

THE 10 BEST PLANTS TO CLEAN YOUR INDOOR AIR

The NASA Clean Air Study identified the top plants you can use to improve your indoor air quality. It's best to have about one potted plant for every 100 square feet. Many of the plants on NASA's list are affordable and remove significant amounts of indoor pollutants that contribute to 'sick building syndrome.' Symptoms range from allergies, asthma, headaches and fatigue to nervous-system disorders, respiratory issues and chronic illnesses including cancer.

The benefits expand beyond your home as well. Plants can create healthier air in hospital rooms, office cubicles, and hair or nail salons. The top ten plants for removing formaldehyde, benzene, and carbon monoxide from the air are:



1 ARECA PALM

Also called the "living room plant". Best suited for humid environments. It can reach 10 to 12 feet in height. This plant was rated best for removing all indoor air toxins tested. It removes CO₂ and converts it into oxygen.

2 LADY PALM

A tall, fanned-leaf plant, the Lady Palm removes trichloroethylene, xylene, toluene and ammonia; which is toxic to the respiratory system and found in cleaners, textiles, and dyes. The "Lady Palm" grows slowly, but is easy to maintain.

3 BAMBOO PALM

Also called the "reed palm." This plant pumps much needed moisture into the air and can grow to 6 feet tall. Rated top for removing benzene, trichloroethylene and formaldehyde.

4 RUBBER PLANT

A great all-around plant, this grows nicely indoors, but avoid direct sunlight. The Ficus grows to 8 feet tall and is especially good at removing formaldehyde.

5 ENGLISH IVY

This climbing vine is great at removing benzene and especially formaldehyde. Formaldehyde is a common household pollutant found in floorboard, insulation, MDF particleboard and wrinkle-free or easy care draperies. It also removes benzene, trichloroethylene, xylene and toluene.

6 JANET CRAIG (DRACAENA)

The Dracaena grows to 10 feet tall. It's easy to grow and is best suited for bright indirect sunlight. Keep the soil moist and mist frequently with warm water.

7 DWARF DATE PALM

This is great at removing xylene. A hardy, drought-tolerant and long-lived plant. It grows slowly, reaching heights between 8 and 10 feet. Avoid placing near children's play areas because it has sharp needle-like spines near the base of the leaf stem.

8 BOSTON FERN

A great plant for indoor hanging baskets and dry climates. The Boston Fern is great at removing formaldehyde, which is found in some glues, as well as pressed wood products, including cabinetry, plywood paneling, and furniture. Take note that it's prone to spider mites and whitefly (spray with soapy water to avoid).

9 FICUS ALII

The Ficus Alii grows easily indoors, and resists insects. It prefers a humid environment and low to medium light indoors. Soil should be kept moist but allowed to dry between watering.

10 PEACE LILY

One of the few flowering plants, the Peace Lily is great for bathrooms and laundry rooms! It removes mold by absorbing airborne spores. In bathrooms, it's a great way to keep mold and mildew at bay from tubs, showers and shower curtains. The Peace Lily removes benzene, formaldehyde, trichloroethylene, xylene, toluene, ammonia and acetone emitted by electronics, adhesives, and certain cleaners. It's a hearty plant that prefers indirect sunlight and high humidity, but can be toxic to pets.

Bonus fact!

What if I told you there were 3 common plants you can grow indoors to supply ALL of your oxygen needs without fresh air?

They are:

1. Areca Palm (see previous page).
2. Mother-in-laws Tongue (ie: the Bedroom Plant): It converts CO2 into oxygen at night.
3. Money Plant: Removes formaldehyde and other VOC's.