

HOW TO USE GROW & GAIN: Use GROW & GAIN as an all-purpose plant food on trees, shrubs, vegetables, flowering plants and lawns, applying every 14 to 30 days.

Drench Feed: Mix one (1) tablespoon GROW & GAIN with one (1) gallon water, and apply evenly over soil surface. For indoor plants or plants with no drainage, apply at half strength.

Foliar Feed: Mix one-half (1/2) tablespoon GROW & GAIN with one (1) gallon water, and spray solution onto plant **foliage (leaves)** to the point of run-off or just before; **avoid spraying flowers directly.**

Garden plants, shrubs, and vegetables: apply every 2 weeks (14 days). **Trees:** apply monthly during growing season (30 days).