

NICH

NATIONAL INITIATIVE FOR CONSUMER HORTICULTURE

#PlantsDoThat *Inside!* Where We Live



GREENING THE GREAT INDOORS

Having plants in our homes is an important component of creating a sustainable indoor ecology and healthy minds and bodies. Indoor plants lead to improved overall environmental quality.



YOUR BRAIN ON NATURE

Indoor plants psychologically link us to nature.

BREATHE EASY



Indoor plants improve air quality by removing carbon dioxide, particulates, benzene and up to 90% of formaldehyde.

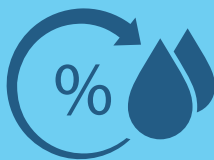
BRING ON THE OM

Plants stimulate both a physiological and psychological relaxation response.



COMFORT IS KING

Plants increase ambient humidity in dry indoor environments. Plants are known to increase room humidity from 20% to a more comfortable 30% under bright lighting conditions.



Plants in the room both stabilize and reduce CO₂ levels.

FAST FACTS

Each 1% addition of plants in a room results in a 6-7% decrease in formaldehyde.



Rooms with plants have fewer pollutants (like volatile organic compounds or VOCs).

FRIENDLY FLORA

Houseplants supply beneficial bacteria and increase the microbial diversity in the indoor environment - benefitting human health indoors.



Infographic produced by National Initiative for Consumer Horticulture (NICH).
Discover more about the power of plants in this series at ConsumerHort.org.

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CREDITS

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MORE INFORMATION

- National Initiative for Consumer Horticulture, ConsumerHort.org
- Ellison Chair, Texas A&M, www.EllisonChair.TAMU.edu