

# GROW FRESH AIR

## FACT SHEET

Having plants indoors helps to clean volatile chemicals from the environment and increases oxygen, creating better quality air... something we all need!



We spend so much of our free time looking after our bodies and de-toxing with exercise and organic foods, but what about the air that we breathe?

It is well known that indoor environments can be more polluted than the outdoors.

Chemical emissions in the form of volatile particles come from a range of sources including plastics, upholstery, cosmetics, cleaning products, computers, paper towels and even some shopping bags.

Among some of the chemical emissions reportedly found within homes and offices are alcohols, formaldehyde, benzene, chloroform, ammonia and acetone.

Plants have a remarkable ability to remove these chemicals from the air indoors.

As little as one potted plant in your home or office can make a difference.

## Lintons Recommends

Lintons recommends the following plants to assist in removing volatile chemicals from indoors.

1. Kentia Palm
2. Anthurium
3. Maiden Hair Fern
4. Bromeliad
5. Peace Lily
6. Phalaenopsis Orchid
7. Cyclamen
8. Blechnum Fern

## How Plants Help Provide Clean Air

- Carbon dioxide and other chemicals in the air are absorbed through microscopic breathing openings in the plant leaves called stomata.
- Plants convert the carbon dioxide into oxygen and release it into the air.
- Plant root microbes absorb volatile chemicals and use them as food.

Pick up your own natural air filter today at Lintons and purchase an indoor plant.

## Contact Us

Email: [lintons@lintons.com.au](mailto:lintons@lintons.com.au)  
Phone: 03 9215 1500  
Cnr Nepean Highway  
& Canadian Bay Road  
Mt Eliza, VIC, 3930

