



# abode<sup>®</sup>

Healthy Home Products

*When the health of your family matters*

## PRODUCT CATALOGUE 2015



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# ABOUT US

*When the health of  
your family matters...*

*"Would you sell your home to follow what you believe in? We did!"*

The Etheco story begins in June 1999 with the establishment of the Australian College of Environmental Studies. Husband and wife team Mark Netherway and Nicole Bijlsma began to realise the extent to which homes were the underlying cause of many illnesses.

As the leading educators of health hazards in the built environment, we were continually frustrated with the cost and poor quality of cleaning products marketed as 'natural' – the great majority of which were not much better than what could be found on a supermarket shelf.

*"We couldn't find products we could recommend, so we made our own"*

So we set out to create a range of products that would revolutionise the industry and set a benchmark for products in health food stores.

There are many 'green' cleaning brands that are environmentally friendly, but few have been developed to consider the **health of your family**. Whilst researching subject material for the Building Biology course at Australian College of Environmental Studies (ACES), Nicole realised early on that there were a lot of discrepancies with the cleaning products marketed as 'natural'. For a start, most of them do not perform up to their claims, they are considerably more expensive than supermarket brands, and they contain toxic chemicals that are known lung, skin and eye irritants. Many contain ingredients that have never been tested for long term health affects! So why would you put them on your body or in your clothes?



Being parents ourselves we understand what you expect from the products you buy. We have gone to extreme lengths to ensure our products work the same– or better the leading brands without the use of nasty chemicals. Abode are developed and manufactured in Melbourne to unbelievably stringent standards, using the best natural ingredients money can buy. Importantly, the Abode range contains only **food grade** ingredients - meaning they are 99.99% pure, whereas **industrial grade** ingredients are only 72% pure and are most commonly used in cleaning ingredients.

*As you will discover, we are no ordinary company...*

# INGREDIENTS

*Ingredients you can trust..*

**No one makes cleaning products like we do.**

At Abode, our priority has always been on health of you and your family. Our range was developed from the ground up specifically for people with chemical sensitivities, and to work as effectively—and surpass the commercial market leaders.

All Abode cleaning products are plant and mineral based. They contain no nasty chemicals.

**Abode only uses FOOD GRADE ingredients, which mean they are 99.99% pure. Compared to INDUSTRIAL grade which is only 72% purity!**

INGREDIENT	SOURCE	PURPOSE
Alkylpolyglucosides (APGs)	Derived from corn, wheat and coconut	A surfactant
Aqua	Purified water	
Baking soda (food grade)	It is a component of the mineral natron and is found dissolved in many mineral springs.	A softening agent and helps to remove odors from clothes
Essential Oils	Organically and naturally derived (no synthetic fragrances)	Fragrance
Glycine extracts	Amino acids	Preservative
Glycolic acid	Found in vegetables	An acidity regulator
Grain alcohol	From Australian sugar cane (QLD)	Preservative and anti streak agent
Lactic acid	From glucose	An acidity regulator
Sodium carboxymethyl cellulose	From wood fibre	Anti-re-depositing agent
Sodium coco sulphate	Derived from coconut oil	A surfactant
Soda Ash	Made from sea water using the Solvay process	An alkalinity builder
Sodium disilicate	Derived from sand	An alkalinity builder and water softener
Sodium lactate (food grade)	Salt of lactic acid	A humectant
Sodium cocoyl isethionate	Derived from coconut oil	A mild surfactant
Sodium citrate (food grade)	From Citrus fruits	Builder
Sodium gluconate	From glucose	An anti caking agent and chelating agent.



# LAUNDRY

## ABODE LAUNDRY POWDER TOP LOADER *Eucalyptus*

- SUITABLE FOR HOT AND COLD WATER WASHING
- BIODEGRADABLE AND GREY WATER SAFE
- ULTRA CONCENTRATED FORMULA

### PRODUCT DESCRIPTION

A high performing revolutionary powder that's a radical departure from standard green and eco products.

Free from the concoction of dangerous chemicals such as phosphates, petrochemicals, zeolites, and optical brighteners, this powder is highly effective in cleaning clothes using plant based natural ingredients.

The extremely concentrated recipe recommends you only need a little amount (just a tablespoon) making it economical as well as safe and effective!

Includes organic eucalyptus essential oil which effectively removes stains and refreshes bedding and clothing.



Our Code	Description	UOM	RRP
A1LPET	Abode Top Loader Laundry Powder Eucalyptus	1kg	\$9.95
A5LPET	Abode Top Loader Laundry Powder Eucalyptus	5kg	\$39.95
A15LPET	Abode Top Loader Laundry Powder Eucalyptus	15kg	\$99.95

**INGREDIENTS:** Soda ash (alkalinity builder), baking soda (food grade), sodium citrate (food grade), sodium carboxymethyl cellulose (derived from coconut oil), sodium coco sulphate (derived from coconut oil), sodium disilicate (derived from sand), alkylpolyglucosides (derived from corn, wheat and coconut) and pure Blue Mallee eucalyptus essential oil (Australian).

# LAUNDRY

## ABODE LAUNDRY POWDER

### TOP LOADER

### *Wild Lavender & Mint*

- SUITABLE FOR HOT AND COLD WATER WASHING
- BIODEGRADABLE AND GREY WATER SAFE
- ULTRA CONCENTRATED FORMULA

#### PRODUCT DESCRIPTION

The Abode Lavender & Mint Laundry Powder is made from the best quality ingredients that money can buy, is free from petrochemicals, zeolites, phosphates and salt found in most conventional products and specifically designed from the ground up taking into consideration the health of your family.

Our extensive in-house testing shows performance beyond that of conventional brands. It is ultra concentrated and requires only a small amount to give optimum results in the wash, containing powerful natural ingredients to assist in the removal of stubborn stains.

Best of all, its so concentrated you only need to use a tablespoon not a scoop!



Our Code	Description	UOM	RRP
A11PLT	Abode Top Loader Laundry Powder Lavender & Mint	1kg	\$9.95
A5LPLT	Abode Top Loader Laundry Powder Lavender & Mint	5kg	\$39.95
A15LPLT	Abode Top Loader Laundry Powder Lavender & Mint	15kg	\$99.95

**INGREDIENTS** – Soda ash (alkalinity builder), baking soda (food grade), sodium citrate (food grade), sodium carboxymethyl cellulose (derived from coconut oil), sodium coco sulphate (derived from coconut oil), sodium disilicate (derived from sand), alkylpolyglucosides (derived from corn, wheat and coconut) and pure lavender and mint essential oils.

# LAUNDRY

## ABODE LAUNDRY POWDER

### TOP LOADER

### *Sensitive*

- SUITABLE FOR HOT AND COLD WATER WASHING
- FRAGRANCE FREE
- SPECIFICALLY FORMULATED FOR PEOPLE WITH SKIN SENSITIVITIES

#### PRODUCT DESCRIPTION

The Abode Sensitive Laundry Powder is made for the most vulnerable; pregnant women, children, the elderly and people with skin and chemical sensitivities.



It is completely free of nasty chemicals, enzymes or fragrances of any kind making it perfectly suited for people with extra sensitive skin. It is totally phosphate and zeolite free, grey water safe and biodegradable.

Our extensive in-house testing shows performance beyond that of conventional brands. It is ultra concentrated and requires only a small amount to give optimum results in the wash, containing powerful natural ingredients to assist in the removal of stubborn stains.

Our Code	Description	UOM	RRP
A1LPST	Abode Top Loader Laundry Powder Sensitive	1kg	\$9.95
A5LPST	Abode Top Loader Laundry Powder Sensitive	5kg	\$39.95
A15LPST	Abode Top Loader Laundry Powder Sensitive	15kg	\$99.95

**INGREDIENTS** - Soda ash (alkalinity builder), baking soda (food grade), sodium citrate (food grade), sodium carboxymethyl cellulose (derived from coconut oil), sodium coco sulphate (derived from coconut oil), sodium disilicate (derived from sand), alkylpolyglucosides (derived from corn, wheat and coconut) and sodium lactate (food grade).

# LAUNDRY

## ABODE LAUNDRY POWDER

### FRONT LOADER

### Eucalyptus

- HIGH PERFORMANCE
- NO NASTY CHEMICALS
- GREY WATER SAFE & BIODEGRADABLE

#### PRODUCT DESCRIPTION

Abode's laundry powder is a high performing revolutionary powder that is a radical departure from standard green and eco products.



Free from the concoction of dangerous chemicals such as phosphates, petrochemicals, zeolites, and optical brighteners, this powder is highly effective in cleaning clothes using plant based natural ingredients.

Includes organic eucalyptus essential oil which effectively removes stains and refreshes bedding and clothing. The extremely concentrated formula recommends you only need a little amount (just a tablespoon) making it economical as well as safe and effective!

Our Code	Description	UOM	RRP
A1LPEF	Abode Front Loader Laundry Powder Eucalyptus	1kg	\$9.95
A5LPEF	Abode Front Loader Laundry Powder Eucalyptus	5kg	\$39.95
A15LPEF	Abode Front Loader Laundry Powder Eucalyptus	15kg	\$99.95

**INGREDIENTS:** Soda ash (alkalinity builder), baking soda (food grade), sodium citrate (food grade), sodium carboxymethyl cellulose (derived from coconut oil), sodium coco sulphate (derived from coconut oil), sodium disilicate (derived from sand), alkylpolyglucosides (derived from corn, wheat and coconut) and pure Blue Mallee eucalyptus essential oil (Australian).



# LAUNDRY

## ABODE LAUNDRY POWDER

### FRONT LOADER

### *Wild Lavender & Mint*

- HIGH PERFORMANCE
- NO NASTY CHEMICALS
- GREY WATER SAFE

#### PRODUCT DESCRIPTION

The Abode Lavender & Mint Laundry Powder is made from the best quality ingredients that money can buy.

Free from petrochemicals, zeolites, phosphates and salt found in most conventional products and specifically designed from the ground up taking into consideration the health of your family.

Best of all, its so concentrated you only need to use a tablespoon not a scoop! Using cutting edge plant and mineral based technology, the Abode Laundry liquid offers powerful effective cleaning without the environmental and health hazards associated with conventional brands.



Our Code	Description	UOM	RRP
A1LPLF	Abode Front Loader Laundry Powder Lavender & Mint	1kg	\$9.95
A5LPLF	Abode Front Loader Laundry Powder Lavender & Mint	5kg	\$39.95
A15LPLF	Abode Front Loader Laundry Powder Lavender & Mint	15kg	\$99.95

**INGREDIENTS** - Soda ash (alkalinity builder), baking soda (food grade), sodium citrate (food grade), sodium carboxymethyl cellulose (derived from coconut oil), sodium coco sulphate (derived from coconut oil), sodium disilicate (derived from sand), alkylpolyglucosides (derived from corn, wheat and coconut) and pure lavender and mint essential oils.

# LAUNDRY

## ABODE LAUNDRY POWDER

### FRONT LOADER

*Sensitive*

- SUITABLE FOR HOT AND COLD WATER WASHING
- FRAGRANCE FREE
- SPECIFICALLY FORMULATED FOR PEOPLE WITH SKIN SENSITIVITIES

#### PRODUCT DESCRIPTION

The Abode Sensitive Laundry Powder is made for the most vulnerable; pregnant women, children, the elderly and people with skin and chemical sensitivities.



It is completely free of nasty chemicals, enzymes or fragrances of any kind making it perfectly suited for people with extra sensitive skin. It is totally phosphate and zeolite free, grey water safe and biodegradable.

Our extensive in-house testing shows performance beyond that of conventional brands. It is ultra concentrated and requires only a small amount to give optimum results in the wash, containing powerful natural ingredients to assist in the removal of stubborn stains.

Our Code	Description	UOM	RRP
A1LPST	Abode Top Loader Laundry Powder Sensitive	1kg	\$9.95
A5LPST	Abode Top Loader Laundry Powder Sensitive	5kg	\$39.95
A15LPST	Abode Top Loader Laundry Powder Sensitive	15kg	\$99.95

**INGREDIENTS** - Soda ash (alkalinity builder), baking soda (food grade), sodium citrate (food grade), sodium carboxymethyl cellulose (derived from coconut oil), sodium coco sulphate (derived from coconut oil), sodium disilicate (derived from sand), alkylpolyglucosides (derived from corn, wheat and coconut) and sodium lactate (food grade).

# LAUNDRY

## ABODE LAUNDRY LIQUID

*Eucalyptus*

- FRONT AND TOP LOADER MACHINE SUITABLE
- SUITABLE FOR HOT AND COLD WATER WASHING
- GREY WATER SAFE AND SEPTIC SAFE



### PRODUCT DESCRIPTION

The Abode Laundry Liquid is a revolutionary high performance biodegradable formula which is a radical departure from the so called 'green eco' products.

Using cutting edge plant and mineral based technology, the Abode Laundry liquid offers powerful effective cleaning without the environmental and health hazards associated with conventional brands.

The unique formulation does away with nasty chemicals such as phosphates, zeolites, optical brighteners, artificial fragrances and harsh surfactants which commonly affect people with sensitive skin. Grey water safe and biodegradable, the concentrated liquid contains organic eucalyptus essential oil to freshen clothes.

Our Code	Description	UOM	RRP
A1LLET	Abode Laundry Liquid Eucalyptus	1L	\$9.95
A2LLET	Abode Laundry Liquid Eucalyptus	2L	\$17.95
A5LLET	Abode Laundry Liquid Eucalyptus	5ltr	\$35.95
A20LLET	Abode Laundry Liquid Eucalyptus (Drum with tap)	20L	\$113.95

**INGREDIENTS-** water, soda ash, sodium citrate (food grade), sodium carboxymethyl cellulose, sodium coco sulphate, baking soda (food grade), alkylpolyglucosides (derived from corn, wheat and coconut) and pure Australian grown Blue Mallee eucalyptus essential oil.

# LAUNDRY

## ABODE LAUNDRY LIQUID

### Wild Lavender & Mint

- FRONT AND TOP LOADER MACHINE SUITABLE
- SUITABLE FOR HOT AND COLD WATER WASHING
- GREY WATER SAFE AND SEPTIC SAFE

#### PRODUCT DESCRIPTION

The Abode Laundry Liquid is a revolutionary high performance biodegradable formula which is a radical departure from the so called 'green eco' products.



Using cutting edge plant and mineral based technology, the Abode Laundry liquid offers powerful effective cleaning without the environmental and health hazards associated with conventional brands. The unique formulation does away with nasty chemicals such as phosphates, zeolites, optical brighteners, artificial fragrances and harsh surfactants which commonly affect people with sensitive skin.

Grey water safe and biodegradable, the concentrated liquid contains organic Lavender and Mint essential oil to freshen clothes.

Our Code	Description	UOM	RRP
A1LLLT	Abode Laundry Liquid Lavender & Mint	1L	\$9.95
A2LLLT	Abode Laundry Liquid Lavender & Mint	2L	\$17.95
A5LLLT	Abode Laundry Liquid Lavender & Mint	5ltr	\$35.95
A20LLLT	Abode Laundry Liquid Lavender & Mint (Drum with tap)	20L	\$113.95

**INGREDIENTS** - water, soda ash, sodium citrate (food grade), sodium carboxymethyl cellulose, sodium coco sulphate, baking soda (food grade), alkylpolyglucosides (derived from corn, wheat and coconut) and wild lavender and mint essential oils

# LAUNDRY

## ABODE LAUNDRY LIQUID

*Sensitive*

- FORMULATED SPECIFICALLY FOR SENSITIVE SKIN
- TOP & FRONT LOADER-MACHINE USE
- HOT AND COLD WATER
- GREY WATER AND SEPTIC TANK SAFE



### PRODUCT DESCRIPTION

Specifically formulated for people with extra sensitive skin, the Laundry liquid is free from nasty chemicals, enzymes, optical brighteners and fragrances of any kind.

A revolutionary high performance hypoallergenic laundry liquid that is specifically designed for the most vulnerable in our society – babies and children, pregnant women, the immuno-compromised and people with skin and chemical sensitivities.

Using cutting edge plant and mineral based technology, the Abode Laundry liquid offers powerful effective cleaning without the environmental and health hazards associated with conventional brands. The unique fragrance free formulation does away with nasty chemicals such as phosphates, zeolites, optical brighteners, artificial fragrances and harsh surfactants like coco-betaine which commonly affect people with sensitive skin.

Our Code	Description	UOM	RRP
A1LLST	Abode Laundry Liquid Sensitive	1L	\$9.95
A2LLST	Abode Laundry Liquid Sensitive	2L	\$17.95
A5LLST	Abode Laundry Liquid Sensitive	5ltr	\$35.95
A20LLST	Abode Laundry Liquid Sensitive (Drum with tap)	20ltr	\$113.95

**INGREDIENTS** - Soda ash (alkalinity builder), baking soda (food grade), sodium citrate (food grade), sodium carboxymethyl cellulose (derived from coconut oil), sodium coco sulphate (derived from coconut oil), sodium disilicate (derived from sand), alkylpolyglucosides (derived from corn, wheat and coconut) and sodium lactate (food grade).



# LAUNDRY

## ABODE LAUNDRY LIQUID

Baby

- FORMULATED SPECIFICALLY FOR BABIES SKIN
- FRONT AND TOP LOADER MACHINE USE
- HOT AND COLD WATER USE
- GREY WATER AND SEPTIC TANK SAFE



### PRODUCT DESCRIPTION

Babies have different skin to adults.

We believe no other products come close to protecting the skin of those we cherish the most. Abode Baby Laundry liquid is perfectly suited for cleaning childrens clothes, with no nasty chemicals commonly found in many other brands such as petrochemicals, LABS acids and semi-synthetic plant surfactants such as coco betaine or ethoxylated compounds.

Specifically designed with lipid layer enhancers to assist in the health of babies skin. It is completely free of nasty chemicals, fragrances, and enzymes of any kind therefore making it perfectly suited to infants, and people with ultra sensitive skin. Using cutting edge natural plant and mineral based technology the Abode baby liquid offers unbelievable cleaning without the environmental and personal hazards normally associated with standard brands. It is totally phosphate and zeolite free, grey water safe and biodegradable. It is ultra concentrated and requires only a small amount to give optimum results in the wash.

Our Code	Description	UOM	RRP
A1LLB	Abode Laundry Liquid Baby	1L	\$9.95
A2LLB	Abode Laundry Liquid Baby	2L	\$17.95
A5LLB	Abode Laundry Liquid Baby	5ltr	\$35.95
A20LLB	Abode Laundry Liquid Baby (Drum with tap)	20ltr	\$113.95

**INGREDIENTS** - Soda ash (alkalinity builder), baking soda (food grade), sodium citrate (food grade), sodium carboxymethyl cellulose (derived from coconut oil), sodium coco sulphate (derived from coconut oil), sodium disilicate (derived from sand), alky polyglucosides (derived from corn, wheat and coconut) and sodium lactate (food grade).

# LAUNDRY

## ABODE LAUNDRY POWDER

### WOOL WASH

### *Eucalyptus*

- TOP AND FRONT LOADER SUITABLE
- HOT OR COLD WASH
- BIODEGRADABLE AND PH NEUTRAL

#### PRODUCT DESCRIPTION

Formulated and pH adjusted to effectively clean woolens and delicates, the Abode Wool Wash contains plant and mineral based ingredients.

A high performing revolutionary powder that's a radical departure from standard green and eco products. Free from nasty chemicals such as phosphates, zeolites and harsh surfactants such as SLS and coco betaines, it is biodegradable and grey water safe. Contains Australian sourced Blue Mallee Eucalyptus essential oil to freshen woolens and delicates.

The ultra concentrated formulation only requires a small amount making it a great buy for the health conscious buyer, making it economical as well as safe and effective!

Our Code	Description	UOM	RRP
A1WWE	Abode Wool Wash Eucalyptus	1ltr	\$9.95
A2WWE	Abode Wool Wash Eucalyptus	2ltr	\$17.95
A5WWE	Abode Wool Wash Eucalyptus	5ltr	\$35.95
A20WWE	Abode Wool Wash Eucalyptus (Drum with tap)	20ltr	\$113.95

**INGREDIENTS** - water, alkylpolyglucosides (derived from non GMO corn, wheat and coconut), xanthan gum (food grade), sodium gluconate, citric acid (food grade), glycine extracts (protein) and Australian grown pure Blue Mallee eucalyptus essential oil.

# KITCHEN

## DISHWASHING LIQUID

### *Wild Lavender & Mint*

- NON –IRRITANT & LOW ALLERGENIC
- HIGHLY CONCENTRATED FORMULA
- NO PHTHALATES OR ARTIFICIAL INGREDIENTS

#### PRODUCT DESCRIPTION

The Abode Lavender & Mint Dishwashing liquid is a best seller!



Great smelling, creamy lathering product that has been formulated to be gentle on your hands and the environment whilst cutting through grease with the power of the leading brands.

Our unique formulation does away with nasty chemicals such as cocobetaine, sodium lauryl sulphate and ethoxylated ingredients that was designed to leave your dishes sparkling clean with no chemical residue.

Formulated using the best ingredients money can buy, the concentrated formula makes it remarkably economical when compared to similar brands on the market.

Our Code	Description	UOM	RRP
A615DLL	Abode Dishwashing Liquid Wild Lavender & Mint	615mL	\$6.95
A5DLL	Abode Dishwashing Liquid Wild Lavender & Mint (refill)	5ltr	\$39.95
A20DLL	Abode Dishwashing Liquid Wild Lavender & Mint (Drum)	20ltr	\$145.95

**INGREDIENTS-** water, alkylpolyglucosides (derived from coconut, wheat and corn and found in high end personal care products), sodium coco sulphate (derived from coconut oil), sodium cocoyl isethionate (derived from coconut oil), citric acid (food grade), sodium citrate (food grade), glycine extracts (amino acids) and pure lavender and mint essential oils.

# KITCHEN

## DISHWASHING LIQUID

### Ginger & Lemongrass

- NON –IRRITANT & LOW ALLERGENIC
- HIGHLY CONCENTRATED FORMULA
- NO PHTHALATES OR ARTIFICIAL INGREDIENTS

#### PRODUCT DESCRIPTION

The Abode Lemongrass and Ginger Dishwashing liquid is a great smelling, creamy, lathering product that has been formulated to be gentle on your hands and the environment whilst cutting through grease with the power of the leading brands.

Our unique formulation does away with nasty chemicals such as cocobetaine, sodium lauryl sulphate and ethoxylated ingredients that was designed to leave your dishes sparkling clean with no chemical residue.

Formulated using the best ingredients money can buy, the concentrated formula makes it remarkably economical when compared to similar brands on the market.



Our Code	Description	UOM	RRP
A615DLG	Abode Dishwashing Liquid Ginger & Lemongrass	615mL	\$6.95
A5DLG	Abode Dishwashing Liquid Ginger & Lemongrass (refill)	5Ltr	\$39.95
A20DLG	Abode Dishwashing Liquid Ginger & Lemongrass (Drum)	20Ltr	\$145.95

**INGREDIENTS:** water, alkylpolyglucosides (derived from coconut, wheat and corn and found in high end personal care products), sodium coco sulphate (derived from coconut oil), sodium cocoyl isethionate (derived from coconut oil), citric acid (food grade), sodium citrate (food grade), glycine extracts (amino acids) and pure lemongrass and ginger essential oils.

# KITCHEN

## DISHWASHING LIQUID

*Sensitive*

- HYPO ALLERGENIC
- HIGHLY CONCENTRATED FORMULA
- SUITED TO EXTRA SENSITIVE SKIN TYPES

### PRODUCT DESCRIPTION

Abode Sensitive Dish liquid is perfectly suited for people with chemical sensitivities. Formulated and pH adjusted using plant based Ingredients yet remaining ultra powerful; our unique design completely does away with the cocktail of nasty chemicals found in many supermarket brand products such as petrochemicals, LABS acids and semi-synthetic plant surfactants such as coco betaine or ethoxylated compounds.

Our unique anti-residue formulation is ideal for washing baby products and ensures your family is protected. Our dishwashing liquid is designed to be gentle on hands and the environment but with the strength to cut through grease and grime with the power of leading brands. Sensitive dishwashing liquid is hypoallergenic, containing none of the synthetic fragrances or artificial colours of any kind. It is pH adjusted and completely free of nasty chemicals, enzymes or fragrances of any kind making it perfectly suited for people with sensitive skin.



Our Code	Description	UOM	RRP
A615DLS	Abode Dishwashing Liquid Sensitive	615mL	\$6.95
A5DLS	Abode Dishwashing Liquid Sensitive (refill)	5Ltr	\$39.95
A20DLS	Abode Dishwashing Liquid Sensitive (Drum with tap)	20Ltr	\$145.95

**INGREDIENTS:** water, alkylpolyglucosides (derived from coconut, wheat and corn and found in high end personal care products), sodium coco sulphate (derived from coconut oil), sodium cocoyl isethionate (derived from coconut oil), citric acid (food grade), sodium citrate (food grade), glycine extracts (amino acids) and sodium lactate (food grade).



# KITCHEN

## SURFACE CLEANER

### *Wild Lavender & Mint*

- HIGH PERFORMANCE
- NON - CITRUS  
(D-LIMONENE FREE)
- MICROFIBRE CLOTH  
COMPATIBLE

#### PRODUCT DESCRIPTION

Abode Natural Surface Spray is derived from plant and mineral ingredients, it uses old fashioned 1960s 'saponification' – turns grease and grime into soap with the effectiveness of the leading brands.



Its unique design completely does away with the concoction of dangerous chemicals found in many common brand products such as petrochemical solvents, d-Limonene and LABS acids as well as semi synthetic plant surfactants such as coco betaine or ethoxylated compounds.

Our unique and advanced grease cutting formulation is designed to effectively clean as well as leading brands but at the same time as ensuring the your familys health is protected. Free of damaging harsh fumes and VOCs, leaving your house smelling like a home not a hospital.

Our Code	Description	UOM	RRP
A500SCL	Abode Surface Cleaner Lavender & Mint	500mL	\$6.95
A5SCL	Abode Surface Cleaner Lavender & Mint (refill)	5ltr	\$35.95
A20SCL	Abode Surface Cleaner Lavender & Mint (Bulk)	20ltr	\$129.95

**INGREDIENTS:** Purified water, alkylpolyglucosides (derived from coconut, wheat and corn and found in high end personal care products), Soda ash (alkalinity builder), grain alcohol and wild lavender and mint essential oil.

# KITCHEN

## SURFACE CLEANER

### Ginger & Lemongrass

- HIGH PERFORMANCE
- NON - CITRUS  
(D-LIMONENE FREE)
- MICROFIBRE CLOTH  
COMPATIBLE

#### PRODUCT DESCRIPTION

Abode Natural Surface Spray is derived from plant and mineral ingredients, it uses old fashioned 1960s 'saponification' which turns grease and grime into soap with the effectiveness of the leading brands.



Its unique design completely does away with the concoction of dangerous chemicals found in many common brand products such as petrochemical solvents, d-Limonene and LABS acids as well as semi synthetic plant surfactants such as coco betaine or etholylated compounds.

Our unique and advanced grease cutting formulation is designed to effectively clean as well as leading brands but at the same time as ensuring the your family's health is protected. Free of damaging harsh fumes and VOCs, leaving your house smelling like a home not a hospital.

Our Code	Description	UOM	RRP
A500SCG	Abode Surface Cleaner Ginger & Lemongrass	500mL	\$6.95
A5SCG	Abode Surface Cleaner Ginger & Lemongrass (refill)	5ltr	\$35.95
A20SCG	Abode Surface Cleaner Ginger & Lemongrass (Drum)	20ltr	\$129.95

**INGREDIENTS:** Purified water, alkylpolyglucosides (derived from coconut, wheat and corn and found in high end personal care products), Soda ash (alkalinity builder), grain alcohol and ginger and lemongrass essential oil.

# BATHROOM

## BATHROOM CLEANER

### Rosemary & Mint

- NATURALLY ANTIBACTERIAL
- NO BLEACH OR AMMONIA
- MICROFIBRE CLOTH COMPATIBLE

#### PRODUCT DESCRIPTION

Our natural bathroom cleaner will amaze you with the power to cut through soap scum, dirt and grime without nasty chemicals, VOC' s or overpowering fumes.



Abode Natural Bathroom Cleaner is formulated using only naturally derived plant and mineral based ingredients (many of which are food grade). Our unique anti-bacterial formulation is designed to clean as effectively as supermarket brands whilst ensuring the health of your family is protected.

It' s unique formulation will not pollute the environment as it completely does away with the cocktail of nasty chemicals found in many traditional brand products such as petrochemical solvents, d-Limonene and LABS acids as well as semi synthetic plant surfactants such as coco betaine or etholyated compounds.

Our fragrance free bathroom cleaner is designed to be effective against mould and grime whilst being free of damaging harsh fumes and VOCs, leaving your house smelling like a home not a hospital!

Our Code	Description	UOM	RRP
A500BC	Abode Bathroom Cleaner Rosemary & Mint	500mL	\$6.95
A5BC	Abode Bathroom Cleaner Rosemary & Mint (refill)	5ltr	\$35.95
A20BC	Abode Bathroom Cleaner Rosemary & Mint (Drum)	20ltr	\$129.95

**INGREDIENTS:** Purified Water, alkyl polyglucosides, citric acid, lactic acid, glycolic acid, grain alcohol and rosemary and mint essential oil.

# BATHROOM

## NATURAL TOILET GEL

### Rosemary & Mint

- CLEANS YOUR TOILET BOWL AMAZINGLY!
- NO BLEACH OR AMMONIA
- NO NASTY CHEMICALS

#### PRODUCT DESCRIPTION

Throw out the vinegar and bicarb of soda because this natural toilet cleaner works! Two years of research and testing has enabled

us to develop this toilet gel using food grade xanthan gum (a food thickening agent) and naturally derived anti-bacterial agents, so cleaning your toilet is now quick and easy!

Abode Natural Toilet Gel is formulated using only naturally derived plant and mineral based ingredients (many of which are food grade). It's unique formulation does away with the cocktail of nasty chemicals commonly found in conventional brand products such as petrochemical solvents, bleaches, ammonia and semi-synthetic plant surfactants such as coco betaine or etholyated compounds.

The Abode Toilet gel is designed to clean as effectively as the supermarket brands whilst ensuring the health of your family is protected. Free of damaging harsh fumes and VOCs., with Rosemary and Mint essential oils, your toilet will always be clean and smell fresh!



Our Code	Description	UOM	RRP
A750TRM	Abode Toilet Gel Rosemary & Mint	750mL	\$6.95
A5TRM	Abode Toilet Gel Rosemary & Mint (Refill)	5Ltr	\$39.95
A20TRM	Abode Toilet Gel Rosemary & Mint (Bulk drum with tap)	20ltr	\$129.95

**INGREDIENTS:** Purified Water, alkyl polyglucose, citric acid, lactic acid, glycolic acid, grain alcohol and organic Rosemary & Mint essential oils

# BATHROOM

## NATURAL TOILET GEL

Tea Tree

- CLEANS YOUR TOILET BOWL AMAZINGLY!
- NO BLEACH OR AMMONIA
- NO NASTY CHEMICALS

### PRODUCT DESCRIPTION

Throw out the vinegar and bicarb of soda because this natural toilet cleaner works! Two years of re-search and testing has enabled us

to develop this toilet gel using food grade xanthan gum (a food thickening agent) and naturally derived anti-bacterial agents so cleaning your toilet is now quick and easy!

Abode Natural Toilet Gel is formulated using only naturally derived plant and mineral based ingredients (many of which are food grade). It's unique formulation does away with the cocktail of nasty chemicals commonly found in conventional brand products such as petrochemical solvents, bleaches, ammonia and semi-synthetic plant surfactants such as coco betaine or ethoxylated compounds.

The Abode Toilet gel is designed to clean as effectively as the supermarket brands whilst ensuring the health of your family is protected. Free of damaging harsh fumes and VOCs., with organic Tea Tree oil, your toilet will always be clean and smell fresh!



Our Code	Description	UOM	RRP
A750TRM	Abode Toilet Gel Rosemary & Mint	750mL	\$6.95
A5TRM	Abode Toilet Gel Rosemary & Mint (Refill)	5Ltr	\$39.95
A20TRM	Abode Toilet Gel Rosemary & Mint (Bulk drum with tap)	20ltr	\$129.95

**INGREDIENTS:** Purified Water, alkyl polyglucose, citric acid, lactic acid, glycolic acid, grain alcohol and organic Rosemary & Mint essential oils



# GENERAL

## WINDOW CLEANER

*Streak-free formula*

- FOR ALL WINDOWS, GLASS & MIRRORED SURFACES
- UNIQUE STREAK-FREE FORMULA
- MICROFIBER CLOTH COMPATIBLE



### PRODUCT DESCRIPTION

Abode Natural Window Cleaner

gives amazing streak free results on all glass and mirror surfaces. Specially formulated for use with Fibreteq Glass and polishing microfibre cloths to give you a residue free clean.

Formulated using only naturally derived plant and mineral based ingredients, the unique formulation completely does away with the cocktail of nasty chemicals found in many traditional brand products such as petrochemical solvents, d-Limonene and LABS acids as well as semi synthetic plant surfactants such as coco betaine or etholyated compounds.

Our unique streak free formulation is designed to be free of damaging harsh fumes and VOCs and clean as effectively as supermarket brands whilst ensuring the health of your family is protected.

Our Code	Description	UOM	RRP
A500WC	Abode Window Cleaner	500mL	\$6.95
A5WC	Abode Window Cleaner (refill)	5ltr	\$35.95
A20WC	Abode Window Cleaner (Drum)	20ltr	\$129.95

INGREDIENTS: Purified water, alkyl polyglucosides, sodium gluconate, baking soda and grain alcohol.

## NATURAL FLOOR CLEANER

*Lavender*

- HIGH PERFORMANCE CONCENTRATED FORMULA
- NO BLEACH OR AMMONIA
- CITRUS AND D-LIMONENE FREE

### PRODUCT DESCRIPTION

Abode Natural Floor Cleaner is a non-citrus cleaner that really works!

A concentrated formula formulated using only naturally derived plant and mineral based ingredients (many of which are food grade), this floor cleaner cuts through the toughest grease and grime without leaving behind residue.

It's unique formulation completely does away with the cocktail of nasty chemicals found in many traditional brand products such as petrochemical solvents, bleaches, ammonia and semi synthetic plant surfactants such as coco betaine or ethoxylated compounds. Our unique formulation is designed to clean as effectively as supermarket brands whilst ensuring the health of your family is protected.

Our Floor Cleaner is designed to be free of damaging harsh fumes and VOCs. With lavender essential oil, our floor cleaner is designed to leave your house smelling like a home not a hospital!



Our Code	Description	UOM	RRP
A800FCL	Abode Floor Cleaner Lavender	800mL	\$8.95
A5FCL	Abode Floor Cleaner Lavender	5ltr	\$39.95
A20FCL	Abode Floor Cleaner Lavender (Drum + tap)	20ltr	\$139.95

**INGREDIENTS:** Purified water, alkyl polyglucosides, soda ash, sodium citrate and certified lavender essential oil.

## STAINLESS STEEL CLEANER

*Streak-free formula*

- FOR ALL STAINLESS STEEL SURFACES
- UNIQUE STREAK-FREE FORMULA
- MICROFIBER CLOTH COMPATIBLE

### PRODUCT DESCRIPTION

Abode have released a new stainless steel cleaner that is sure to impress! Most conventional chemical cleaners are strongly abrasive and can scratch and permanently damage the surface.

Our cleaner removes grease, grime, food splatters and finger prints from any stainless steel appliance from refrigerators, stoves, ovens and rangehoods – giving outstanding streak-free result!



Specifically formulated for use with a microfiber cloth to give you an unbeatable residue free clean. Using only naturally derived plant and mineral based ingredients, the unique formulation completely does away with the cocktail of nasty chemicals found in many traditional brand products such as petrochemical solvents, d-Limonene and LABS acids as well as semi synthetic plant surfactants such as coco betaine or etholyated compounds – so no harsh fumes or VOCs.

Our Code	Description	UOM	RRP
A500SS	Abode Stainless Steel Cleaner	500mL	\$6.95

**INGREDIENTS:** Purified water, alkyl polyglucosides, sodium gluconate, baking soda and grain alcohol.

## Microfibre Cleaning Cloths

- KITCHEN & GENERAL PURPOSE
- BATHROOM & HEAVY DUTY
- GLASS & POLISHING

Fibreteq ultra microfibre cleaning cloths are amongst the most technologically advanced microfibre products in the world. Using a patented process, each cloth has been uniquely designed to remove dirt, grime, scum and bacteria that commonly pervade your home.

These clothes are over 25% thicker than most microfibre cloths and will absorb up to 7 times their own weight, whilst enabling you to clean an entire room before you need to rinse them out!

Fibreteq products are made from the highest grade polyamide available. Their thickness and size ensure the best possible cleaning experience.

For best results, use with recommended Abode products:

KITCHEN & GENERAL USE - Abode Surface Spray

BATHROOM & HEAVY DUTY - Abode Bathroom Cleaner

GLASS & POLISHING - Abode Window cleaner, Stainless Steel Cleaner



**CARE INSTRUCTIONS:** Wash separately before use. Rinse in warm water to release the dirt and grime. Allow to dry between uses. After every few uses, we recommend that you put it in a hot wash (no linen bag required).

Our Code	Description	RRP
<b>FIBRETEQ MICROFIBRE CLOTH SINGLE PACKS</b>		
MFKITCHEN	Kitchen & General Single pack	\$7.95
MF BATH	Bathroom & Heavy Duty	\$7.95
MF GLASS	Glass and Stainless Steel	\$7.95
<b>FIBRETEQ MICROFIBRE CLOTH MULTIPLE PACKS</b>		
MF3PACK	3 PACK - 1 X each of the Kitchen, Glass and Bathroom	\$19.95
MF6PACK	6 PACK - 2 X each of the Kitchen, Glass and Bathroom	\$39.95

# BOOK

## HEALTHY HOME HEALTHY FAMILY

Nicole Bijlsma

### WHAT COULD BE MORE IMPORTANT THAN THE HEALTH OF YOUR FAMILY?

Healthy Home, Healthy Family shocks with revelations about sick homes, but shows how anyone can take charge of their family's health in simple ways.

In the past 20 years, childhood allergies and Attention Deficit Hyperactivity Disorder have increased by 400%, one in four children have asthma, breast and testicular cancer has more than doubled, the age of puberty is dramatically declining, sperm count has dropped by 50% and IVF is now where you go to have children!

Could all these conditions be linked to your home? YES!

Nicole uncovers the health hazards in our homes – from mould, dust, electromagnetic fields and plastics, to drinking water and chemicals in household products and – substantiated by credible sources – she links them with the rapid increase in allergies, Chronic Fatigue Syndrome and electrical and chemical sensitivity. There is a special section for pregnant women and those with breast cancer. She provides the reader with practical checklists to assess their own homes.

### ABOUT THE AUTHOR

Nicole Bijlsma is a woman of passion, and her passion lies in environmental medicine. She first became interested in building biology when she began to notice the connection between many of her patients' ill health and their homes.

Nicole is a best selling author, accomplished naturopath, acupuncturist and building biologist and the founder of the Australian College of Environmental Studies which provides nationally accredited training in Building Biology.



Our Code	Description	UOM	RRP
HHHF	Healthy Home Healthy Family Book	1	\$29.95
ISBN: 978-0-9872604-4-4		PAGES: 336	



# HEALTHY HOMES

## TIPS FOR CREATING A HEALTHY HOME

**Bring in the fresh air!** The easiest way to improve the indoor air is to let more of the outside air in. Keep windows and doors open as much as possible to allow good air flow around the house. The indoor air climate should feel as fresh and alive as the outdoor environment.

**No shoes in the house.** Removing your shoes will significantly reduce levels of dust, dirt, germs, pesticides, and many other unwanted things you've been walking around outside in. Place door mats at the entrances to wipe shoes and remove dirt and residue.

**Invest in a quality vacuum.** Conventional vacuums without a quality HEPA filter will recirculate up to 80% of materials back into the air! HEPA (high efficiency particulate air) filters will filter particles down to 0.3um which traps the smallest of dust, mites, mould spores and dirt, preventing it from becoming airborne.

**Switch it off at night!** Electrical appliances should not be in the bedroom. Turn off ALL bedroom electrical appliances at night – especially WIFI. Power boards, phones, bed lamps, baby monitors, need to be at least 1.5 meters away from your head, not under the bed, on the side table or under the pillow – and switched OFF at the wall. If your phone is your alarm, put it on flight mode and away from the bed so then you have to get up!

**Reduce your chemical burden.** Women put over 500+ chemical on their bodies every day, and it takes less than 25 seconds to be absorbed through the skin. Replace these products with organic and natural alternatives. Look beyond their 'claims' and ensure it has proper certification from legitimate organic bodies.

**Clean Green.** Many commercial cleaning products contain toxic chemicals and with dangerous label warnings. How safe can a product labelled 'POISON', 'CORROSIVE' or 'TOXIC' be? Disinfectants, oven cleaners, drain cleaners, mould cleaners, window and floor polishes often contain a potent mix including solvents, bleach, ammonia and chlorine. Replace chemical cleaners with natural, non-toxic alternatives, many ingredients are common household products! Recommended brands that actually work?...you can trust Abode!

**Filter your water.** Our drinking water is purified or disinfected before flowing out our taps. Chlorine is universally used to chemically disinfect water and is added to your water to destroy germs, bacteria and living organisms, and is known to cause skin irritation, dermatitis, eczema, asthma or breathing difficulties. Only 4% of the world's drinking water continues to be fluoridated, and 97% of western European countries banned it due to insufficient evidence to prove its safety. Invest in quality water and shower filters. Reverse osmosis systems will remove 99.9% of chemicals, including fluoride, bacteria, cysts and heavy metals from tap water.

**Bring the outdoors inside!** Indoor plants are amazing air filters and purifiers. They help maintain ideal humidity levels and add colour and life to any room! NASA actually tested a range of plants to determine their ability to remove certain pollutants from the air including common volatile organic compounds (VOCs) – benzene, formaldehyde and trichloroethylene. The results were impressive. Native Kentia Palm, Mother-In-Law tongue, Peace Lily, English Ivy and Bamboo Palms and are some of the best plants for absorbing these pollutants and suitable for indoors.

**The power of sunshine.** Sunny, hot days are perfect to air your mattresses, rugs and doonas out. Did you know that an average queen size bed contains over 2 BILLION dust mites, plus lots of other nasty things... and that favourite pillow you've slept on every night for 2 years – 10% of its weight is now dust mite poo and carcasses! Yuk. A whole day exposure to full UV sunlight will sterilize and kill dust mites. Airing doonas, rugs and pillows weekly will also kill bacteria and dry out any moisture.

Simple changes to daily habits and purchases can make a big impact on your long term health. Consult a qualified Building Biologist to come assess your home or workplace to ensure the long term health and safety of you and your family.



*When the health your family matters*

[www.cleanabode.com.au](http://www.cleanabode.com.au)

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