

NASA published a study in 1989 and found that indoor plants could filter out cancer-causing volatile organic compounds like Formaldehyde and Benzene in the air. Here are some of the houseplants investigated in the study that you can consider for your home! See how unique they are and pick your favorite one!

English Ivy 常春藤



Photo: ume-y/flickr

- English Ivy is suitable as a topiary plant or for use in hanging baskets.

- Pollutants removed:



- 1 to 2



Snake Plant 虎尾蘭



Photo: Peter A. Mansfeld/Wikimedia Commons

- Snake Plant is very suitable in your bedroom as it produces oxygen and removes carbon dioxide at night. It survives without a second look.

- Pollutants removed:



- 0 to 2



Gerbera Daisy 非洲菊



Photo: BevKnits/flickr

- Its colorful display, high transpiration rate and ability to cleanse the air of toxic gases make it a highly valued seasonal indoor plant.

- Pollutants removed:



- 2 to 3



Aloe Vera 費拉蘆薈



Photo: carrotmadman6 from Mauritis/Wikimedia Commons

- Beyond its air-cleaning abilities, the gel inside an aloe plant can help heal cuts and burns.

- Pollutants removed:



- 3



Learn more about the NASA study:



- Benzene
- Formaldehyde
- Trichloroethylene
- Xylene
- Toluene
- Sunlight needed (0 = Full shade, 1 = Partial shade, 2 = Partial sun, 3 = Full sun)
- Watering frequency (1 = Weekly to 7 = Daily)
- Non-toxic to dogs/cats

Read more:

- 【職場環境】細數7款辦公室小盆栽 提升觀感和工作能力 <https://bit.ly/2LaDVOW> | 香港01 (2018). 職場
- Your Latest Health Care Provider: A Plant <https://bit.ly/2KExQuk> | Jeffrey Kluger (2010). TIME USA

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- Indoor-Air-Quality Plants.com. (n.d.). Top Indoor Plants | Best Air Filters for Home. Available: <http://indoor-air-quality-plants.com/>
- Wolverton, B. C., et al. (1989). Interior Landscape Plants for Indoor Air Pollution Abatement (Final Report—September 15, 1989). Stennis Space Center, MS 39529-6000, Science and Technology Laboratory, John C. Stennis Space Center, National Aeronautics and Space Administration. Available: <https://ntrs.nasa.gov/archive/nasa/casi.ntrs.nasa.gov/19930073077.pdf>

