



Food Grade Hydrogen Peroxide

Uses for 34.5% Food Grade Hydrogen Peroxide (H₂O₂) Pure Oxygen + Water

Important Note: 34.5% Hydrogen Peroxide is a highly concentrated solution and very potent. Always handle with care and store securely out of the reach of children. In case of skin contact, rinse immediately with cold water. If it gets into the eyes, flush thoroughly with cold water. It's recommended to store 34.5% Hydrogen Peroxide in a refrigerator or freezer for optimal safety.

Health Tip: Bacteria, fungi, and parasites on fruits, vegetables, meats, fish, and poultry can pose significant, yet often overlooked, health risks. Soaking these items in a 3% hydrogen peroxide solution can help eliminate harmful contaminants and reduce pesticide residue on produce.

How to Dilute: To create a 3% hydrogen peroxide solution, mix 1 ounce of 34.5% hydrogen peroxide with 11 ounces of distilled or filtered water.

Common Dilutions Chart:

**Note, it's recommended to wear gloves. Avoid getting the direct concentrate on your skin. If you get a little on your fingers, just rinse with sink water thoroughly.

Desired Size	34.5% Hydrogen Peroxide	Distilled Water
16oz (Pint)	2 ½ tablespoons	1 ⅞ cups
32oz (Quart)	¼ cup + 1 tablespoon	3 ½ cups + 2¾ tablespoons
128oz (Gallon)	Approx 1¼	1¾ cups

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Personal Uses for Hydrogen Peroxide

- **Athlete's Foot:** Soak feet for 10-20 minutes each night in 3% hydrogen peroxide until the condition improves.
- **Detox Bath:** Add 1 cup of 34.5% hydrogen peroxide to a full bathtub for a detoxifying soak. (Tip: Avoid using this bath after 6-7 PM, as the increased oxygen absorption may keep you awake.)
- **Douche:** Mix 5-6 tablespoons of 3% hydrogen peroxide with 1 quart of distilled or filtered water.
- **Enema:** Combine up to 6 tablespoons of 3% hydrogen peroxide with 1 quart of distilled water (maximum).
- **Foot Relaxer:** Add 1 cup of 3% hydrogen peroxide to 1 gallon of warm water, and soak feet for 30 minutes.
- **Post-Shower Skin Spray:** After showering, spray skin with 3% hydrogen peroxide to restore its natural protective barrier (the acid mantle), which can be stripped away by soap.
- **Facial Freshener:** After cleansing, saturate a cotton pad with 3% hydrogen peroxide and gently wipe over your face and neck for a fresh, rejuvenating feel.
- **Mouthwash:** Upon waking, rinse your mouth with water, then gargle and swish 3% hydrogen peroxide for 30 seconds to 1 minute. (Tip: Add a dash of chlorophyll for flavor and extra benefits.) This can help in preventing colds. Note, this is not a daily use, recommended to use 3 times a week. Excessive use can result in damage to fillings and gums.
- **Nasal Spray:** Add 1 tablespoon of 3% hydrogen peroxide to 1 cup of pure water and spray into nasal passages to relieve congestion.
- **Toothpaste Alternative:** Mix baking soda with 3% hydrogen peroxide to create a paste, or dip your toothbrush directly into 3% hydrogen peroxide before brushing for a natural clean.
- **Denture Soak:** Soak dentures in 3% hydrogen peroxide for 30-60 minutes or overnight for a deep clean.



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- **Natural Deodorant:** Saturate a cotton pad with 3% hydrogen peroxide and apply it to underarms as a natural deodorant.

Additional Uses for Hydrogen Peroxide

- **Skunk Deodorizer for Pets:** If your pet is sprayed by a skunk, mix ½ cup baking soda, 1 quart of 3% hydrogen peroxide, and 1 teaspoon of mild soap (such as Ivory). Use this solution to wash your pet, avoiding contact with their eyes. Rinse thoroughly with clean water.
- **Vaporizer:** Add 1 ounce of 34.5% hydrogen peroxide per gallon of water in a vaporizer to improve nighttime breathing and help relieve sinus and bronchial congestion.
- **Vegetable Soak:** Instead of using harsh chemicals, add ½ cup of 3% hydrogen peroxide to 1 gallon of cold water. Soak light, leafy vegetables for 15-20 minutes, and thicker-skinned produce (like apples, cucumbers, and tomatoes) for 30 minutes. If short on time, simply spray vegetables with 3% hydrogen peroxide, let sit for a few minutes, then rinse and dry.
- **Marinade for Meats:** Place meat, poultry, or fish in a glass, stainless steel, or ceramic dish (avoid aluminum), and cover with 3% hydrogen peroxide. Loosely cover and refrigerate for 30 minutes to 1 hour, then rinse thoroughly before cooking.
- **Kitchen Cleaner and Freshener:** Keep a spray bottle of 3% hydrogen peroxide in the kitchen. Use it to disinfect countertops, appliances, and even inside the refrigerator for a fresh, clean smell. It's also effective on Formica surfaces.
- **Dishwasher Boost:** Add 2-3 ounces of 3% hydrogen peroxide to your regular dishwasher cycle to enhance cleaning power. You can also add the same amount when washing dishes by hand.
- **Laundry Alternative to Bleach:** Replace bleach by adding 6 ounces of 3% hydrogen peroxide to a small load of laundry or 8 ounces for a large load.
- **Mold Remover:** Spray or wash surfaces such as floors, walls, and furniture with 3% hydrogen peroxide to clean and remove mold.