

### AIR DETOXIFYING PLANTS

Plants are a wonderful way to mitigate your exposure to the chemicals that are lurking around in the home. Shockingly, the EPA has revealed that your home may be circulating three to five times more pollutants than outside. Common houseplants have been shown to detoxify the air. Not only do the plants detoxify the air, but soil they live in can as well. The microorganisms within the soil have shown to process benzene, a common VOC found in many household products.

Chemicals like <u>xylene</u> (in paints and lacquers), <u>benzene</u> (furniture wax, insect sprays), <u>trichloroethylene</u> (cleaners and adhesives) and <u>formaldehyde</u> (clothing, upholstry, and air freshners) are the biggest offenders. It is these volatile organic compounds (VOCs) that are measured in examining which plants are most effective for air purification.

We've compiled a list of common houseplants and rated them for their effectiveness in air purification of these common VOCs to help you chose the right plants for your home.



#### VOLATILE ORGANIC COMPOUNDS (VOC's)

the primary 5

Benzene | Formaldehyde | Trichloroethylene Xylene/Toluene | Ammonia

5 star plants - cleaning all five VOC's



Peace lily
Spathiphyllum 'Mauna Loa'

Parlour palm Chamaedorea elegans

Lady palm Rhapis excelsa

Florist's chrysanthemum *Chrysanthemum morifolium* 





# 4 star plants - cleaning four of five VOC's



English ivy Hedera helix

Bamboo palm Chamaedorea seifrizii

Variegated snake plant (mother-in-law's tongue) Sansevieria trifasciata 'Laurentii'

Red-edged dracaena Dracaena marginata

Cornstalk dracaena Dracaena fragrans 'Massangeana'

'Janet Craig' dracaena Dracaena deremensis







# 3 star plants - cleaning three of five VOC's

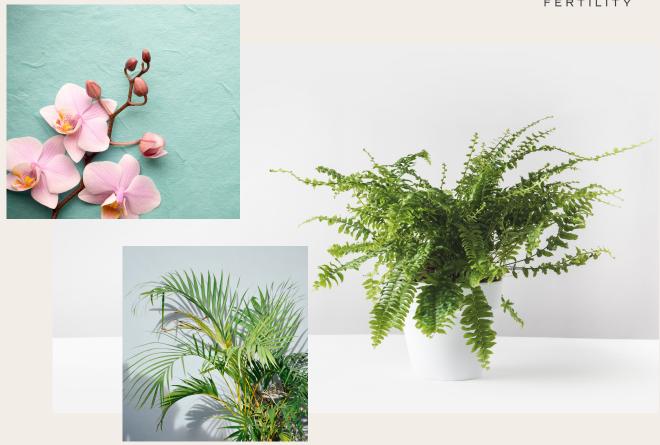


Devil's ivy Epipremnum aureum

Flamingo lily
Anthurium andraeanum

Barberton daisy Gerbera jamesonii





# 2 star plants - cleaning two of five VOC's



Pygmy date palm Phoenix roebelenii

Areca palm Dypsis lutescens

Boston fern Nephrolepis exaltata

Kimberly queen fern Nephrolepis obliterata Spider plant

Chlorophytum comosum

Chinese evergreen Aglaonema modestum

Dendrobium orchids *Dendrobium spp.* 

Dumb canes Dieffenbachia spp.

King of hearts
Homalomena wallisii

Moth orchids *Phalaenopsis spp.* 

Aloe vera

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Weeping fig Ficus benjamina



# 1 star plants - cleaning one of five VOC's



Heartleaf philodendron

Philodendron cordatum

Selloum philodendron

Philodendron bipinnatifidum

Elephant ear philodendron *Philodendron domesticum* 

Rubber plant *Ficus elastica* 

Banana plant *Musa acuminata* 



Any combination of these plants will help purify the air in your home. They have the ability to improve concentration and uplift moods. Even if a single star, you are still reducing your exposure to pollutants that may be impacting your health. We recommend having 2-4 large plants in the rooms you spend the most time. Have fun with texture and size of plants in your home – and remember, the more the merrier!