H<sub>2</sub>O<sub>2</sub> again.

\*\*\*Evergreen Essential Oil - Neem, Thyme and Lavender Oils are some of the most effective oils for supporting plant health.



HYDROGEN PEROXIDE CAN BE USED IN ORGANIC GARDENS BECAUSE IT QUICKLY BREAKS DOWN INTO OXYGEN AND WATER

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## 20 BEST USES FOR Hydrogen Peroxide 3% (H<sub>2</sub>O<sub>2</sub>)



### KITCHEN USES

#### 1 SANITISE BENCHTOPS AND WORKSPACES

Clean your kitchen benchtop, workspaces and other hard surfaces to remove germs and bacteria.

**Mix:** Use H<sub>2</sub>O<sub>2</sub> 3% on its own or equal parts (1:1 ratio) of water and H<sub>2</sub>O<sub>2</sub> 3%. Pour into the Mister 360, spray down surfaces and leave for 3-5 minutes to sanitise. We have a handy dilution chart online so you can make sure that your essential oil blends are always perfect!

#### 2 SANITISE / CLEAN YOUR DISHWASHER

If your dishes aren't sparkling clean after the dishwasher, you can use Hydrogen Peroxide to boost your dishwasher's performance.

**Mix:** Add 50-60ml of H<sub>2</sub>O<sub>2</sub> 3% to your detergent compartment and wash on its hottest setting. Add a dishwasher tablet for extra cleaning power.

#### 3 CLEAN YOUR CUTTING BOARDS

Cutting boards are prone to germs and bacteria. After use, rinse it with water and spray with Hydrogen Peroxide.

**Mix:** Fill your Mister 360 with 1:1 ratio of water and H<sub>2</sub>O<sub>2</sub> 3%. Spray down your cutting board, leave for 3-5 minutes. Rinse with hot water.

#### 4 SANITISE YOUR SPONGES AND DISHCLOTHS

The more you use your sponges and dishcloths, the more germs and bacteria they harbour. Regularly sanitise your cloths to keep them germ-free.

**Mix:** Soak your clothes and sponges in undiluted H<sub>2</sub>O<sub>2</sub> 3%, or fill your mister 360 spray bottle spritz them. Watch it bubble up. Rinse with warm water after 3-5 minutes.

### BATHROOM USES

#### 5 SANITISE YOUR TOILET

Easily sanitise your toilet with this homemade toilet cleaner.

**Mix:** Pour 120ml of H<sub>2</sub>O<sub>2</sub> 3% into your toilet and leave for 20 minutes. Scrub your toilet with the toilet brush and flush.

#### 6 CLEAN BATHROOM TILES

Brighten your tiles while killing germs, mould and mildew and removing soap scum and stains.

**Mix:** In a bowl 125ml of baking soda and 15-20ml of H<sub>2</sub>O<sub>2</sub> 3% until they form a thick paste. Apply the paste to the grout lines, making sure to spread it evenly. Let the mixture sit for 5-10 minutes and rinse off.

#### 7 WASH YOUR SHOWER CURTAIN

Having trouble removing mould and mildew from your shower curtain? Use Hydrogen Peroxide to keep your shower curtain clean and fresh.

**Mix:** Either fill your Mister 360 with undiluted H<sub>2</sub>O<sub>2</sub> 3% or 2:1 ratio of water and H<sub>2</sub>O<sub>2</sub> 3%. Add 5-10 drops of essential oils as you please. Remove the shower curtain, put it outside (mould side up). Thoroughly coat the curtain with the solution, paying close attention to the mouldy areas, and leave for 30 minutes. Scrub the curtain with a soft brush to remove the mould, then rinse with warm water.

#### 8 CLEAN YOUR MIRRORS

Hydrogen Peroxide is a great non-streak cleaner for mirrors.

**Mix:** Add undiluted H<sub>2</sub>O<sub>2</sub> 3% into your Mister 360, spray the mirrors and wipe with a paper towel. As a bonus, you'll reduce germs.

### LAUNDRY USES

#### 9 SANITISE YOUR WASHING MACHINE

High-efficiency front-loader washing machines are notorious for developing odours from mould and mildew.

**Mix:** Add 500ml of H<sub>2</sub>O<sub>2</sub> 3% to the empty washing machine drum and run a hot water cycle. Continue monthly, especially if it is humid.

Using H<sub>2</sub>O<sub>2</sub> is also far less expensive than buying products specifically formulated to clean your washing machine.

#### 10 BRIGHTEN WHITE CLOTHES

White clothes can become dull and yellowed over time. Use Hydrogen Peroxide to brighten your clothes from body soil, dye transfer, and detergent residue. Your whites will be whiter than ever and you will remove stains along the way.

**Mix:** Add 250ml of H<sub>2</sub>O<sub>2</sub> 3% into the drum or the automatic bleach dispenser of your washing machine.

#### 11 REMOVE ODOURS FROM CLOTHES AND TOWELS

Have you noticed that your towels and clothes develop an unpleasant odour over time? Add Hydrogen Peroxide to a wash and break down the smells from the source.

**Mix:** Add 125ml of H<sub>2</sub>O<sub>2</sub> and 125ml of white vinegar to your washing machine along with the soiled items. Fill your washing machine with hot water, add your regular detergent and soak for 15 minutes. Continue the washing cycle as normal.

#### 12 REMOVE STAINS FROM CLOTHES

There's nothing like putting on a brand new shirt, only to spill something on it straight away. Pop some Hydrogen Peroxide on it and watch the stain fade away.

**Mix:** Dampen a clean cloth or paper towel with H<sub>2</sub>O<sub>2</sub> 3% and gently dab the stained area. Leave for 20 minutes, then wash the item as usual.

### GENERAL USES

#### 13 REMOVE ODOUR FROM YOUR FRIDGE

If you're greeted by a sour odour every time you open your fridge door, here's how to fix it.

**Mix:** Pour undiluted H<sub>2</sub>O<sub>2</sub> 3% into your Mister 360 and spray directly onto the surface you want to clean, sanitise or deodorise. Leave for 5-10 minutes, then wipe down or let air dry.

#### 14 SANITISE YOUR KID'S LUNCHBOXES

Lunchboxes have been shown to harbour harmful bacteria, which can lead to food-borne illnesses. Make sure your kid's lunchboxes are germ-free and fresh by regularly sanitising them.

**Mix:** 1:1 ratio of water to H<sub>2</sub>O<sub>2</sub> 3% into the Mister 360. Remove any solid matter with a damp cloth first, then thoroughly spray the inside and the outside of the lunchbox and let it dry.

#### 15 SMELL AND STAIN REMOVER FOR PETS

Pets bring so much joy to our lives, until they have an accident in the house. Clean and deodorise any pet stains with Hydrogen Peroxide.

**Mix:** Add 270ml of H<sub>2</sub>O<sub>2</sub> 3% and 30ml of liquid dish soap in a Mister 360. Spray the stain with the solution and let it sit for 1 minute, then scrub the area thoroughly with a brush. Spray the area with water and wipe with a clean cloth or rag to remove the stain and solution.

#### 16 CLEAN YOUR CHILDREN'S TOYS AND NURSERY EQUIPMENT

Easily sanitise your children's toys and nursery equipment with one swipe. Using Hydrogen Peroxide as a sanitiser is much safer than other commercial cleaners as it is 100% biodegradable and doesn't contain hazardous chemicals.

**Mix:** 1:1 ratio of water to H<sub>2</sub>O<sub>2</sub> 3% in a Mister 360. Spray down the surfaces and let sit for 5 minutes. Use a cloth to wipe them down.

#### 17 CLEAN MAKEUP BRUSHES

Makeup brushes build up layers of old makeup, oil and bacteria. Wash your brushes with Hydrogen Peroxide and break down the grime right at the bristles.

**Mix:** 1:1 ratio of warm water to H<sub>2</sub>O<sub>2</sub> 3% in a cup. Soak the makeup brushes in the solution for 5 minutes, then rinse them with water. Use a clean cloth to squeeze out any excess water and let them air dry.

#### 18 REMOVE RUBBISH BIN / COMPOST ODOURS AND GERMS

Dirty bins attract ants, cockroaches, rodents and, in turn, germs and bacteria. The germs and bacteria cause unpleasant odours, and the cycle continues. Keep the smells and germs at bay with Hydrogen Peroxide.

**RUBBISH BIN MIX:** Wash out your rubbish bin using soap and water. Add undiluted H<sub>2</sub>O<sub>2</sub> 3% with 5-10 drops of essential oils into the Mister 360. Spray the whole bin, then let it dry in the sun for 2-3 hours.

**COMPOST BIN MIX:** Add 2.5-3cm of H<sub>2</sub>O<sub>2</sub> 3% into the bottom of your compost bucket. This will stop it decomposing as quickly and allow you to keep it in the kitchen for longer.

#### 19 CLEAN YOUR HUMIDIFIER OR DEHUMIDIFIER

Humidity levels above 50% can breed dust mites, mildew, mould and possibly trigger allergies or other health issues.

**Mix:** 5:1 ratio of water to H<sub>2</sub>O<sub>2</sub> 3% and run the mixture through your humidifier or dehumidifier.

#### 20 DIY MOUTHWASH

Making your own mouthwash is a great hack to save some extra money. Use Hydrogen Peroxide to create a safe, effective homemade mouthwash that doesn't contain harsh chemicals or artificial ingredients.

**Mix:** Add 1:1 ratio of water to H<sub>2</sub>O<sub>2</sub> 3% in a glass and mix well. Take a swig of the solution, swish in your mouth for 30 seconds, and spit out.



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