



Incredible Uses for
35% Food Grade Hydrogen Peroxide!
 ~ A natural health supplement with a myriad of
 benefits for health and wellness ~
MUST be diluted for use!



Regular strength (3%): 1 part 35% H₂O₂ to 11 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 35% H₂O₂ to 7 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 (8-9%): 1 part 35% H₂O₂ to 3 parts water

- 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 35% Food Grade Hydrogen Peroxide to 1 cup of water and drink 3 times a day according to this schedule:

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|-----------------|------------------|
| Day 1 = 3 drop | Day 5 = 7 drops |
| Day 2 = 4 drops | Day 6 = 8 drops |
| Day 3 = 5 drops | Day 7 = 9 drops |
| Day 4 = 6 drops | Day 8 = 10 drops |

Working your way up to Day 25 = 27 drops taken in 1 cup of water, 3 times a day

***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