

CHECKING FOR STABILIZERS IN H2O2

Ted from Bangkok writes, "There is a simple way to see if Hydrogen Peroxide contains stabilizers: Pour 1/2 cap of hydrogen peroxide in a glass of water. If the color has yellow (or other off colors), it has a stabilizer. It is best to set it out in the sun where it is easier to see. If the H2O2 remains colorless when mixed in a glass of water, it usually does not have a stabilizer.

Almost all H2O2 sold in drug stores will have stabilizers, actually to discourage people to use them internally. So you can use this as a way to compare them. Basically, H2O2 poured into a clean glass and left out in a sun covered by a dish should not have air bubbles. If it does, there are metal contaminants. If you are asking for trouble, a drop of ammonia solution in H2O2 mixed in water will cause a rapid air bubble generation. It is more unstable if it has stabilizers. You can try the experiment and compare the results.

The test for this is not perfect one, but the key is the color, even when you add just a small amount of water in direct sunlight. Also, a good quality H2O2 doesn't get small bubbles during storage.

By the way, an easy way to test the quality of your drinking water is to add 10% of 3% H2O2 to 90% Water and perform the test by noticing air bubbles. If there are a lot of air bubbles for the next 6 hours, then the water has either too much organic residues OR heavy metals. During the test please keep in places AWAY from children. After the test immediately discard the contents into the sink. Ted"

09/14/2007: Ron from Temiskaming Shores, Canada writes: "Great site. I wanted to put my 2 cents in about Hydrogen Peroxide (HP). I went to Wal-Mart to purchase some HP and when I got it home I noticed that my bottle of HP had the skull and cross bones on the front of it. Yikes!! The label reads "POISON" because this particular brand contains stabilizers. The previous brand that I bought did not have stabilizers in it and did not have the skull and cross bones symbol on the front. I don't think I want to try to ingest the poison type of HP. I think readers should be made aware that there is a difference and to be careful when buying HP, to make sure they find one without stabilizers."

09/17/2007: Ted from Bangkok replies, "Remedies require food grade H2O2 except in instances of external use. H2O2 can't be labelled poison if it is for external use (as in antiseptics) since other contact poisons go directly through the skin killing you. Stabilizers can't do this. Most labeling no longer use the skull and bones, at least not on H2O2, since they often more cause skin burns if used in high concentration and are classified as caustic solutions. Even hydrochloric acid might also be considered a poison, but our stomach produce plenty of it. I don't think labels are consistent in classifying it"

FOOD GRADE WARNINGS:

04/18/2006: John from Sault Ste Marie, MI writes, "I'd be very wary of recommending that anyone use 35% hydrogen peroxide unless they've had HAZMAT training or the equivalent. At that concentration H2O2 is extremely corrosive and causes severe burns; in other words, it's a very hazardous chemical that even professional chemists (and I am one) must handle using appropriate safety equipment (rubber gloves, safety goggles, protective lab coat). I know this from experience because I was badly burned by 35% H2O2 while carrying out chemistry research. It's irresponsible to imply that this stuff is harmless and to recommend it to people who have no experience handling hazardous materials."

04/10/2009: David from Tampa, FL writes, "I have used food grade H2O for years and if you do spill it on yourself just rinse with water for a few minutes - it will turn your skin white and it is temporary and there is no prolonged damage. Yes, you do have to be careful but not afraid."

EARTH CLINIC'S ADDITIONAL WARNING NOTE:

Please be very careful when transporting food grade hydrogen peroxide after the bottle has been opened. Make sure you keep the bottle upright. Once the seal has been removed upon opening, these caps can leak. Food grade will cause the skin to burn and turn white. Yes, we learned the hard way! Luckily, skin will return to normal after 30 minutes or less if you rinse off the peroxide quickly. By the way, the same whitening of skin effect happens when you dip your fingertips in drugstore 3% H2O2 for a minute or more. It too goes away within 30 minutes...

WHERE TO BUY FOOD GRADE HYDROGEN PEROXIDE

Click [here](#) to see what our readers have to report.

STORING FOOD GRADE H2O2

9/2/2007: Jake from Chicago, Il writes: "Sara in Atlanta said she stores 35% H2O2 in the freezer. In one manufacturer's write up this is specifically warned against lest it break down. Storage is recommended in a dark cool place like the refrigerator where the loss of potency per year is minor - according to them about 1% or so per year."

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