



Some interesting facts about hydrogen peroxide

- It is found in all living material.
- Your white blood cells naturally produce hydrogen peroxide (H₂O₂) to fight bacteria and infections.
- Fruit and vegetables naturally produce hydrogen peroxide. This is one of the reasons why it is so healthy to eat fresh fruit and vegetables.
- It is found in massive dosages in the mother's first milk, called colostrum, and is transferred to the baby to boost their immune system.
- It is found in rain water because some of the H₂O in the atmosphere receives an additional oxygen atom from the ozone (O₃) and this H₂O₂ makes plants grow faster.
- Adding Hydrogen Peroxide to water produces oxygenated water and can be considered safer than the use of chlorine bleach in a water treatment process. Eliminating the factor of [water borne diseases](#) and illnesses by removing harmful contaminants such as bacteria, chemicals, and reintroducing oxygen to create safe drinking water.
- Hydrogen Peroxide has been introduced as a first aid and household cleaning staple for many years. It's uses are many and the effects of using vary from health and wellness applications
- Using [Hydrogen Peroxide to purify water](#) has been shown to create a higher level of oxygen in water which in turn is healthier for the body. Hydrogen Peroxide has been known to be a cleansing agent for eliminating toxins in the body's system. Added in small amounts to water, Hydrogen Peroxide's benefits can be a healthy alternative to bleaching water for safe clean water.
- Large water treatment plants use (H₂O₂) for treating sewage water in water treatment plants.
- Eliminates the possible harmful effects of chlorine bleach.

Related articles

- [Hydrogen Peroxide for Controlling Reduced Sulfur Compounds](#)
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