



Sprout Master

Quality Sprouting Supplies

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35% FOOD GRADE OR ULTRA PURE GRADE HYDROGEN PEROXIDE SHOULD NOT BE CONFUSED WITH 3% PHARMACEUTICAL GRADE, 6% BEAUTICIAN GRADE 30% REAGENT GRADE, 30%-32% ELECTRONIC GRADE OR 35% TECHNICAL GRADE

All of the above with the exception of 35% food grade or ultra grade are made from 50% Super D Peroxide and contain stabilizers like phenol, acetanilide, sodium stannate, and tetrasodium phosphate. These grades should always be avoided.

The makeup of hydrogen peroxide is distilled water with an extra molecule of oxygen attached which formulates $H_2O + O = H_2O_2$. H_2O_2 destroys microorganisms 5,000 times faster than chlorine. It is effective against all of the bacteria, which chlorines can remove, and exceeds chlorine in neutralizing pathogens, viruses and cysts. Unlike chlorine, H_2O_2 is environmentally friendly because its waste by product is only oxygen and water.

WARNING, SAFETY & STORAGE TIPS

Accidents can occur with H_2O_2 concentrate when safety precautions are not taken and directions are not followed. For this reason, we want to stress some safety and storage tips. Read them carefully and review the way you handle the concentrate to determine whether changes must be made with your handling procedure. When handling 35% H_2O_2 , have water immediately accessible in case of accidents.

1. Keep 35% H_2O_2 concentrate out of the reach of children.
2. Never transfer the concentrate into unlabeled or improperly labeled containers.
3. If 35% H_2O_2 concentrate is accidentally spilled on the skin, flush the area immediately with running water. May cause blindness if splashed in eyes, flush immediately with water.
4. If 35% H_2O_2 concentrate is accidentally ingested, drink large amounts of water to dilute. Stay upright and contact your doctor. It could be toxic or fatal if swallowed at full strength. For best storage 35% H_2O_2 should be kept cool, refrigerated, or in freezer.

DILUTION: To make a 3% solution, mix 11 ounces of distilled or reverse osmosis water with 1 ounce of 35% food grade hydrogen peroxide.

ADDITIONAL USES FOR 35% H_2O_2

For Fruits & Vegetables: Add 1/2 cup 3% H_2O_2 or (1/2 oz. of 35%) to a 1/2 sink full of cold water. Soak 20 minutes & rinse. This process prolongs freshness. If time is a problem, spray with a solution of 3%. Let stand for a few minutes & rinse.

To Freshen Kitchen: Keep a spray bottle of 3% in the kitchen. Use it to wipe off counter tops and appliances. It disinfects all surfaces and is totally environmentally friendly.

In the Dishwasher: Add 4-6 oz. of 3% H_2O_2 (or 1/2 oz. of 35% H_2O_2) to your regular washing formula.

Sprouting Seeds: Add 1 ounce 3% (or 15-20 drops of 35%) to 1 pint of water and soak the seeds overnight. Add the same amount of H_2O_2 each time you rinse the seeds.

Marinade: Place meat, fish or poultry in a casserole (avoid using aluminum) Cover with 3% H_2O_2 , and place in the refrigerator for 30 min. Rinse well.

House and garden plants: Put 1 oz 3% H_2O_2 in 1 qt of water. Mist & water. Fresh cut flowers love it.

Garden Spray: Mix 8 oz black strap molasses or white sugar, and 8 oz 3% (or 3/4 oz. of 35%) H_2O_2 /gallon.

Humidifiers/Vaporizers: Use 1 pint of 3% H_2O_2 (or 2 oz. of 35%) to 1 gal of water.

Washing/Laundry: Add 10 oz. of 3% (or 1 oz. of 35%) to your wash in place of bleaches.

Shower: Keep a spray bottle of 3% H_2O_2 in the shower. Spray your body(not eyes) after washing to replace the acid mantle on your skin that the soap removes.

Facial: Use 3% on a cotton ball as a facial freshener after washing. Keep away from the eyes.

Rejuvenating bath: Use 2-4 quarts of 3% H_2O_2 (or 6-14 oz of 35%) to a tub of water. Detoxifying bath same as above only add 1/2 cup sea salt, 1/2 cup of baking soda, or Epsom salts and soak for 20 min.

Foot Soak: Use 1-2 oz of 35% per gallon of water. For athlete's foot soak nightly until condition abates.

Wound Cleanser: A 3% H_2O_2 solution can be used to clean most human or animal wounds.

Toothpaste & Mouthwash: Use baking soda and add enough 3% H_2O_2 to make a paste or dip your brush in 3% H_2O_2 and brush. For mouthwash, use 3% H_2O_2 with either Aloe Vera or chlorophyll to flavor. Restrict usage if there are mercury amalgams in the mouth.

Hot Tub/Swimming Pool: H_2O_2 is becoming the preferred method of keeping hot tubs and pool water free of algae, bacteria and fungus. It is not necessary but we recommend draining your hot tub and add 3-6 cups of 35% to shock the tub. Let the Hot-Tub stand for one day with the circulation pump running intermittently. Swimming Pool average size needs 6-8 gallons of 35%. Use the test strips to check the level of H_2O_2 until you pick up the pattern of how much H_2O_2 to add and when to add it. Keep the levels at a minimum of 50 ppm+. Add 1-2 cups 35% H_2O_2 for hot tubs and 1/2 to 1 gallon for pools

Sprout Masters circulation of this information is solely to inform and educate. It is intended that our readers will use this information presented in co-operation with recommended reading and health professionals.

Additional links of interest:

www.cancertutor.com

www.landrights.com/Hydrogen_Peroxide.htm

www.oxygenhealth.com

www.earthclinic.com