

HYDROGEN PEROXIDE USES

Laundry:

Add 1 cup of peroxide to your white clothes when washing them to help whiten them.

**Also can be poured directly on clothing to get blood spot out. Let sit for a minute, then rub and rinse with cold water.
Repeat if needed.**

Mouthwash:

Put up to one capful in mouth and swish around for up to 10 minutes. Spit all of it out when done. Then rinse mouth with water.

Vegetable Soak:

**1/4 cup of 3% peroxide to a sink full of cold water.
Can soak vegetables for 20-30 minutes, depending on the thickness of skins.**

Dishwasher:

Add 2 oz. of peroxide to your regular washing formula.

Sanitizing:

**Keep a dark spray bottle of straight 3% peroxide to clean inside refrigerator, counters, table tops, glass and mirrors.
Store in cabinet out of light.**

Dilute peroxide 50/50 with spring water to clean bathrooms.

**Keep 1 spray bottle of peroxide and 1 spray bottle of vinegar.
Spray each on surface for a non toxic cleaner.
When they mix, for a brief time the chemical reaction of the two
make a powerful sanitizer.**

DO NOT mix them in the same bottle.