Important!!! Before using DMSO the first time, apply one drop to a spot on your body & wait 24 hours to see if you have any negative reaction, especially liver pain.

How to Make & Take individual doses:
You will make individual hourly doses of MMS1 to which DMSO will be added at the rate of 1 drop of DMSO for each drop of MMS1.

Reduce the number of drops if diarrhea, nausea or vomiting occurs or you feel worse.

1. Mix 3 drops of MMS with 3 drops of 50% citric acid or 4% hydrochloric acid (HCL) in a small, clean & dry glass container. Swirl or stir mixture.
2. Wait 30 seconds for activation to complete.
3. Pour 4 fl oz (120 ml) of clean water into the small glass.
4. Add 3 drops DMSO to the diluted MMS1 solution.
5. Stir & wait 3 minutes. Drink and repeat hourly for 8 hours.
6. Protocol 1000 calls for eight, 3 drop MMS1 hourly doses.
7. But, one should start with 1 drop/hour; 1/2 to 1/4 drop for sick people.
8. If improvement is not seen in 2 weeks, consider moving to Protocol 2000. Then if still more improvement is needed, add Protocol 3000, baths, etc.

If you need to take a dose that is less than 1 drop, do this:
Make a 1 drop dose of MMS1 as usual, add 4 fluid ounces (120 ml) of water, then add 1 drop of DMSO. Looking at the chart below, measure from that 4 fluid ounces (120 ml) the volume of solution to give you the desired drops per dose. Discard the unused solution as DMSO will render the MMS1 ineffective in a short time.

4 fl oz (120 ml) = 1 drop MMS1 + 1 drop DMSO
2 fl oz (60 ml) = 1/2 drop MMS1 + 1/2 drop DMSO
1 fl oz (30 ml) = 1/4 drop MMS1 + 1/4 drop DMSO

Definition of terms, important to know:
► MMS stands for “Master Mineral Solution” This is the name of a mineral solution used to help un-well people recover their health.
► MMS is a 22.4% solution of 80% sodium chlorite powder or flakes (NaClO2) in water.
► MMS1 is activated MMS. It is MMS plus an activator; when the two are mixed together they produce chlorine dioxide (ClO2).
How to Make & Take 8 doses in one bottle: (Note that MMS1 doses made fresh each hour give better results)

You will make a 1 quart (1 liter) solution that will be consumed over an 8 consecutive hour period in 8 hourly doses of 4 fl oz (125 ml) each hour. These instructions give the number of drops needed to follow MMS1 Protocol 1000. The normal 3 drop hourly dose can be reduced, if needed. (See chart above.) Reduce your intake if diarrhea, nausea or vomiting occurs or you feel worse.

1. Add 1 quart (1 liter) of clean water to a clean 1 quart (1 liter) bottle that can be tightly sealed.
   Use only a glass or HDPE plastic bottle.

2. Mix 24 drops of MMS with 24 drops of 50% citric acid or 4% HCL in a small, clean & dry glass container. Swirl or stir mixture. Wait 30 seconds for activation to complete.

3. From the quart (liter) bottle, add a small amount of water to the activated mixture.

4. Pour the diluted activated mixture into the quart (liter) bottle of water and mix thoroughly.

5. DMSO must be added just before drinking each dose. Pour out 4 fluid ounces (125 ml) of the solution into a glass & add 3 drops of DMSO. Wait 3 minutes & then drink the dose.

6. More hourly doses can be more effective. Make a 2nd bottle of solution if more than 8 doses per day are desired.

The MMS1 solution will keep at room temperature if tightly capped & not in direct sunlight for as long as it retains the yellow color. In order to measure out hourly doses, you can mark the bottle at every 4 fl oz (125 ml).

Dosage for 8 doses in one bottle:

Always take at least 8 continuous hourly doses each day. If necessary, the number of drops can be reduced for each dose, but be sure to take 8 doses each day with no more than 3 drops/dose.

More hourly doses can help with overcoming a condition, so more than 8 hourly doses per day can be taken. Always stop short of diarrhea, nausea, vomiting or unwanted effect.

Monitor and adjust as needed:

- Stay at each amount for 2 to 3 days before increasing so that if unwanted symptoms arise, you can go back to a safe, known level.

- Always stop short of diarrhea, nausea, vomiting or unwanted symptoms.

- If you need to reduce your intake, you can take fewer drops each dose.

- We are finding that a low steady amount is all some people need. Some conditions may need an initial higher amount, and then a lower amount for continual use.

- If taste is still unacceptable, then add one drop of peppermint oil to each 4 fl oz (125 ml) at the time of usage. Or, use 4% hydrochloric acid instead of 50% citric acid for the activator.

Lemon Juice or 10% Citric Acid as MMS Activator:

If you are using lemon juice or 10% citric acid to activate MMS, you will need to use five drops for each drop of MMS. So, instead of 3 drops of 50% citric acid, you would use 15 drops of lemon juice or 10% citric acid to mix with 3 drops of MMS. Activate for 3 minutes.