

MODERN ALCHEMY 17.5% FOOD GRADE HYDROGEN PEROXIDE USAGE GUIDE

17.5% Food Grade Hydrogen Peroxide MUST ALWAYS BE DILUTED PRIOR TO USING. Please handle with care. Refer to the warning letter that came in your box.

Most Hydrogen Peroxide applications call for 3%. To make a 3% solution use 1 ounce of 17.5% to 5 ounces of water. We recommend using distilled water. Distilled water is devoid of minerals that can break down Hydrogen Peroxide.

To make 1 Quart of 3% add 5 ½ ounces of 17.5% to 26 ½ ounces of water.

Fruit and Vegetable Wash: Place your fruit and veggies in the sink or bowl, cover with cold water and add ¼ cup of 3% H₂O₂ solution. Soak for 15 (for delicate items like lettuce) to 30 minutes (for thick skinned items). Drain and dry thoroughly before storing. This will remove pesticides, mold, fungus, dirt and bacteria. It will also help to stay fresher longer.

In the Garden:

Watering Plants: Add 1 ounce of 3% to 1 quart of water. Can be poured into soil or misted on with a spray bottle.

Pest Deterrent: Mix equal parts 3% with water and spray plants, including undersides. This can be done once a week.

Seed Sprouting: Add 1 ounce of 3% to 1 Pint of distilled water. Soak seeds overnight. Rinse before planting.

In the Kitchen and Bathroom: A 3% solution can be sprayed on counter tops, sinks, cutting boards, inside the fridge, floors and toilets. Spray surface, let sit for a few minutes and wipe or air dry. You can add a few drops of essential oils to power up your spray and give it a nice fragrance.

Soak your sponges and dishcloths in 3% to kill germs.

Laundry: Use 8 ounces of 3% to one load of whites in place of bleach. DO NOT use on colors.

Personal Care:

First Aid: What everyone is familiar with, use 3% to clean and disinfect small wounds.

Mouthwash: You can swish 3% but it tends to be a bit harsh. Instead add equal parts of 3% and distilled water. Swish around your mouth for 30 to 60 seconds before you brush. Add a few drops of Peppermint or Spearmint essential oil for a fresh taste.

Teeth Whitener: Use a few tablespoons of the mouthwash solution mentioned above and add just enough baking soda to make a paste. Add 1 drop Peppermint or Spearmint essential oil and gently brush! Can be used 3 - 4 times a week.

You can also pour some 3% on your toothbrush to disinfect.

Personal Care continued:

Facial Toner/Acne Killer: Apply 3% to acne prone skin with cotton ball. Hydrogen Peroxide can over dry skin so try to use it on problem areas only.

Detox Pedi-Soak: Soak your feet in equal parts 3% and warm water. The H₂O₂ will soften calluses and loosen dead skin. Like a Spa at home.

Bath Soak: For a rejuvenating bath add 1 cup of 17.5% to your hot bath and soak for 30 minutes. The H₂O₂ will oxygenate and detoxify your body. You can add Epsom Salts for added benefits.

Mani-Soak: Soak your hands in equal parts 3% and warm water to soften cuticles and skin. If your nails are discolored from polish, soak just your nails in 3% for about 10 minutes.

Internal Use: As recommended in "The One Minute Cure" Start with 3 drops of 17.5% in a four to six ounce glass of distilled water taken 3 times a day.

Increase by 1 drop each day until you reach twenty five drops, then decrease by 1 drop each day until you reach 3 drops.

Maintenance dose is 3 drops in four to six ounces of distilled water 2 to 3 times a day.

Always take on an empty stomach. Wait 1 hour before a meal and 3 hours after a meal.

Always do your due diligence and research this subject to see if it is right for you.

NOTE: These statements have not been evaluated by the Food and Drug Administration. These products and statements are not intended to diagnose, treat, cure or prevent disease. The FDA warns consumers against drinking high strength hydrogen peroxide. Ingestion, improper handling or improper use can lead to serious health risks and death. Always read labels, warnings and directions before use. Modern Alchemy is not responsible for misuse, abuse, or any use associated with this product.

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