

# Patty's Plants



## Plants that clean the air

Houseplants can be very beneficial in our lives. They purify and renew our stale indoor air by filtering out toxins, pollutants and the carbon dioxide we exhale - replacing them with life sustaining oxygen!

Although it should be safe to presume that all plants are capable of removing toxins from our air, research by NASA showed that some house plants are more efficient in filtering out toxins than others. Philodendrons, Spider plants, and Pothos were found to be the most efficient in the removal of formaldehyde. Gerbera Daisies and Chrysanthemums were found to be effective in the removal of benzene, a known carcinogen.

As a rule of thumb, allow one houseplant per 100 square feet of living area. The more vigorous the plant, the more air it can filter. Keep in mind that plants will not do much to alleviate tobacco smoke or dust in the air.

Aglaonema sp. Chinese Evergreen

Aloe barbabensis Aloe Vera, Burn plant

Areca palm

Boston ferns

Chlorophytum comosum Spider Plants

Chrysanthemum sp. Mums

Date palm

Dieffenbachia sp. Dumbcane

Epipremnum sp. Golden Pothos

Ficus sp. Ficus

Gerbera sp. Gerbera Daisy

Hedera sp. Common English Ivy

Philodendron sp. Heart leaf philodendron

Spathiphyllum sp. Peace Lily

**For more information  
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| Pollutant   | Source   | Plant Solution   |
|---|--|--|
| Formaldehyde  | Foam<br>Insulation<br>Plywood<br>Particle board<br>Clothes<br>Carpet<br>Furniture<br>Household cleaners<br>Water repellents<br>Paper goods | Azalea<br>Dieffenbachia<br>Spider plant<br>Golden pothos<br>Bamboo palm<br>Corn plant<br>Chrysanthemum<br>Poinsettia             |
| Benzene   | Tobacco smoke<br>Gasoline<br>Synthetic fibers<br>Plastics<br>Inks<br>Oils<br>Detergents  | English Ivy<br>Dracaena Marginata<br>Dracaena Janet Craig<br>Chrysanthemum<br>Gerbera Daisy<br>Dracaena Warneckeii<br>Peace Lily |
| Trichloroethylene<br><br><br><br><br><br><br><br><br><br>Source: <a href="http://www.plantsatwork.org">www.plantsatwork.org</a> | Dry cleaning<br>Inks<br>Paints<br>Varnishes<br>Lacquers<br>Adhesives   | Gerbera Daisy<br>Chrysanthemum<br>Peace Lily<br>Dracaenas  |