

Shaklee Get Clean Mixture & Usage Guide

**Products that are safe for your family, your pets,
your home and your planet.**



**SAFE
POWERFUL
GREEN
SMART**



Eliminate **108 pounds** of
packaging waste from landfills

Eliminate **248 pounds** of
greenhouse gas emissions

It's the equivalent of planting
10 trees

What are the risks from toxic chemicals in our homes?

Over 90% of poison exposures happen at home.

Synthetic chemicals are everywhere in our homes and environment. The risks of some are known -- others, nobody knows yet.

- 75,000 synthetic chemicals are registered with the Environmental Protection Agency (EPA).
- 250 billion pounds of these chemicals are produced every year.
- Only a fraction of these have been fully tested for human health concerns -- according to the EPA.
- The National Toxicology Program found that 150 chemicals present in the home and frequently found in household cleaners are associated with allergies, birth defects, cancer, and psychological or neurological disorders.

These synthetic chemicals have been found in the blood of children and adults--even in the cord blood of newborns!

- Analysis of cord blood of newborn babies at Mt Sinai Hospital found more than 200 chemicals in the blood stream at birth!
- A recent study on adults found a total of more than 200 synthetic chemicals in their blood -- with an average of 67 different chemicals in each individual.

Serious illnesses are increasing among children and adults.

- Women who work at home have a 54% greater death rate from cancer, according to a 15 year study reported at the Toronto Conference. Researchers concluded that the increase resulted from increased exposures to toxins in the home.
- 90% of poison exposures occur in the home.
- There has been a 26% increase in the rate of childhood cancers.
- 1 in 13 school aged children today has asthma.
- The rate of asthma among children under 5 years of age increased more than 160% between 1980 and 1994.
- The incidence of Attention Deficit Disorder, autism and other developmental/behavioral issues has increased substantially and the exact causes have not been determined.

Simple logic tells us there *may* be a connection among these known facts. The wise approach is to **get the chemicals out** of our homes and make our families safer.

Many all-purpose cleaners may contain toxins that can be absorbed through the skin or inhaled. Synthetic solvents may cause hormone disruptions. Organic solvents such as butyl cellosolve are neurotoxins and nasal irritants. Shaklee Get Clean Products do not contain these or other hazardous ingredients.

CHLORINE is the chemical most frequently involved in household poisonings in the U.S. May cause reproductive, endocrine and immune disorders.

DEGREASERS may contain petroleum distillates, which can damage lung tissues and dissolve fatty tissues around nerve cells.

GLASS CLEANERS may contain ammonia. The fumes from ammonia can irritate the skin, eyes and respiratory system.

OVEN CLEANERS are one of the most dangerous cleaning products which can cause severe damage to eyes, skin, mouth and throat.

TOILET BOWL CLEANERS are an extremely dangerous cleaning product, which can be harmful just by breathing the fumes and fatal if swallowed.

MOTHER NATURE all of these products have residue which is washed down the drain and into the aquifer. Logic says that can't be good.



ALL GET CLEAN PRODUCTS ARE:

SAFE

non toxic
no toxic fumes
Hypoallergenic
no hazardous chemicals
no naphthalene
no kerosene
no formaldehyde
no phenol
no cresol
no lye
no hydrochloric acid
no sulfuric acid
no petroleum distillates
no benzene
no ammonia
no Para dichlorobenzene
no sodium hydroxide
no butyl
no phosphoric acid

GREEN

biodegradable
no chlorine
no phosphates
no nitrates
no borates
no animal testing
recyclable packaging
recyclable wipes



100% Money Back Guaranteed



The mixture and usages in this guide are a collection from people using Shaklee and are not from the Shaklee Corporation. Follow all product directions and fabric labels. Results may vary so try mixture on a small unnoticeable place first. Shaklee products are registered trademarks.

HOUSEHOLD CLEANERS AND MORE!
Get Clean Basic-H2 SAVES you money!
1001 uses • 100% Organic

"I clean with Basic-H2 because I trust it!"

BASIC H2

SUPER CONCENTRATED – One bottle seems to last forever! Just one quart mixed with water makes from 50 to 190 gallons of cleaning solution, depending on the usage.
POWERFUL – works quickly to lift dirt and oil from surfaces and hold them in suspension so they can be wiped away.
VERSATILE – Does all the everyday jobs: Windows, floors, walls, bathtubs, awnings, countertops, even barbecues.



MIX YOURSELF & SAVE MONEY!

BASIC H2 HOUSEHOLD USES:

GLASS & WINDOW CLEANER - Mix ONLY 1-2 drops in 16 oz spray bottle of water (bottles available from Shaklee). If smearing occurs mixture is TOO strong – add water to dilute. Shaklee's window cleaner is less than a penny per bottle! Mix Yourself and SAVE over \$3 on EVERY bottle.

GENERAL SPRAY CLEANER less than 3 cents per 22 oz. In the Store Fantastik \$2.29 per 22 oz. Mix Yourself and SAVE over \$2 on every bottle. **MIX** ¼ tsp in 16 oz spray bottle of water.

GENERAL CLEANING: ¼ to ½ tsp in qt. of warm water. Clean doors, walls, woodwork, appliances, bathroom fixtures & tile.

FLOORS: 1 Tbsp per gal water. Leaves floors shining.

A FEW OF THE 1001 USES of Basic H2

FRUITS & VEGETABLES: Use 1/8 tsp Basic H2 in pint of water (spray bottle) or basin. Wash & rinse immediately. Helps remove spray residue, dirt & waxes, also removes grit from leafy vegetables.

DUSTING: Use glass solution 1-2 drops in 16oz bottle. Dry with clean cloth. Leaves wax finish beautifully bright & dust repellent, less dusting required. OR use Basic H2 Wipes.

OUTSIDE WINDOWS: 1/2 tsp in "Ortho-type" sprayer filled with water. Makes 2 gallons of solution for windows & screens, squeegee dry.

WALLPAPER Excellent for removing wallpaper. 1/2 Tbs per gal of water. Soak wallpaper with sponge & peel or scrape.

COFFEEMAKERS: Dilute 1/8 tsp. Basic H2 in pot of water. Run through cycle & coffee stains will rinse away.

DISHES: Fill dirty pans with water, add 1/2 tsp Basic H2 and let stand to loosen stuck particles.

APPLIANCES AND BATHROOM FIXTURES: Use 1/4 tsp to pint of water. It leaves refrigerators odor-free and sanitary. Great for bathroom tile!

HAND WASHABLES - Woolens, Silks, Nylons, All Fine Fabrics: Use 1/2 tsp basin of water. For spots, apply a drop or two directly on the spot and press in with thumb. Soak garment in cold water solution of 1 tsp per gallon of water, let stand a few minutes, then rinse by squeezing water through and laying out to dry.

IRONING: 1-2 drops in steam iron keeps the jets & interior clean.

SPOT REMOVER: Apply Basic H2 directly on spotted area. Use a toothbrush or finger to rub Basic H2 into area. Wipe off with damp cloth or rinse in basin of water (Coffee, lipstick, ink, grass, etc).

AIR FILTERS: 1/4 tsp to qt warm water. Filters are cleaned free of dirt, oil or chemical residue.

FRYING VATS: Use 1/2 C to 3 gallons of water. Boil for 5 minutes, stirring constantly. Dissipates stubborn crusts without damage to vats.

CONCRETE AND MORTAR MIX: Use 1/2 oz. to a gallon of water. Makes cement and mortar spread easier and smoother, set harder.

KNIVES: Use a few drops on cutting stone for sharpening knives. Keep moist and add as needed. Doesn't clog stone, which is very important in sharpening tools.

CD, DVD and Records: Use glass solution (1-2 drops in 16oz bottle of water). Clean with soft, dry cloth. It leaves no residual magnetism.

PROTECTING HANDS – Apply Basic H2 full strength to hands & allow to dry for lasting protection as an "invisible glove" before painting or messy chore.

PLUMBING – Will keep pipes clean & free-running when used regularly to wash hands, pots and pans at sink. It emulsifies grease and can eliminate cleaning of grease traps.

PRESSURE WASHER – 1/2 oz Basic H2 to 20 gallons water. Heavy Duty – use 1 or 2 oz per gallon water. Leaves a luster to homes, R.V.'s etc.

HUMIDIFIERS – Use 1 to 2 drops in humidifier water to help prevent rust and scum.

KNIVES – Use a few drops on cutting stone for sharpening knives. Keep moist and add Basic H2 as needed. Doesn't clog stone – very important when sharpening tools. Stone rinses free of residue.

CRAYON – Use full strength to remove from walls.

CAMPING & BOATING—BASIC H2

BUG REPELLENT: Rub Basic H on neck, arms, hands and face. Flies, Mosquitoes, Chiggers & Fleas will not bite where Basic H has been applied.



CLEANING & WASHING: Coat bottoms & sides of pots & pans with Basic H before placing over campfire. Black soot just slides right off when you wash. Basic H is all you need to take for dishwashing, bathing, shampooing & laundry. It even works in cold stream water & because it's organic & Biodegradable it won't harm fish, vegetation or wildlife!

WASH YOUR R.V., BOAT & CAMPER: ½ Tbsp per gallon of water. Great for awnings too.

BOAT ALGAE: ½ Tbsp Basic H per gallon of water.

FISH ODORS: ½ Tbsp Basic H per quart of water. Basic – H works wonders around boats, docks, and other 'fishy' places.

PERSONAL USES – BASIC H2

LIQUID HAND CLEANER: Mix ¼ Basic H2 & ¾ water in pump dispenser by sinks. Will not dry or irritate hands like soaps. Moistens, Softens & Protects Hands!

BATHS: 1 tsp. per tub of water (bubble bath). No bathtub ring or soap residue on tile from showering. Also helps relieve itching.

GUM: Use full strength to remove gum from skin, hair, carpets.

PET USES – BASIC H2

Personal & Pet uses of these products are from Shaklee customer's experiences and not from Shaklee Corporation.

NO TOXIC CHEMICALS! SAFE FOR MOST ANIMALS.
Keep out of eyes. Do Not Use On Cats

FLEA DIP & SHAMPOO - 1 Step
Apply Basic H2 half strength to your dog. Low Suds, Great Action. Lather Pet & wait 5 to 10 minutes – Rinse Off.

REGULAR SHAMPOOING - ¼
Tbsp. Of Basic H2 to gallon of water. Makes coats very shiny and healthy.

KEEP FLEAS OFF! Use full strength in a spray bottle – Mist dog before letting outside. Helps repel fleas!



GREAT FOR HORSES - BASIC H2

SHAMPOOING HORSES – 1 Tbsp
Basic H2 in 5 gallons of water.

FLY SPRAY – 2 oz Basic H2 + 14
oz water in 16 oz spray bottle. Great for Cows too. For all your 4H animals. Shiny Coats! "Repel X" and "Swat" over \$10 qt. Basic H2 only \$1 qt.



CLEAN UP – Basic H2 is used to wash water buckets & tack.
½ Tbsp. To 1 gallon of water.

HORSE STABLE AREA – 1 Tbsp. Basic G in 1 gallon water.
Spray daily.

GARDENING & PLANT CARE - BASIC H2

HOUSE PLANTS – 2 drops in a gallon of water. Water plants & they will flourish. Use to wipe down leaves – cleans and shines!

ROSE BUSHES – ½ tsp. per gallon of water. Spraying rose bushes will protect them from red spider mites & other infestations & diseases.

GREENER LAWNS – 1 Tbsp. In “Ortho-type” sprayer applicator full of water. Makes 2 gallons of Basic-H solution. Irrigate Immediately.

RECYCLING TIP – Dispose of used Basic H cleaning solution on your shrubs or lawn – for greener & healthier yard.



PESTICIDE – NON – TOXIC



BUG REPELLENT – Rub Basic H2 full strength on neck, arms, hands and face. Flies, Mosquitoes, Chiggers and Fleas will not bite where Basic H has been applied. Keep out of Eyes

FLEAS INSIDE - Mix ½ tsp. Basic H2 in 16 oz water, spray floors, baseboards, etc.

YARD SPRAY TO RID OF FLEAS – In hose spray bottle, fill with water, add 1 capful of Basic H2 & 1 capful of Basic G. Attach to hose & spray yard every 10 days for 3 applications. Use twice a year thereafter to control. Rinse all Plants thoroughly.

OTHER GET CLEAN PRODUCTS

Get Clean Basic H2 Wipes

Convenient & Biodegradable!

- ◆ Strong & Sturdy
- ◆ Perfect for quick clean up
- ◆ Removes dirt, grease, grime
- ◆ No residue
- ◆ Windows and mirrors too!
- ◆ Dusting
- ◆ Computer Keyboards

Keep one in the kitchen and each bath!



Get Clean Germ Off Disinfecting Wipes

Kills 99.9% of Salmonella & E.coli

- ◆ For hard, non-porous surfaces
- ◆ Cleans & Disinfects
- ◆ Kills odor causing bacteria
- ◆ Wipe, air dry, rinsing only if direct contact with food.

Disinfectant, Cleaner, and Deodorizer



KITCHEN

Get Clean Dish Wash Concentrate

- ◆ Tough on grease
- ◆ Fresh scent
- ◆ Easy on your hands
- ◆ Leaves dishes sparkling clean
- ◆ Great for hand washing dishes, pots and pans.
- ◆ Cuts through heavy grease and baked-on food



Get Clean Dish Wash Automatic Concentrate

- ◆ Unique grease-cutting formula
- ◆ Concentrated for more loads per box, which means less packaging waste!
- ◆ Will run 4 time the number of dishwashing loads as the leading brand.
- ◆ Dissolves quickly, won't clog or cake
- ◆ Effective in hard water
- ◆ Bath Tubs – sprinkle, scrub & rinse
- ◆ White Wall Tiles – make a paste with the concentrate & water, brush on and rinse off



Get Clean Scour Off Heavy Duty Paste

Heavy duty scouring cleaner

- ◆ No Harsh chemicals – No Toxic Fumes
- ◆ Safe Natural Abrasives – Won't Scratch Most Surfaces
- ◆ Best Stainless Steel Cleaner on the market!
- ◆ Use in place of scouring powders or liquids
- ◆ For sinks, showers stalls, tubs and tiles.
- ◆ Chrome and Stainless Steel apply with wet cloth, let stand, polish with dry cloth
- ◆ Ovens and Barbecue Grills
- ◆ Rust Remover



You'll LOVE this product! Smells great too!

LAUNDRY ROOM

Get Clean Fresh Laundry Concentrate (Liquid & Powder)

- ◆ Superconcentrated - 1-2oz per load
- ◆ Natural formula outperforms leading detergents
- ◆ Fragrance or fragrance free
- ◆ Powder – only ¼ cup to a full load of wash
- ◆ Liquid super concentrated detergent 1-2oz per load
- ◆ Use as stain & spot remover, outperforms big name spot removers
- ◆ Liquid formulated for standard and HE washers



Get Clean Soft Fabric Concentrate

- ◆ Superconcentrated—32oz softens 64 loads!
- ◆ Add to rinse cycle
- ◆ Naturally softens
- ◆ Reduces wrinkles
- ◆ Removes static cling
- ◆ Dryer – spray 6 or 7 times in dryer, add clothes— spray bottle mixed with half water, half softener or spray on a wash clothe
- ◆ Great room & auto air freshener



Get Clean Soft Fabric Dryer Sheets

- ◆ Fragrance Free (no dyes)
- ◆ Vegetable based, biodegradable, recycle sheets!
- ◆ Safe with all washables
- ◆ Prevents wrinkles
- ◆ Softens clothes



Get Clean Nature Bright

Laundry Booster and Stain Remover

- ◆ All color fabric whitener
- ◆ A bleach without bleach!
- ◆ Brightens colors, whitens whites, & removes tough stains
- ◆ Uses natural enzymes and active oxygen to re-brighten laundry, de-stain upholstery, and more



Basic G Concentrated GERMICIDE

Disinfect, Clean, and Deodorize in 1 Easy Step

- ◆ EPA registered GERMICIDE
- ◆ Tough on Germs, Gentle on the Earth
- ◆ Disinfectant for less than 2 cents bottle!
- ◆ 1 qt of Basic G makes over **500** 12oz bottles of antibacterial cleaner like Lysol and Clorox



Mix yourself & **Save over \$3** on every bottle!
Mix 1 tsp. to 16 oz spray bottle
Mix 1 Tbsp. To 1 gallon water

Basic G has a three year shelf life. Its residual effectiveness lasts up to three days after application. Chlorine Bleach used as a disinfectant is effective no more than one hour. Great wherever disinfectants are used!

Basic G is Most Effective!

Keeps killing up to three days!

- ◆ Kills 44 types of bacteria, fungi and viruses – including HIV virus
- ◆ Use in bathrooms – toilets, garbage & diaper pails, appliances & pet areas
- ◆ Keep in spray bottle at kitchen sink – spray countertops, cutting boards, faucet and refrigerator handles after preparing eggs, chicken and meats to kill Salmonella. Use paper towels as not contaminate your dish cloth. Rinse Well.
- ◆ Kills several animal viruses, including Canine Parvovirus & Feline Leukemia.
- ◆ Use as an air Freshener! Safe for stainless steel & aluminum! Spray in A/C vent
- ◆ Spray on carpets and vacuum to eliminate odor.
- ◆ Swimming Pool Deck – 1 Tbsp. Of Basic G in 1 gallon of water, apply twice weekly kills bacteria and prevents infections.



Favorite Shaklee Cleaning Mixtures

Nature Bright and Blueberry Stains

My husband dropped his Blueberry Protein shake on my cream colored carpet. We got the worst of it up using towels soaked with water and a little Basic H2. There were still huge stains, some of them 12 inches long & 6 inches wide, splatters all over the place. I immediately thought of something I had heard about Nature Bright and its stain removal powers, so I dissolved 4 tablespoonfuls in 6 cups of hot water, enough to soak a hand towel in, and started scrubbing the spots with a really wet towel. I could hardly believe it when all the dark blue stains came out. It is a miracle worker. **Lela**

Sink Stains & Marks Gone

I have a white porcelain sink. When the bottom gets discolored, I put a couple of inches of the hottest water in the bottom and pour in a about 3 to 4 tablespoons of Nature Bright, swirl to dissolve a bit and walk away. Come back in a couple of hours, drain and rinse. You have the brightest sinks around. Then for the sides that gets marks from pans and things, I use the Scour Off Paste and scrub with a miracle pad or scrubby. **Jan**

Rash Helped with Shaklee Laundry

After my surgery, I broke out in a rash that wouldn't go away. The doctor put me on steroids for 6 days which helped clear the areas most affected. However, the rash persisted in a more mild degree and was still itching most of the time. The Oncologist, by looking at the blood test results and the rash, thought perhaps it was caused by the soap I used. I was using Lever for showering and afterwards the itching modified so I looked at the laundry soap. I had been using "baby" laundry detergents for washing clothes but these detergents were both liquid types and they didn't seem to be helping the situation. So, in my last Shaklee order I purchased a non perfumed, "powdered" laundry detergent. I've washed about 5 loads now including sheets and pillowcases. The rash has just about disappeared! Just small trace on my arms and this will be gone by the time you read this. **Gloria**

Quick Floor CleanerI used "Swiffer Wet" cloths as quick way to wash my kitchen and bathroom floors, but I didn't like the chemical smell. Now I dip a washcloth in water with Basic H2, wring it out and attach it to my swiffer. I can quickly get up muddy paw prints with no offensive smell. **E.**

Get Rid of Soap Build

Use a wet miracle pad with Scour Off Heavy Duty Paste and Plenty of warm water. Rub or brush gently, and enjoy the fragrance. Rinse with clear water. Wipe down with a solution of 1 Tbsp. Basic G per gallon of water to kill mildew. If mildew is lodged in grout or seams, brush with full strength Basic G, let set, rinse.

Never Clean your Shower Again

After cleaning and removing all the scum and gunk from your shower, ONLY use Shaklee products to bathe with as they won't leave any nasty residue. You can bathe with the Meadow blend Bar, Hand Wash Concentrate, Small Wonder shampoo and Baby Bath, or En-fuselle Shower Gel. Your skin will feel great since these plant-based products are soap free, effective, and totally safe. When you use only Shaklee ProSante' shampoos and Conditioners, there will be no ugly residue collecting in your tub and on the tile or glass walls. None of these products leave any bathtub ring!

Ironing Made Easy

I routinely use a sprayer bottle with ¼ oz of fabric softener to 16 oz water to iron clothes with. It gives the appearance of starching, with little stiffness. The Garment is incredibly soft and has nice light fragrance also. This mixture is exceptional when pressing silk and leaves the silk even softer, if you can believe it. **Jayme**

Removing Labels

I continue to be amazed by Shaklee products after all these many years! My latest adventure was removing price stickers from the glass of picture frames. Today I moistened the sticker with a little Basic H2 and water and then I put a small amount of Scour Off on a wet cloth and rubbed the sticker.... All of the paper and the glue came off instantly! In the past I would have used the H2 and water and the paper part would come off just fine, but would have to work a little to get the glue off, not so with the Scour Off. **Lorri**

Note: Shaklee tells us that mixing other Shaklee cleaners with Basic G reduces Basic G's effect. Keep in mind as you read some the mixtures popular in the field, that Basic G is itself a cleaner as well as a germicide.