



**Humic acid supplement to
promote nutrient uptake
in soil**



0-0-1

GPH UPTAKE



- + ADDITIVE NUTRIENT
- + VEGETATIVE STAGE
- + FLOWERING STAGE
- + LIQUID FERTILIZER

WHAT IT IS

GPH Uptake is a liquid humic acid supplement that greatly improves the availability and uptake of nutrients from the soil. It promotes a healthy and active root zone throughout all stages of growth.

HOW IT WORKS

GPH Uptake is a soluble formula of humic acid that aids the plant with nutrient uptake throughout its entire lifecycle. Humic acid acts as a chelator, and when added, will improve your soil's ability to hold onto nutrients. This means your grow medium is retaining any added nutrients until your plant is ready to use them. Once they are ready to be used, humic acid's chelating properties turn the nutrients into a form that is easy to uptake by the plant. As a result, essential immobile micronutrients such as calcium become easier to absorb by the plant. Humic acid also promotes mycorrhizal fungi colonization in the plant's rhizosphere. Mycorrhiza allows the plant to take full advantage of the nutrients found in the root zone that would otherwise be inaccessible. This boosts the plant's ability to produce vigorous green growth in the vegetative stage and impressive yields during the flowering stage.

HOW TO USE IT

For optimum results, use each time you water or fertilizer in conjunction with your regular feeding schedule at a rate of 5 ml/L (19 ml/Gal). For plants growing hydroponically, use Green Planet GPH Uptake instead.

FOR USE IN



GPH UPTAKE GUARANTEED ANALYSIS

Soluble Potash (K_2O).....1.0%

Derived from: Potassium Sulfate.

ALSO CONTAINS NONPLANT FOOD INGREDIENT(S):
6.0% Humic Acids derived from humalite

Information regarding the contents and levels of metals in this product is available on the internet at <http://www.aapfco.org/metals.htm>



For more information on **GPH and feeding programs** please visit the resource section at www.greenplanetnutrients.com.

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