



Standard Feeding Schedule

for Normal Feeding of Full Sun Plants in Soil, Soil-less & Hydroponics

For Lettuce and Shade crops reduce amounts by 50%

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Week	Phase	Light Hours	Z ⁷ Enzyme Cleanser	Elite Micro (per Gallon of water)	Elite Grow (per Gallon of water)	Elite Bloom (per Gallon of water)	On Schedule	Flora Extract	USB
1	Rooted Cuttings*	18	½ ml each part/gallon	¼ tsp OR 200ppm	¼ tsp OR 100ppm	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon
2	Vegetation**	18	½ ml each part/gallon	½ tsp OR 400ppm	¼ tsp OR 100ppm	---	---	¼ ml/gallon	½ ml/gallon
3	Pre Bloom	18	½ ml each part/gallon	½ tsp OR 400ppm	½ tsp OR 200ppm	---	3 tsp/quart †	¼ ml/gallon	½ ml/gallon
4	Transition to Bloom	18	½ ml each part/gallon	½ tsp OR 400ppm	½ tsp OR 200ppm	⅛ tsp OR 50ppm	3 tsp/quart †	¼ ml/gallon	½ ml/gallon
5	Early Bloom	12	½ ml each part/gallon	½ tsp OR 400ppm	½ tsp OR 200ppm	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon
6	Early Bloom	12	½ ml each part/gallon	½ tsp OR 400ppm	½ tsp OR 200ppm	¼ tsp OR 100ppm	---	¼ ml/gallon	½ ml/gallon
7	Mid Bloom	12	½ ml each part/gallon	½ tsp OR 400ppm	¼ tsp OR 100ppm	¼ tsp OR 100ppm	---	¼ ml/gallon	½ ml/gallon
8	Mid Bloom	12	½ ml each part/gallon	½ tsp OR 400ppm	¼ tsp OR 100ppm	¼ tsp OR 100ppm	---	¼ ml/gallon	½ ml/gallon
9	Late Bloom	12	½ ml each part/gallon	½ tsp OR 400ppm	¼ tsp OR 100ppm	¼ tsp OR 100ppm	---	¼ ml/gallon	½ ml/gallon
10	Late Bloom***	12	½ ml each part/gallon	½ tsp OR 400ppm	¼ tsp OR 100ppm	¼ tsp OR 100ppm	---	¼ ml/gallon	½ ml/gallon
11	Pre-Harvest****	12	½ ml each part/gallon	¼ tsp OR 200ppm	⅛ tsp OR 50ppm	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon

* As an option, maintain 50PPM/0.1EC of the above recipe for every inch of plant height until the feed target has been achieved. See plant food label for more information.

** Repeat Week 2 for Extended Vegetation time.

*** Repeat Week 10 for Extended Bloom time.

**** Run only Z⁷ and Flora Extract for the last 3 days before harvest.

† Spray On Schedule on plant leaves and stems once a day.

5mL = 5cc = 1 Teaspoon --- 3 Teaspoons = 1 Tablespoon

½ mL per gallon of water = 1 Teaspoon per 10 gallons of water

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The feeding chart's dosage shows both tsp and ppm per gallon. The reasoning is simple; sometimes you need more accurate dosage than tsp per gallon can give. Example: To use ppm per gallon simply or top off your reservoir with water and take note of your starting ppm reading. Add Elite Micro until you get a reading 200 ppm above your start reading. Now add the Elite Grow until you get 50 ppm higher. Now add the Elite Bloom until you get 50 ppm higher. You will have added ¼ tsp of Elite Micro, ½ tsp Elite Grow and ⅛ tsp of Elite Bloom.

To make blending the nutrients into the reservoir easier, add the dry fertilizer to a gallon container of water and mix until completely dissolved. Then add a little of the dissolved fertilizer at a time to the reservoir easy and exact measurements. Common concentrations would be: 1 pound of Elite Micro into 1 gallon of water. 1 pound of Elite Grow into 1 gallon of water. 1 pound of Elite Bloom into 1 gallon of water. These concentrates will keep for several weeks if placed out of light and heat.

Note: If tip burn or leaf curl is noticed, reduce strength of each part by 20%. Likewise if plants need more nitrogen, add more Elite Grow.

You can also use weights to mix up your nutrients.

Approximate ratios:

Micro ¼ tsp = 200 ppm = 0.4 EC = 1 gram

Grow ¼ tsp = 100 ppm = 0.2 EC = 1 gram

Bloom ¼ tsp = 100 ppm = 0.2 EC = 1.4 gram



Feeding Schedule for High Calcium Water Sources

for Normal Feeding of Full Sun Plants in Soil, Soil-less & Hydroponics

For Lettuce and Shade crops reduce amounts by 50%

2



Week	Phase	Light Hours	Z ⁷ Enzyme Cleanser	Elite Micro (per Gallon of water)	Elite Grow (per Gallon of water)	Elite Bloom (per Gallon of water)	On Schedule	Flora Extract	USB
1	Rooted Cuttings*	18	½ ml each part/gallon	¼ tsp OR 200ppm	⅛ tsp OR 50ppm	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon
2	Vegetation**	18	½ ml each part/gallon	½ tsp OR 400ppm	¼ tsp OR 50ppm	---	---	¼ ml/gallon	½ ml/gallon
3	Pre Bloom	18	½ ml each part/gallon	½ tsp OR 400ppm	½ tsp OR 200ppm	---	3 tsp/quart †	¼ ml/gallon	½ ml/gallon
4	Transition to Bloom	18	½ ml each part/gallon	½ tsp OR 400ppm	½ tsp OR 200ppm	⅛ tsp OR 50ppm	3 tsp/quart †	¼ ml/gallon	½ ml/gallon
5	Early Bloom	12	½ ml each part/gallon	½ tsp OR 400ppm	½ tsp OR 200ppm	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon
6	Early Bloom	12	½ ml each part/gallon	½+⅛ tsp OR 500ppm	¼ tsp OR 50ppm	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon
7	Mid Bloom	12	½ ml each part/gallon	½+⅛ tsp OR 500ppm	¼ tsp OR 50ppm	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon
8	Mid Bloom	12	½ ml each part/gallon	½+⅛ tsp OR 500ppm	¼ tsp OR 50ppm	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon
9	Late Bloom	12	½ ml each part/gallon	½+⅛ tsp OR 500ppm	⅛ tsp OR 50ppm	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon
10	Late Bloom***	12	½ ml each part/gallon	½+⅛ tsp OR 500ppm	⅛ tsp OR 50ppm	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon
11	Pre-Harvest****	12	½ ml each part/gallon	¼ tsp OR 200ppm	⅛ tsp OR 50ppm	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon

* As an option, maintain 50PPM/0.1EC of the above recipe for every inch of plant height until the feed target has been achieved. See plant food label for more information.

** Repeat Week 2 for Extended Vegetation time.

*** Repeat Week 10 for Extended Bloom time.

**** Run only Z⁷ and Flora Extract for the last 3 days before harvest.

† Spray On Schedule on plant leaves and stems once a day.

5mL = 5cc = 1 Teaspoon --- 3 Teaspoons = 1 Tablespoon

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To make blending the nutrients into the reservoir easier, add the dry fertilizer to a gallon container of water and mix until completely dissolved. Then add a little of the dissolved fertilizer at a time to the reservoir easy and exact measurements. Common concentrations would be: 1 pound of Elite Micro into 1 gallon of water. 1 pound of Elite Grow into 1 gallon of water. 1 pound of Elite Bloom into 1 gallon of water. These concentrates will keep for several weeks if placed out of light and heat.

Note: If tip burn or leaf curl is noticed, reduce strength of each part by 20%. Likewise if plants need more nitrogen, add more Elite Grow.

You can also use weights to mix up your nutrients.

Approximate ratios:

Micro ¼ tsp = 200 ppm = 0.4 EC = 1 gram

Grow ¼ tsp = 100 ppm = 0.2 EC = 1 gram

Bloom ¼ tsp = 100 ppm = 0.2 EC = 1.4 gram



Low Nitrogen Feeding Schedule

for Normal Feeding of Full Sun Plants in Soil, Soil-less & Hydroponics
For Lettuce and Shade crops reduce amounts by 50%

3



Week	Phase	Light Hours	Z ⁷ Enzyme Cleanser	Elite Micro (per Gallon of water)	Elite Grow (per Gallon of water)	Elite Bloom (per Gallon of water)	On Schedule	Flora Extract	USB
1	Rooted Cuttings*	18	½ ml each part/gallon	¼ tsp OR 200ppm	¼ tsp OR 100ppm	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon
2	Vegetation**	18	½ ml each part/gallon	½ tsp OR 400ppm	¼ tsp OR 100ppm	---	---	¼ ml/gallon	½ ml/gallon
3	Pre Bloom	18	½ ml each part/gallon	½ tsp OR 400ppm	¼ tsp OR 100ppm	---	3 tsp/ quart †	¼ ml/gallon	½ ml/gallon
4	Transition to Bloom	18	½ ml each part/gallon	½ tsp OR 400ppm	¼ tsp OR 100ppm	⅛ tsp OR 50ppm	3 tsp/ quart †	¼ ml/gallon	½ ml/gallon
5	Early Bloom	12	½ ml each part/gallon	½ tsp OR 400ppm	¼ tsp OR 100ppm	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon
6	Early Bloom	12	½ ml each part/gallon	½ tsp OR 400ppm	¼ tsp OR 100ppm	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon
7	Mid Bloom	12	½ ml each part/gallon	½ tsp OR 400ppm	¼ tsp OR 100ppm	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon
8	Mid Bloom	12	½ ml each part/gallon	½+⅛ tsp OR 500ppm	⅛ tsp OR 50ppm	¼ tsp OR 100ppm	---	¼ ml/gallon	½ ml/gallon
9	Late Bloom	12	½ ml each part/gallon	½+⅛ tsp OR 500ppm	⅛ tsp OR 50ppm	¼ tsp OR 100ppm	---	¼ ml/gallon	½ ml/gallon
10	Late Bloom***	12	½ ml each part/gallon	½+⅛ tsp OR 500ppm	⅛ tsp OR 50ppm	¼ tsp OR 100ppm	---	¼ ml/gallon	½ ml/gallon
11	Pre-Harvest****	12	½ ml each part/gallon	¼ tsp OR 200ppm	⅛ tsp OR 50ppm	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon

* As an option, maintain 50PPM/0.1EC of the above recipe for every inch of plant height until the feed target has been achieved. See plant food label for more information.

** Repeat Week 2 for Extended Vegetation time.

*** Repeat Week 10 for Extended Bloom time.

**** Run only Z⁷ and Flora Extract for the last 3 days before harvest.

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Note: If tip burn or leaf curl is noticed, reduce strength of each part by 20%. Likewise if plants need more nitrogen, add more Elite Grow.

You can also use weights to mix up your nutrients.

Approximate ratios:

Micro ¼ tsp = 200 ppm = 0.4 EC = 1 gram

Grow ¼ tsp = 100 ppm = 0.2 EC = 1 gram

Bloom ¼ tsp = 100 ppm = 0.2 EC = 1.4 gram



Heavy Feeding Schedule

for Normal Feeding of Full Sun Plants in Soil, Soil-less & Hydroponics

For Lettuce and Shade crops reduce amounts by 50%

4



Week	Phase	Light Hours	Z ⁷ Enzyme Cleanser	Elite Micro (per Gallon of water)	Elite Grow (per Gallon of water)	Elite Bloom (per Gallon of water)	On Schedule	Flora Extract	USB
1	Rooted Cuttings*	18	½ ml each part/gallon	¼ tsp OR 200ppm	⅛ tsp OR 50ppm	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon
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3	Pre Bloom	18	½ ml each part/gallon	½ tsp OR 400ppm	¾ tsp OR 300ppm	---	3 tsp/quart †	¼ ml/gallon	½ ml/gallon
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8	Mid Bloom	12	½ ml each part/gallon	½+⅛ tsp OR 500ppm	¼ tsp OR 100ppm	¼+⅛ tsp OR 150ppm	---	¼ ml/gallon	½ ml/gallon
9	Late Bloom	12	½ ml each part/gallon	½+⅛ tsp OR 500ppm	¼ tsp OR 100ppm	¼+⅛ tsp OR 150ppm	---	¼ ml/gallon	½ ml/gallon
10	Late Bloom***	12	½ ml each part/gallon	½+⅛ tsp OR 500ppm	---	½ tsp OR 200ppm	---	¼ ml/gallon	½ ml/gallon
11	Pre-Harvest****	12	½ ml each part/gallon	¼ tsp OR 200ppm	---	⅛ tsp OR 50ppm	---	¼ ml/gallon	½ ml/gallon

* As an option, maintain 50PPM/0.1EC of the above recipe for every inch of plant height until the feed target has been achieved. See plant food label for more information.

** Repeat Week 2 for Extended Vegetation time.

*** Repeat Week 10 for Extended Bloom time.

**** Run only Z⁷ and Flora Extract for the last 3 days before harvest.

† Spray On Schedule on plant leaves and stems once a day.

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To make blending the nutrients into the reservoir easier, add the dry fertilizer to a gallon container of water and mix until completely dissolved. Then add a little of the dissolved fertilizer at a time to the reservoir easy and exact measurements. Common concentrations would be: 1 pound of Elite Micro into 1 gallon of water. 1 pound of Elite Grow into 1 gallon of water. 1 pound of Elite Bloom into 1 gallon of water. These concentrates will keep for several weeks if placed out of light and heat.

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Approximate ratios:

Micro ¼ tsp = 200 ppm = 0.4 EC = 1 gram

Grow ¼ tsp = 100 ppm = 0.2 EC = 1 gram

Bloom ¼ tsp = 100 ppm = 0.2 EC = 1.4 gram