



How to Use Cleaner Than Clean



back to basics
CLEAN GUIDE

BECOME A CLEANER THAN CLEAN PRO.

Changing up your cleaning routine can bring up confusion and so many questions, especially if you've just started the transition to nontoxic cleaners: where do I spray this? What do I use as a nontoxic replacement for that? Is this safe to spray over here? Fortunately, Cleaner Than Clean is here to help you create a healthy home in the simplest (and least toxic) way possible.

FROM OUR FOUNDER, ASHLEIGH FRAGER

I knew what our customers were looking for — it was the same thing that I wanted: a truly safe all-purpose cleaner that would outperform toxic conventional formulas. I scoured the natural marketplace for a perfect option to offer you but could not find one that checked all of the boxes. So instead, we created our own. Cleaner Than Clean embodies our core mission, to bring you clean products for better health.



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FAQ

Q:

WHAT SURFACES CAN I USE CTC ON?

A:

CTC is safe for use on kitchen & bathroom countertops (granite, marble, stone, tile, wood, and laminate), grout, wood floors, carpets, couches, pet beds, linens, clothing, shoes, food prep items like cutting boards, pacifiers, bottles, breast pumps, yoga mats, toilets, appliances, pet beds, and so much more! Always test on a discreet area before applying to entire surface.

Q:

WHAT DOES CLEANER THAN CLEAN SMELL LIKE? IS IT FRAGRANCE-FREE?

A:

Cleaner Than Clean has a very faint smell that dissipates quickly after spraying. It does not contain any fragrance ingredients and is fragrance-free.

Q:

WHAT IS THE ACTIVE INGREDIENT & IS IT SAFE?

A:

The active ingredient in CTC, hypochlorous acid, is a powerful cleaning agent that is so safe it is found in naturally in our bodies! It is used by our immune systems to fight off invading pathogens.

It is also used in many other unexpected capacities. Estheticians commonly recommend it for skin application to combat acne and heal irritated or inflamed skin. Optometrists have patients use it to heal eye issues like dryness, irritation, redness, and inflammation. Veterinarians recommend it for wound care in their animal patients. Hypochlorous acid can also be used to clean food manufacturing equipment, surgical equipment at hospitals, and food preparation surfaces in restaurants.



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KITCHEN

SIMPLIFY KITCHEN CLEANUP BY ELIMINATING
THE NEED FOR A MULTITUDE OF CLEANERS.
WITH CTC, ONE BOTTLE DOES IT ALL.

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KITCHEN

1

CUTTING BOARDS

After washing the board with a nontoxic dish soap and water, spray both sides and allow to air dry. This will help preserve the cutting board from mold and mildew, remove food smells and stains, and give it a deep clean after preparing animal proteins. CTC is food-safe and does not require rinsing after application to food prep areas or kitchenware.

2

DEODORIZE

To eliminate food smells after cooking, spray CTC generously in the air (aiming at the ceiling) in the kitchen and any other rooms that have lingering odors.

3

FRUIT & VEGGIE WASH

Use CTC to both clean and preserve produce. For thick skinned fruits and vegetables, spray the exterior of the produce and leave to air dry either in or out of the refrigerator. For berries and thin skinned fruits and vegetables, pour 1/4 cup of CTC into a bowl of 24 oz of cold water (preferably filtered) and allow produce to sit in mixture for 10 minutes. Strain and spray with CTC before allowing to air dry either in or out of the refrigerator.

4

TRASH CAN & COMPOST BIN

Odors and filth accumulate here faster than anywhere else in the house. Spray CTC around the trash area to control odor by eliminating airborne odor-causing particles. If the trash can retains smell after emptying, heavily spray interior with CTC and wipe off any visible filth with a rag. Leave to air dry, preferably outdoors.



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LIVING ROOM

CTC'S FORMULATION IS WITHOUT FRAGRANCE OR CHEMICAL RESIDUE, MAKING IT THE IDEAL CLEANER AND DEODORIZER TO TURN YOUR HOME INTO A NONTOXIC HAVEN.

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LIVING ROOM

1

DIFFUSER

To clean indoor air from airborne particles or to deodorize a room by removing odor from the source, diffuse CTC. Pour a 1:1 mixture of CTC and distilled or filtered water into a diffuser or humidifier. Allow to run for at least 1 hour continuously. Note: do not add essential oils or any other additives to the mixture as it will dilute and possibly negate the cleaning power of CTC.

2

COUCH

Instead of professionally cleaning, which typically uses toxic chemical cleaners, use CTC to clean and deodorize upholstered furniture. Remove cushions and covers and shake or brush off any loose debris. Spray cushions and base of couch thoroughly with CTC. Spot clean any stains or soiled spots by saturating the area with CTC and blotting with a clean cloth or sponge. Allow to air dry and replace all cushions and covers. Spray exterior of couch once a week to maintain freshness.

3

CARPETS

To easily clean and deodorize carpets on a regular basis, vacuum dirt and debris from surface then spray entire carpet evenly with CTC and allow to air dry. For spot cleaning, saturate the area with CTC, blot with a clean cloth or sponge, then allow to air dry.



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BATHROOM

SUPERCHARGE YOUR CLEANING ROUTINE WITH A
NONTOXIC SPRAY THAT IS MORE POWERFUL THAN
TOXIC CHEMICAL CLEANERS.

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BATHROOM

1

DEODORIZE

To eliminate bathroom odors, spray CTC generously in the air (aiming at the ceiling). Spray at least 6 times, allow to settle for 30 seconds, then repeat. Leave 8 oz CTC bottle with fine mist nozzle in the bathroom to spray between uses.

2

TOILET

After scrubbing with a nontoxic toilet bowl cleaner, spray handle, exterior of toilet, gloves, and cleaning sponge with CTC and allow to air dry or wipe with a clean cloth. Quickly freshen up between uses to avoid cross-contamination by simply spraying the exterior of toilet and allowing to air dry or wiping with a clean cloth.

3

TOOTHBRUSH

Instead of allowing airborne bathroom particles to contaminate your toothbrush, use this simple method to clean it. Rinse toothbrush after use and spray with CTC until saturated. Allow to air dry to clean bristles between uses. CTC is food-safe and does not require rinsing or wiping after application to toothbrush. The same cleaning method can be applied to retainers, mouth guards, and other dental devices. The active ingredient in CTC is commonly used as oral care treatment so application to oral devices is safe and even beneficial.

4

SHOWER & BATH

For easy mold and mildew stain removal, spray corners, grout lines, and tub with CTC in between uses and allow to air dry.



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BEDROOM

WITH 60 HOURS A WEEK SPENT HERE,
IT SHOULD BE THE HEALTHIEST ROOM IN THE HOUSE.
GET HEALTHY WHILE YOU SLEEP WITH CTC.

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BEDROOM

1

MATTRESS

Cleaning a mattress can be difficult, but before opting for potentially toxic professional cleaning solutions, start the habit of spraying it regularly with CTC. Every time you change your sheets, spray the mattress heavily with CTC and allow to air dry before making the bed.

2

BEDDING

Freshen up bed linens between washes by spraying them with CTC. Clean and deodorize comforters and decorative pillows by spraying both sides and allowing them to air dry, preferably outdoors. Clean your pillow by spraying it when making the bed in the morning to keep it fresh between sheet changes.

3

DIFFUSER

During cold and flu season or when your immune system needs a boost, place a diffuser or humidifier with a 1:1 mixture of CTC and distilled or filtered water as close to the head of the bed as possible and allow it to run all night. Note: do not add essential oils or any other additives to the mixture as it will dilute and possibly negate the cleaning power of CTC.



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LAUNDRY

USE CTC ON YOUR LAUNDRY FOR FRESH LINENS AND CLOTHING WITHOUT THE TOXINS.

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LAUNDRY

1

CLOTHING & LINENS

For clothing and linens that need a deeper clean or have set-in odors, add 1/2 cup CTC to prewash or directly into basin of washing machine along with a nontoxic detergent. Spray thoroughly with CTC before transferring to dryer. Halfway through dryer cycle, spray CTC into the dryer, tossing the load around as you do so. Complete dryer cycle and remove.

2

DRY CLEAN ONLY

Skip toxic dry cleaning for a healthier, eco-friendly, and cost-effective option. Use CTC to remove body, food, mildew, and other odors and to clean fabric. Spray garment, inside and out, with CTC and allow to air dry, preferably outdoors. Most garments labeled as dry clean only can be cleaned this way but it is recommended to do a spot test on a discreet area of the garment first.

3

LAUNDRY MACHINES

Use CTC to clean, combat mold and mildew buildup, and deodorize laundry machines. For washing machine, spray CTC around rubber seal and run an empty load with 1 cup of CTC poured into detergent compartment. Do not add detergent or any other cleaners. For dryer, spray lint trap and interior of drum thoroughly with CTC.



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BABIES & KIDS

CTC IS A BABY-SAFE, NON-IRRITATING,
HYPO-ALLERGENIC CLEANER THAT IS SAFE FOR USE
AROUND ALL FAMILY MEMBERS.

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BABIES & KIDS

1

TOYS

Extra attention should be given to the cleaners used on objects, like toys, that frequently make it into little one's mouths. The baby-safe and food-safe formula used in CTC can be sprayed on toys to clean them between uses, after a bout of illness, or after sharing with friends on playdates. To clean, spray CTC on all sides of the toy and either allow to air dry or wipe clean.

2

PACIFIER & TEETHERS

To keep pacifier clean between uses and after being dropped, spray all sides with CTC and allow to air dry. If there is food or saliva buildup on the pacifier, first wash with nontoxic dish soap and water. CTC is food-safe as well as baby-safe and does not require rinsing or wiping after application to pacifier.

3

POTTY TRAINING ACCIDENTS

With CTC, mattresses, carpets, carseats, and strollers can now be saved and restored to new after a potty training accident. Remove loose debris and soak up excess urine with a clean towel or sponge. Spray heavily with CTC and repeat the pressing and patting process with a clean, semi-damp cloth or sponge. Spray heavily with CTC again and allow to air dry.

4

BREAST PUMP PARTS & MILK BOTTLES

Difficult to wash parts and pieces can be easily cleaned with CTC. Disassemble all the parts and pieces. Then use a bottle brush to loosen any grime build-up. Run under warm water and spray thoroughly inside and outside, until dripping wet, with CTC. Allow parts to air dry.



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PETS

KEEP YOUR ANIMAL COMPANIONS CLEAN AND
ODOR-FREE WITH OUR NONTOXIC FORMULA THAT IS AS
SAFE FOR THEM AS IT IS FOR YOU.

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PETS

PET ACCIDENTS

1

Use CTC to clean, remove stains, and eliminate odor from urine and feces accidents. Remove any excess urine by pressing and patting, not rubbing, with a semi-damp or dry cloth or sponge. Spray heavily with CTC and repeat the pressing and patting process with a clean, semi-damp cloth or sponge. Spray heavily with CTC again and allow to air dry.

2

PET BEDS

Shake any hair or debris from the bed. Spray generously with CTC and allow to air dry, preferably outdoors, to remove pet odors and to clean fabric.

3

LITTER BOX

Eliminate odors from the source by spraying CTC around the litter box and in the air around it. Spray at least 6 times aiming at the ceiling and repeat as necessary.

4

PETS

Between baths, clean your pet's fur by spraying CTC into a clean hand towel until saturated. Rub towel throughout fur as many times as needed to clean and deodorize. CTC is pet-safe. The active ingredient in CTC is commonly used as wound care treatment on both animals and humans, so application to skin is safe and even beneficial.



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WORKOUT

TOXIC FUMES HAVE NO PLACE IN A HEALTHY WORKOUT ROUTINE. USE CTC FOR CLEAN UP THAT WON'T LEAVE CHEMICAL RESIDUE BEHIND.

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WORKOUT

1

YOGA MAT

For quick and thorough cleanup between sessions on the mat, spray CTC to cover both sides of the mat. Hang mat and leave to air dry or wipe with a clean cloth and roll up immediately. CTC will not leave any chemical residue or fragrance and will not degrade the materials of the mat.

2

SNEAKERS

Eliminate odors from the source when you use CTC to deodorize gym sneakers, hiking boots, cleats, or other exercise footwear. Spray inside and out of sneakers until completely saturated. Place in dryer on low heat or allow to air dry, preferably outdoors or near a fan or heater. Repeat as needed.

3

EXERCISE EQUIPMENT

Wipe away sweat and give equipment a deep clean with a few quick sprays of CTC. Spray equipment with CTC and wipe away any set-in grime with a clean cloth.

4

REUSABLE WATER BOTTLES

After washing the bottle with a nontoxic dish soap and water, spray both inside and outside and allow to air dry with cap removed. Spray the inside of the cap and around the neck to inhibit mold and mildew growth.



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ON-THE-GO

THESE ON-THE-GO LIFE HACKS WILL MAKE CTC THE ONE THING YOU WON'T LEAVE HOME WITHOUT.

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ON-THE-GO

1

CELL PHONE

Our cell phones are one of the most germ-ridden objects we come into contact with throughout the day, but there's a quick and easy way to keep it clean. Spray all sides with CTC and leave to air dry or wipe with a clean cloth. Alternatively, saturate a cloth with CTC and wipe all sides and crevices. Repeat daily.

2

SPILLS

Having CTC on hand in case of a spill will provide easy cleanup and prevent set-in stains. Blot up any residue from the spill with whatever clean napkins or cloth you have on hand. Spray area of spill heavily with CTC and blot with clean napkin or cloth. Repeat if necessary to lift stain and wash with laundry when possible.

3

HOTEL ROOM

CTC can quickly and easily create a sanitary and hypo-allergenic living space while traveling. Upon entering hotel room, spray all high contact areas like tabletops, bathroom countertops, television remote, and in-room phone with CTC. For the bed, fold back comforter and top sheet to spray interior of the sheets and both sides of pillows. Allow all sprayed areas to air dry.

4

AIRPLANE

Bring the healthy comforts of home to air travel. Lightly spray the seat back, headrest, cushion, armrests, and tray table with CTC to create a clean, worry-free space. CTC is hypoallergenic and without fragrance so it will not be irritating to other passengers.



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