

# ONE

## ONE GROW

For every 2.5 gallons / 10 liters of water add the following:

	ONE GROW	POTASH+	MAX GROW	ZONE	SILICA	FOLITECH GROW	MAX-FX GROW	PPM
WK 1	70 ml/ 14 tsp		10 ml/ 2 tsp	2.5 ml/ 0.5 tsp	2.5 ml/ 0.5 tsp	1 liter / 1 quart water add: 60 ml/ 4 tblsp FOLITECH Grow & PENETRATOR. Spray leaves 2 times per week until runoff.	1 liter / 1 quart water add: 60 ml/ 4 tblsp MAX-FX Grow & PENETRATOR. Spray leaves 2 times per week until runoff.	800-1000
WK 2	80 ml/ 16 tsp		10 ml/ 2 tsp	2.5 ml/ 0.5 tsp	2.5 ml/ 0.5 tsp			1000
WK 3	100 ml/ 20 tsp		10 ml/ 2 tsp	2.5 ml/ 0.5 tsp	5 ml/ 1 tsp			1000-1200
WK 4	100 ml/ 20 tsp	15 ml/ 3 tsp	10 ml/ 2 tsp	2.5 ml/ 0.5 tsp	5 ml/ 1 tsp			1000-1200

0 Begin flower schedule

## ONE FLOWER

	ONE FLOWER	POTASH +	MAX FLOWER	ZONE	SILICA	FOLITECH FLOWER	MAX-FX FLOWER	REVERSE	PPM
WK 1	110 ml/ 22 tsp	15 ml/ 3 tsp	10 ml/ 2 tsp	2.5 ml/ 0.5 tsp	5 ml/ 1 tsp	1 liter / 1 quart water add: 60 ml/ 4tblsp FOLITECH Flower & PENETRATOR. Spray leaves 2 times per week until runoff. Spray weeks 1 up to 4 only.	1 liter / 1 quart water add: 60 ml/ 4tblsp MAX-FX Flower & PENETRATOR. Spray leaves 2 times per week until runoff. Spray weeks 1 up to 4 only.	1 liter REVERSE add: 10 ml/ 2 tsp PENETRATOR. Spray plants weeks 1 & 3 in flower until runoff occurs.	1200-1400
WK 2	110 ml/ 22 tsp	15 ml/ 3 tsp	10 ml/ 2 tsp	2.5 ml/ 0.5 tsp	5 ml/ 1 tsp				1200-1400
WK 3	110 ml/ 22 tsp	15 ml/ 3 tsp	10 ml/ 2 tsp	2.5 ml/ 0.5 tsp	5 ml/ 1 tsp				1000-1200
WK 4	100 ml/ 20 tsp	15 ml/ 3 tsp	10 ml/ 2 tsp	2.5 ml/ 0.5 tsp	5 ml/ 1 tsp				800-1000
WK 5	70 ml/ 14 tsp	15 ml/ 3 tsp	10 ml/ 2 tsp	2.5 ml/ 0.5 tsp	5 ml/ 1 tsp				600-800
WK 6	60 ml/ 12 tsp	15 ml/ 3 tsp	10 ml/ 2 tsp	2.5 ml/ 0.5 tsp	5 ml/ 1 tsp				WATER
WK 7	WATER	WATER	WATER	2.5 ml/ 0.5 tsp	5 ml/ 1 tsp				WATER

### ADDITIONAL INFORMATION:

Measurements are based on 0.00 ppm water.  
 Fill tank with water, then add nutrient solution.  
 POTASH+ is added one week prior to introducing your plants to the flowering cycle.  
 For longer grow cycles repeat weeks 3 & 4.  
 For longer flowering cycles repeat weeks 3 & 4.  
 Always add PENETRATOR to foliar sprays including FOLITECH and REVERSE.  
 Calibrate your pH & ppm meters weekly prior to checking nutrient solution for optimum results.  
 pH for soil-less mix is 6.5 - 7.0  
 pH for Hydroponics, Aeroponics and Coir systems is 5.5 - 6.2  
 REVERSE is designed to be used with 10ml of PENETRATOR per liter only.  
 Spray MAX-FX & FOLITECH on alternate days.

### Legend

5 ml	=	1 teaspoon
15 ml	=	1 tablespoon
30 ml	=	1 ounce
1 quart	=	0.95 liters
1 gallon	=	3.79 liters

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