



Plant Fitness™

CROSSTRAINER™ 0-0-4



NUTRITION



BIOLOGY



OSMOSIS



APPLICATIONS	RATES & COMMENTS
Cool and Warm-season turf	Apply 2 - 6 fluid ounces per 1,000 ft ² in 1 - 2 gallons per 1,000 ft ² volume every 7 - 14 days.
Apply CrossTrainer at a rate of 2 fl. oz. per 1,000 ft ² weekly, or 4 - 6 fl. oz. per 1,000 ft ² bi-weekly. For optimal results, allow CrossTrainer to dry on the leaf blade. If necessary, it can be watered in without compromising efficacy. While CrossTrainer is highly compatible with most products, it's always advisable to conduct a standard quart jar test before tank mixing with other solutions.	

GUARANTEED ANALYSIS:

Soluble Potash (K₂O) 4.00%

DERIVED FROM:

Potassium Humate, Potassium Acetate

ALSO CONTAINS NON-PLANT FOOD INGREDIENTS:

Fatty acid derivatives, proprietary carbohydrate blend (microbe food), amino acids

SHAKE WELL

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Plant Fitness, CrossTrainer, Turf Fit, and Soil Fit are trademarks of Epoch Science, LLC.

Made in the USA

SAFETY PRECAUTIONS:



WARNING

May cause an allergic skin reaction. Harmful to aquatic life. Avoid breathing fumes/vapours/spray. Contaminated work clothing must not be allowed out of the workplace. Avoid release to the environment. Wear protective gloves/protective clothing/eye protection. If on skin: Wash with plenty of soap and water. If skin irritation or rash occurs: Get medical advice/attention. Wash contaminated clothing before reuse. Dispose of contents/container to hazardous or special waste collection point, in accordance with local regulations.

Net Contents: 2.5 GAL
Density: 9.79 LBS/GAL at 68°F
Net Weight: 24.48 LBS

CROSSTRAINER™

Guaranteed by Epoch Science, LLC.