



KITCHEN USES

1 DISINFECTING BENCHTOPS

Clean your kitchen bench, and any other hard surface\* where germs and bacteria may collect. Disinfects against SARS-CoV-2, COVID-19.

**Mix:** H2O2 3% with equal parts water and put it in a spray bottle. Spray down your surfaces and let it sit for 1 minute. Use a cloth to wipe them down.



BATHROOM USES

5 DISINFECT YOUR TOILET

Disinfecting your toilet bowl has never been easier with this homemade toilet cleaner.

**Mix:** Pour 120ml of Hydrogen Peroxide 3% into your toilet and let it stand for 20 minutes. Come back and scrub out the toilet with your toilet brush, and flush.

Also, douse your toilet brush holder to keep it disinfected and clean.

PLANT USES

9 CLEAN YOUR FRUIT AND VEGETABLES

Great for cleaning your fruit and vegetables of harmful pesticides while extending the life of your fresh vegetables and fruit.

**Mix:** With a sink full of water, add a quarter cup of food grade hydrogen peroxide 3% and soak your produce in it for twenty minutes. After they've soaked, rinse them and dry them off.



PERSONAL USES

13 DETOXIFYING YOUR BATH

Add Hydrogen Peroxide 3% to your bath to give the water a detoxifying boost. It's perfect for helping you rid your body of all kinds of infections.

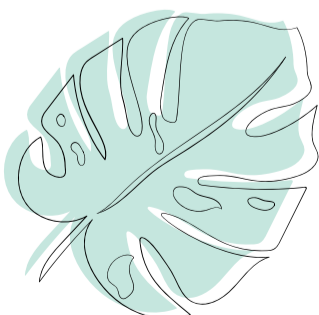
**Mix:** 1 litre of H2O2 3% to your bath. Soak for at least 30 minutes and emerge from the clean bath free of germs.

GENERAL USES

17 CLEAN THE COMPOST BUCKET

Harmful germs and bacteria can begin to smell atrocious in your compost bin. To keep it from developing an unbearable stink and becoming gross too quickly.

**Mix:** Add 2.5 - 3 cm of H2O2 3% into the bottom of the bucket. H2O2 allows you to keep it in your kitchen longer.



2 DISINFECT / CLEAN YOUR DISHWASHER

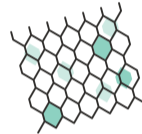
If your dishes aren't sparkly clean after running them through the dishwasher, you can use Hydrogen Peroxide 3% to boost your dishwasher's performance.

**Mix:** Add 50-60ml of H2O2 which is non-toxic, to your dish detergent compartment. Either wash with a dish tablet or on it's own on the hottest setting.

6 CLEAN BATHROOM TILES

You can use Hydrogen Peroxide 3% to brighten the tiles while killing germs and mould and mildew that has begun to form like soap scum and stains.

**Mix:** Make a foaming paste from 1 cup baking soda, 1/4 cup white vinegar, plus a tablespoon or two of H2O2 3%. When the bubbles subside, scrub the surface of the shower with the mixture.



3 CLEAN YOUR CUTTING BOARDS

Cutting boards are prone to the growth of deadly germs and bacteria. After you use it, wash it with fresh water and spray with Hydrogen Peroxide 3% to take care of the germs.

**Mix:** H2O2 3% with equal parts water and put it in a spray bottle. Spray down your cutting board and let it sit for 1 - 2 minutes. Rinse off in fresh hot water



4 DISINFECT YOUR SPONGE AND DISHCLOTHS

These pick up germs and bacteria the more you use them. Kill them!

**Mix:** Soak them in straight Hydrogen Peroxide 3%, or simply spray them with H2O2 while they are sitting in the sink. Rinse with warm fresh water after 1 - 2 minutes.

7 WHITEN GROUT LINES

The collection of dust and dirt on your grout can quickly make it look dingy and dirty.

**Mix:** Make a foaming paste from 1 cup baking soda, plus a tablespoon or two of H2O2 3%. When the bubbles subside, scrub the lines with a toothbrush.

**NOTE:** Don't try this on dark or coloured grout, it may bleach them.

8 CLEAN YOUR MIRRORS

Hydrogen Peroxide has been proven to be a great non-streak cleaner for mirrors! How cool.

**Mix:** Pour H2O2 3% into a spray bottle and use on your mirrors, wipe off with a paper towel.

A bonus to using peroxide to clean your mirrors: it kills bathroom germs that have taken up residence on the glass.

11 ELIMINATE PLANT ROOT ROT

If your plants are turning yellow and dying, H2O2 kills bacteria and fungi in the soil. Restoring the oxygen balance in the soil which boosts your plants growth and health.

**Mix:** Apply directly to the soil to stop fungi eating and killing the roots of the plants. In a watering can mix 1:1 ratio of H2O2 3% and water. Do not touch the leaves with this, it may burn them.



10 INCREASE SEED GROWTH

Hydrogen Peroxide is found naturally in the rain, this is why your plants look so green after it rains. To simulate rain and help increase the growth of your plants, you can soak the seeds in a H2O2 solution.

**Mix:** 30mls of H2O2 3% for every two cups of water. Soak the seeds overnight, then plant as usual.

To boost the health of your current plants, spray them with a solution of 1-part H2O2 3% to 32 parts water.

14 DISINFECT YOUR TOOTHBRUSH

Did you know more than 100 million bacteria live on your toothbrush! Sanitising your toothbrush from time to time is essential, especially after you have been sick.

**Mix:** Pour enough Hydrogen Peroxide 3% into the container to cover the head of your toothbrush. Soak the brush head for no longer than 15 minutes and discard the H2O2 when done. Rinse the toothbrush off with tap water and leave upright to dry.



15 BATTLE FOOT FUNGUS, CORNS AND CALLUSES

H2O2 3% is a great natural agent that can significantly soften those pesky corns and calluses.

**Mix:** 1 cup of the H2O2 3% with 1/2 a cup of water in a bowl, stir well, and let sit for five minutes. Soak the affected foot for 15 minutes.

After rinse with clean water, and dry it thoroughly. Do this several times a week for 3 weeks to get permanent relief.

19 DISINFECTS YOUR WASHING MACHINE

High-efficiency front-load washers are notorious for developing smelly odors from mould and mildew growth.

**Mix:** Add 2 cups of H2O2 3% to the empty washing machine drum. Then, run a hot water cycle. This should be done monthly, especially if the weather is humid.

Using H2O2 is also far less expensive than buying products specifically formulated to clean your washing machine.

16 MAKE DIY TOOTHPASTE

Create an all-natural toothpaste, that doesn't contain any harsh, artificial chemicals.

**Mix:** A few teaspoons of baking soda with a small amount Hydrogen Peroxide 3% and mix with a clean spoon. Keep adding a little bit more H2O2 3% until you get a thick - but not gritty - paste.

Use a toothbrush and apply, brush for 2 minutes and leave for 1 - 2 minutes on your teeth, thoroughly rinse out.

20 CLEAN YOUR CHILD'S TOYS

Disinfect their toys from germs and bacteria. Occasionally wipe them down with Hydrogen Peroxide 3%.

It's a much safer cleaner than many of the commercial cleaners as it will not cause their lungs to become irritated.

**Mix:** H2O2 3% with equal parts water and put it in a spray bottle. Spray down your surfaces and let it sit for 1 minutes. Use a cloth to wipe them down.



REGISTER FOR MORE TIPS AND TRICKS. REORDER ONLINE

GOODCLEANHEALTHCO.COM

NATIONAL POISONS CENTRE ON 0800 764 766

USE AT OWN RISK. EXTERNAL USE ONLY, DO NOT SWALLOW! KEEP OUT OF REACH OF CHILDREN

