

## INDOOR AIR POLLUTION

We all know how important it is to help clean and maintain air quality outside but many people don't realize that indoor air pollution is one of the fastest growing environmental problems we face today. The alarming fact is electrical equipment, furniture, cleaning products and building materials all release trace amounts of toxins such as carbon monoxide, benzene, formaldehyde, and xylene into our homes and offices.

## HOUSEPLANT HELPERS

Houseplants are a wonderful way to beautify and cheer up your indoor spaces but the fact that they are exceptional air purifiers is often overlooked. Houseplants improve air quality by absorbing toxins along with carbon dioxide. Within their leaves, microorganisms break down the chemicals naturally. The plants then release fresh, clean oxygen for us to breathe.

One study conducted by NASA suggests using one houseplant per 100 square feet of floor space for most effective pollution control.

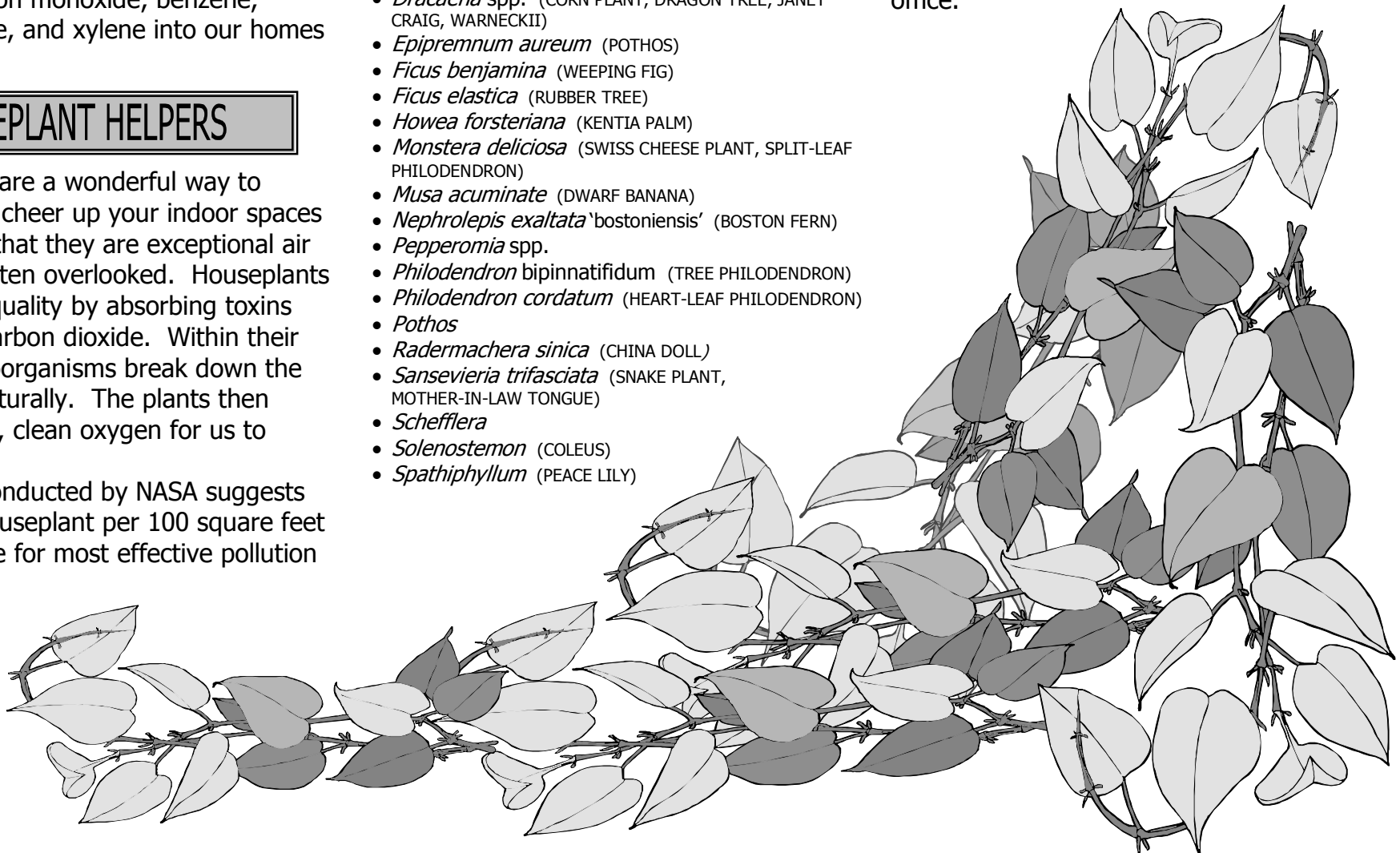


## THE PLANT FOR THE JOB

- *Aloe vera*
- *Aglaonema commutatum* (CHINESE EVERGREEN)
- *Chamaedorea elegans* (PARLOR PALM)
- *Chlorophytum comosum* (SPIDER PLANT)
- *Chrysalidocarpus lutescens* (ARECA PALM)
- *Codiaeum variegatum* (CROTON)
- *Ctenanthe oppenheimiana*
- *Dieffenbachia seguine* (DUMB CANE)
- *Dracaena* spp. (CORN PLANT, DRAGON TREE, JANET CRAIG, WARNECKII)
- *Epipremnum aureum* (POTHOS)
- *Ficus benjamina* (WEEPING FIG)
- *Ficus elastica* (RUBBER TREE)
- *Howea forsteriana* (KENTIA PALM)
- *Monstera deliciosa* (SWISS CHEESE PLANT, SPLIT-LEAF PHILODENDRON)
- *Musa acuminata* (DWARF BANANA)
- *Nephrolepis exaltata* 'bostoniensis' (BOSTON FERN)
- *Peperomia* spp.
- *Philodendron bipinnatifidum* (TREE PHILODENDRON)
- *Philodendron cordatum* (HEART-LEAF PHILODENDRON)
- *Pothos*
- *Radermachera sinica* (CHINA DOLL)
- *Sansevieria trifasciata* (SNAKE PLANT, MOTHER-IN-LAW TONGUE)
- *Schefflera*
- *Solenostemon* (COLEUS)
- *Spathiphyllum* (PEACE LILY)

## GROWTH REQUIREMENTS

Keep in mind that different houseplants have different needs. Variables such as light, humidity, water and plant size are all important considerations when choosing houseplants. Please refer to care instructions or ask an employee for assistance when selecting the right air-cleansing houseplant for your home or office.



## COMMON INDOOR POLLUTANTS AND THEIR SOURCES

**FORMALDEHYDE** CARPETING, PRESSED WOOD  
FOAM INSULATION,  
FIBERWOOD PRODUCTS  
(*SUCH AS PANELING*)  
HAIR SPRAYS, MANY  
HOUSEHOLD PAPER ITEMS  
AND CLEANING PRODUCTS



**BENZENE** GLUE, SPOT REMOVERS,  
OILS, PAINT, INKS,  
VARNISH, RUBBER,  
PLASTIC PRODUCTS,  
CLEANING RESIDUE  
PAINT STRIPPER



**HYDROCARBONS** VINYL PRODUCTS, (*SUCH  
AS FURNITURE &  
FLOORING*) DETERGENTS  
AND FABRIC SOFTENERS



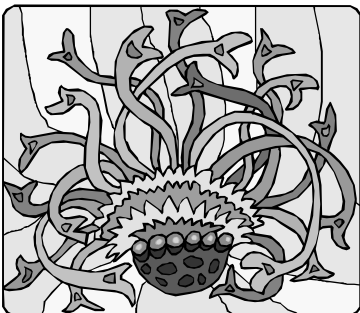
**TRICHLOROETHYLENE** INKS, PAINT, LACQUER,  
VARNISHES, ADHESIVES  
(*SUCH AS RUBBER CEMENT  
EPOXY, SPRAY-MOUNT*)



**METHYLENE CHLORIDE** PAINT STRIPPERS AND  
REFINISHERS, MANY  
AEROLSOL PRODUCTS



THESE ARE JUST A FEW  
PRODUCTS THAT WE  
FIND IN EVERYDAY  
HOUSEHOLD ITEMS!



## HOUSEPLANTS CLEAN THE

# AIR WE B R E A T H E



PORTLAND  
NURSERY

