

MAKE SURE NUTRIENTS ARE STORED AT 7°C OR ABOVE

Feed your nutrient solution at about 18°C

Mills Top Tip...place a pump or water mover in your nutrient feeding tank to keep your solution agitated.

All values are per 10 ltr of water	GROWTH PHASE		BLOOM PHASE									
	WEEK 1	WEEK 2	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	
START	10 ml	10 ml	10 ml	10 ml								FLUSH
BASIS A	10 ml	20 ml	25 ml	30 ml	30 ml	30 ml	35 ml	35 ml	30 ml	30 ml		
BASIS B	10 ml	20 ml	25 ml	30 ml	30 ml	30 ml	35 ml	35 ml	30 ml	30 ml		
C4					5 ml	10 ml	15 ml	10 ml				
ULTIMATE PK							20 ml	20 ml	25 ml	25 ml		
EC	1.4 - 1.6	1.6 - 1.8	1.8 - 2.0	1.9 - 2.1	1.9 - 2.1	2.0 - 2.2	2.3 - 2.5	2.2 - 2.4	2.0 - 2.2	2.0 - 2.2		

VITALIZE : add to every feed.	GROWTH PHASE		BLOOM PHASE								
	WEEK 1	WEEK 2	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9
VITALIZE	2 ml	2 ml	2 ml	2 ml	2 ml	2 ml	1 ml	1 ml	1 ml	1 ml	FLUSH

We have assumed a Base EC of 0.7

MIXING INSTRUCTIONS:

- 1) Add VITALIZE first and mix thoroughly.
- 3) Add Basis A and mix thoroughly (always use equal amounts of A and B).
- 4) Add Basis B and mix thoroughly (always use equal amounts of A and B).
- 5) Add appropriate stimulant. Mix thoroughly before adding new stimulate.
- 6) Adjust pH of nutrient solution (5.8/6.2).

CAUTION: Do not premix nutrients. Add to water only.





Advanced Feed Chart

for experienced growers

top tips

Growth Phase | Bloom Phase

	Growth Phase		Bloom Phase								
	Week 1	Week 2	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
START	10ml	10ml	10ml	10ml							
BASIS A	10ml	20ml	25ml	30ml	30ml	30ml	35ml	35ml	30ml	30ml	
BASIS B	10ml	20ml	25ml	30ml	30ml	30ml	35ml	35ml	30ml	30ml	Flush
C4				5ml	10ml	10ml	15ml	10ml	10ml	10ml	
ULTIMATE PK						10ml	20ml	20ml	25ml	25ml	
EC (GUIDE ONLY)	1.4-1.6	1.6-1.8	1.8-2.0	2.0-2.2	1.9-2.0	2.0-2.2	2.5-2.7	2.4-2.6	2.2-2.4	2.2-2.4	
VITALIZE	2ml	2ml	2ml	2ml	2ml	2ml	1ml	1ml	1ml	1ml	

1) Over Feeding - Unlike other nutrient ranges you can easily overfeed with Mills Nutrient line and get even bigger results and yield. However, watch your plants only overfeed if you are comfortable in your knowledge. Aim to ramp up feed over time - little increases and often work best.

2) Vitalize - Foliar spraying gives good value for this product, foliar spray using 1ml per 10 l water. DO NOT DAMPEN OFF one pass with a spray on fine mist is enough. Try it, see for yourself the benefits of an additional foliar spray of Vitalize.

3) EC Levels - We give an approximate EC level for you to "aim" for. THIS IS only a guide value. We have assumed a base EC of 0.7 so please allow for that and adjust up and down depending on your starting EC. Remember at all times be led by your plants what do they say to you?

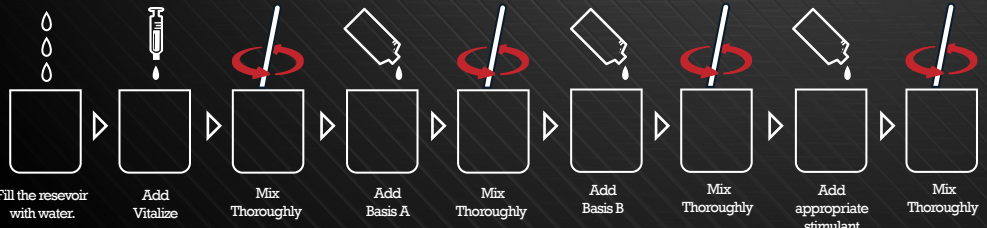
4) Environment - this is key to you getting your best results - see our Simple Guide to Setting up a Grow Room for more information on obtaining the right environment.

5) VPD - Vapor Pressure Deficit - want exceedingly good results? Learn more about VPD and its benefits to your plants.

6) Always use an EC Meter and PH Meter if you are growing without this basic equipment you are growing blind. Buy a set - they are cheap!

7) ASK YOUR FRIENDLY GROW SHOP OWNER if you have any questions about any aspect of your grow - but more importantly, LISTEN to their advice. They know what they are doing.

8) Any issues with Mills Nutrients let us know at 4drmills@gmail.com



Check EC Adjust pH (Hydro 5.8-6.2 Soil 6.4-6.8)



CAUTION : DO NOT PREMIX NUTRIENTS. ADD TO WATER ONLY.

EC or Electrical Conductivity of water is its ability to conduct an electric current. We measure this conductivity in Siemens, or more accurately millisiemen which is one thousandth of a siemen. Like mm are to meters in length. The 'electric conductivity' is basically the amount of food in suspension that the roots can absorb and process.

Too low EC will leave plants hungry and weak and too high EC will 'block' the absorption of minerals and cause 'leaf burn'

Water out of the tap is seldom pure and so you need to measure your source water. This is the best done with a simple EC meter. Your water out of the tap will have an EC reading already, we call this a base EC. Measuring your base EC is important because then you will know exactly how much nutrient you have added to the water. Subtract your Base EC from your finished Nutrient Mix EC. So if we have a base EC 0.4 out of the tap and we have a finished nutrient mix EC reading of 1.4 after mixing in our Mills Nutrients we have RAISED OUR EC by 1.

This base EC varies greatly across the country, depending on the amount of minerals in the water (Aka Hard Water or Soft Water). Therefore, our EC Charts are only ever a guide but here is a quick cross reference guide to help you get to the right EC Levels in your tank.

Our feed charts show desirable EC for each week of plant's growth. It may vary, depending on water hardness. If you are in soft water area (0.1 – 0.4) then we advise to increase your base EC to 0.7 and then add the nutrients and additives as per feed chart. After mixing in, your EC should be within the range stated on the chart EC guide.



To raise your EC add Mills CalMag.

OUR TARGET EC PRIOR TO MIXING NUTRIENT IS 0.7

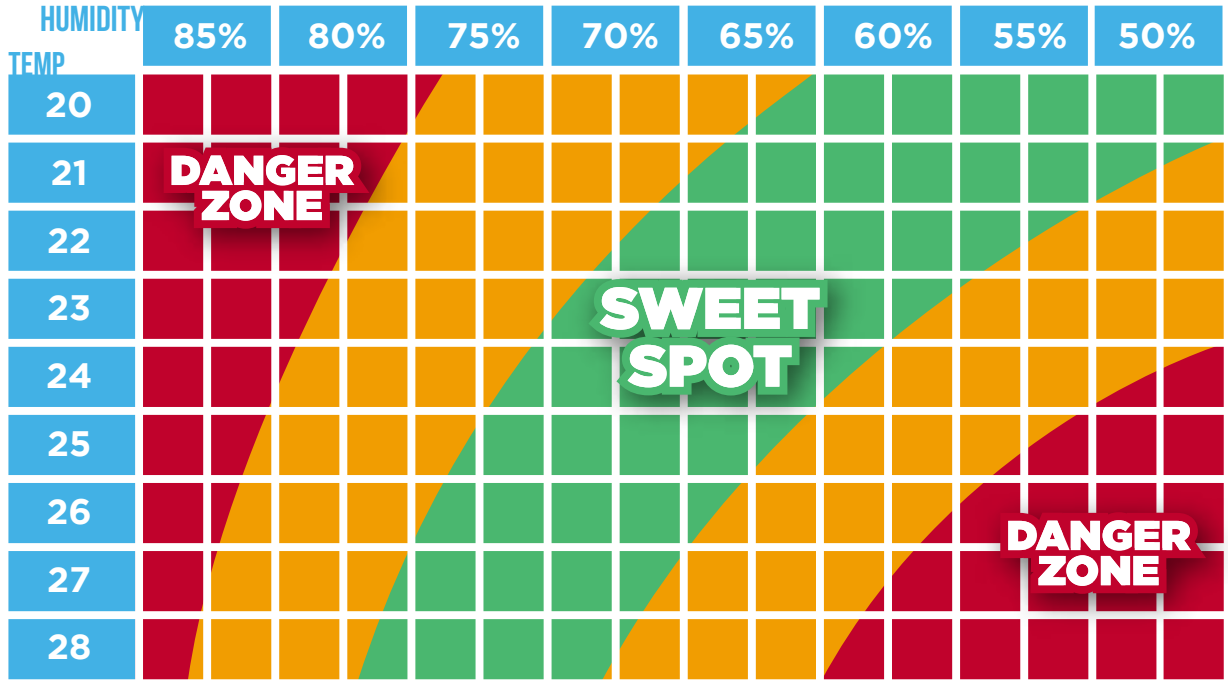
	Your Base EC	Change Your EC by	Additional CalMag per Litre
	0	0.7	0.77
	0.1	0.6	0.66
	0.2	0.5	0.55
	0.3	0.4	0.44
AVERAGE UK SOFTWATER	0.4	0.3	0.33
	0.5	0.2	0.22
	0.6	0.1	0.11
UK HARDWATER OR ABOVE	0.7	0	0



Vapour Pressure Deficit (VPD) (or getting your humidity right)

Humidity in plant health is more important than some realise and is a KEY aspect of your growing environment to get right. When you get the humidity correct you will truly be growing the best you can. Measuring humidity we use a scale called Relative Humidity (RH). A RH of 50% means that at the temperature you measured it at the air was carrying 50% of the water vapour it could hold.

How does making sure we have the correct RH result in better growth from our plants? Because it ensures that the plant is transpiring correctly. Too low a RH and your plant will close its stomata to prevent water loss and wilting. As plants absorb CO² through their stomata, having an optimal RH will result in better photosynthesis, better growth, healthier plants. Adding CO² into the mix once you've got your humidity right will add yield and vigour to your crop.



This chart is a guide, a good rule of thumb is to have a higher RH in veg and gradually drop it during mid to late flower.