

Sources of some emissions that cause indoor air pollution

Source	Emission					
	Formaldehyde	Xylene/toluene	Benzene	Ammonia	Alcohols	Acetone
Adhesives	•	•	•		•	
Bioeffluents ¹		•		•	•	•
Carpeting					•	
Caulking compounds	•	•	•		•	
Ceiling tiles	•	•	•		•	
Cleaning products				•		
Cosmetics					•	•
Draperies	•					
Electrophotographic printers		•	•	•		
Fabrics	•					
Facial tissue	•					
Floor coverings	•	•	•		•	
Grocery bags	•					
Nail polish remover						•
Office correction fluid						•
Paints	•	•	•		•	
Paper towels	•					
Particleboard or chipboard	•	•	•		•	
Photocopiers		•	•	•		
Pre-printed paper forms						•
Stains and varnishes	•	•	•		•	
Upholstery	•					
Wall coverings		•	•		•	

¹Substances emitted by people through normal biological processes such as respiration.

Source: B.C. Wolverton, PhD; *How To Grow Fresh Air*; Penguin, 1997; used with permission.

Want to know more? Read Kent D. Kobayashi, Andrew J. Kaufman, John Grifis, and James McConnell, "Using Houseplants To Clean Indoor Air," Dec. 2007 Department of Tropical Plant and Soil Sciences, University of Guam. <http://www.ctahr.hawaii.edu/oc/freepubs/pdf/of-39.pdf>