

## Online Extras

### Shopping for Humic Acids

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Maximum Yield - USA Edition, July 2009

Keep this easily-downloadable humic acid reference handy for when you are out shopping, in order to choose the best quality product for your growing situation.

#### Average Content of Humic and Fulvic Acids Found in Various Source Materials

Source	% Humic Acids	% Fulvic Acids
Leonardite	40	85
Black Peat	10	40
Brown Coal	10	30
Dung	5	15
Compost	2	5
Soil	1	5
Sludge	1	5
Coal	0	1

HIGH QUALITY HUMIC ACID	LOW QUALITY HUMIC ACID
derived from leonardite	derived from coal, brown coal, compost, manure or peat
potassium hydroxide	aluminum hydroxide, sodium hydroxide, other alkalines
no heavy metals	heavy metals – lead, arsenic, mercury
organic certification	not organically certified
low usage rates indicate strength	high usage rates indicate weakness
fairly priced	you get what you pay for