

## PLANTS LOVE THE EXTRA OXYGEN ATOM 15 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 kill off 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 DISEASE-FREE POTTING MIX

Disinfect 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 DISINFECT 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 SAVE 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 ACCELERATE SEED GERMINATION

Hydrogen Peroxide increases 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 kill odour-causing bacteria and, as a bonus, will keep your flowers looking fresher for longer.

### 14 HYDROPONICS AND AQUAPONICS

Use H<sub>2</sub>O<sub>2</sub> in your hydroponics system or with the "Hydro Plants" method to boost the oxygen in the water. Your plants will grow healthier and it will kill off harmful bacteria.

**Mix:** 80:1 ratio of water to H<sub>2</sub>O<sub>2</sub> 3%. Pour over your plants\*\*. Refresh the water every 3-5 days and use H<sub>2</sub>O<sub>2</sub> every alternate day. Use the same process for "Hydro Plants" and refresh the water every 5-7 days.

### 3 GROW HEALTHY ROOTS, DEFEAT 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 killing 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 TREAT 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 pesticides 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 PEST AND INSECT REPELLANT

Are you tired of pesky insects and pests taking over your plants? Hydrogen Peroxide helps chase them away.

**Mix:** 4:1 ratio of water and H<sub>2</sub>O<sub>2</sub> 3%. Spray\* foliage and stems daily for one week. Increase to 2:1 ratio if your plants can handle it. Reduce the treatment to once a week until finished. Alternatively, dip a cotton bud in H<sub>2</sub>O<sub>2</sub> 3%, apply directly to bugs, then remove. Bonus, add 3-5 drops of Evergreen Essential Oil\*\*\*.



\*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 plant oils for fighting bugs.

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

CHECK OUT OUR NEW RATIO CALCULATOR ONLINE  
REGISTER FOR MORE TIPS, TRICKS, AND INFO  
[GOODCLEANHEALTHCO.COM](http://GOODCLEANHEALTHCO.COM)