

# What Is The Best SCS?

<https://mmsforum.io/goto/cds/32191-in-2019-what-is-the-best-form-of-chlorine-dioxide-to-take-mms-cds-cdh>

If you asked Jim Humble (JH) that question, he would of course say, MMS1. If you read his latest book, you find only one form of SCS (**S**odium **C**hlorite **S**olution) listed with protocols that use a SCS and that would be MMS1.

Since MMS1 has been used since 1996, it has by far the longest track record. CDS came many years later and then came CDH. All three SCSs are made from the same two ingredients; 22.4% SCS (MMS) and an activator, preferably 4% HCL. (50% citric acid tastes terrible and can cause stomach problems for some people) Some question if either CDS or CDH work as well as MMS1. I have been looking for a positive testimonial for genital herpes for a long time and [found only one](#). Which SCS was used? CDS.

All three SCSs produce Chlorine Dioxide gas (CLO<sub>2</sub> or CD). However, the amount of CLO<sub>2</sub> produced **externally** (outside the human body) where they're made, varies considerably for each.

1. **CDS** is [100% CLO<sub>2</sub> gas in distilled water](#) and is made differently than MMS1 and CDH. 100% of all possible CLO<sub>2</sub> is available for external & internal use.
2. The MMS in **CDH** is [50% activated externally](#), meaning not ingested into a stomach, where the other 50% MMS activation should occur due to stomach acid. 50% of all possible CLO<sub>2</sub> is available for external use.
3. The MMS in **MMS1** is [10% activated externally](#), meaning not ingested into a stomach, where the other 90% MMS activation should occur due to stomach acid. 10% of all possible CLO<sub>2</sub> is available for external use.
4. **MMS** (unactivated 22.4% SCS) provides [0% CLO<sub>2</sub> externally](#), but may fully activate in stomach acid to provide all possible CLO<sub>2</sub>. (original JH discovery)

We assume that CLO<sub>2</sub> available in all three SCSs is the magic we are looking for when trying to recover from our health issues. However, there may be other chemicals produced during activation that are also useful. And, residual MMS in CDH and MMS1 may activate somewhere else in your body and not just in your stomach.

One could say the best SCS is the one(s) that solves your health problem(s). But which one do you choose? *I think there is a best SCS for each problem area, be it external or internal.* You have to decide which SCS to use where, either by deduction, experience or with the help of a MMS health coach.

## **Example A** [Breast cancer](#)

1. Apply strong CDS topically followed by DMSO.
2. Ingest MMS1 or CDH.
3. Use normal strength CDS (3000 ppm) in a [douche](#).

## **Example B** [A Virus is known or suspected](#) such as a cold or flu, regardless of the type of flu.

1. Follow [Protocol 115 for Viruses](#) using either CDS or CDH.

Be aware of the [equivalent doses](#) for each SCS compared with each other in order to dose the same quantity of CLO<sub>2</sub> (mg of CLO<sub>2</sub>) per dose for the SCS you are using when following protocols. You will find on the internet many sites claiming that 1 ml of 3000 ppm CDS is equivalent to a 3 drop dose of MMS1. For both external & internal use, that recommendation is wrong. See the charts linked above.