



Incredible Uses for
8% Food Grade Hydrogen Peroxide!
 ~ A natural health supplement with a myriad of
 benefits for health and wellness ~
Dilution Chart:



Regular strength (3%): 1 part 8% H₂O₂ to 3 parts water

- Clean carpets
- Deodorant
- Clear acne
- Clean fruits & veggies
- Germicide & disinfectant
- Heal boils
- Help plants grow
- Cure canker sores
- Whiten nails
- Disinfect wounds
- Purify water
- Heal athlete's foot
- Kill mites
- Treat colds
- Cleanse sinuses
- Oral health
- Rejuvenating bath soak
- Cure fungal & yeast infections

Double strength (4-5%): 1 part 8% H₂O₂ to 2 parts water

- Lighten hair
- Stain removal
- Degreaser
- Kill mildew
- Whiten linens
- Replace household cleaners
- Remove toxic black mold
- Clean pools
- Clean patios, driveways, & garage floors

Extra strength (8%): Use undiluted!

- Replace bleach
- Oven cleaner
- Clean grout
- Toilet cleaner
- Kill weeds
- Clean hot tubs
- Clean vinyl siding
- Remove stains from wooden decks

Self Medication Against Pathogens*

Add 8% Food Grade Hydrogen Peroxide to 1 cup of water and drink 3 times a day according to this schedule:

Day 1 = 13 drop	Day 9 = 48 drops	Day 17 = 84 drops
Day 2 = 18 drops	Day 10 = 53 drops	Day 18 = 88 drops
Day 3 = 22 drops	Day 11 = 57 drops	Day 19 = 92 drops
Day 4 = 26 drops	Day 12 = 62 drops	Day 20 = 97 drops
Day 5 = 31 drops	Day 13 = 66 drops	Day 21 = 101 drops
Day 6 = 35 drops	Day 14 = 70 drops	Day 22 = 106 drops
Day 7 = 40 drops	Day 15 = 75 drops	Day 23 = 110 drops
Day 8 = 44 drops	Day 16 = 79 drops	Day 24 = 115 drops
		Day 25 = 116 drops

***ONLY Food Grade Hydrogen Peroxide is safe for internal consumption!**



For even MORE uses, info, and to order H₂O₂, Colloidal Silver, Colloidal Gold, Nascent Iodine, Diatomaceous Earth, and 100% Gum Spirits of Turpentine, visit our website:

www.IntoTheGardenOfEden.com