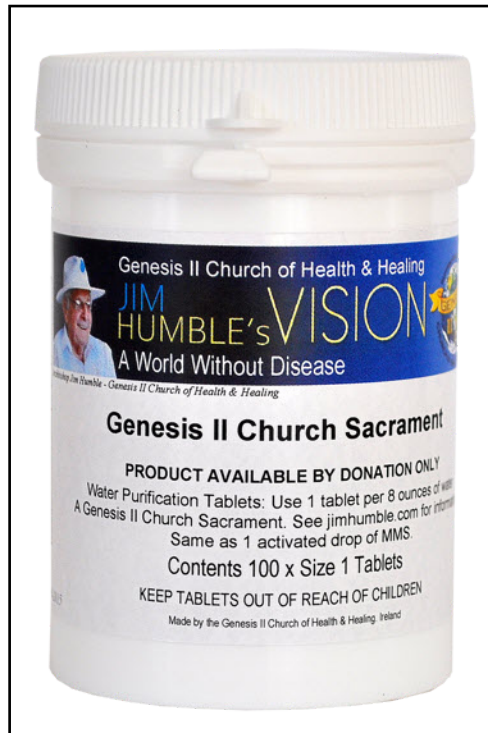


Tablets can be placed inside empty capsules to avoid discomfort if one gets caught part-way down, or even cause burning on your tongue when swallowing. Size 3 capsules can hold about 3 or 4 tablets.

## MMS1 Tablets (Clo<sub>2</sub>) Chlorine Dioxide

# INSTRUCTIONS

MMS Tabs innovative, chlorine dioxide tablets utilise revolutionary technology that makes available the highly effective sanitizing benefits of chlorine dioxide in a simple to use tablet form. The tablets are individually blister foil wrapped and specially engineered to carefully control and sustain the release of specified concentrations and strengths of chlorine dioxide gas when added to water. Generating chlorine dioxide gas with these tablets is simple as in their dry form, the tablets are un-reactive only producing chlorine dioxide when exposed to or added to water. To activate the tablets simply take the tablet's orally with a glass of water and within seconds they act to produce a solution of activated chlorine dioxide in the stomach. This generated solution is effective for microbiological control oxidation.



# INSTRUCTIONS ON HOW TO USE MMS1 TABLETS

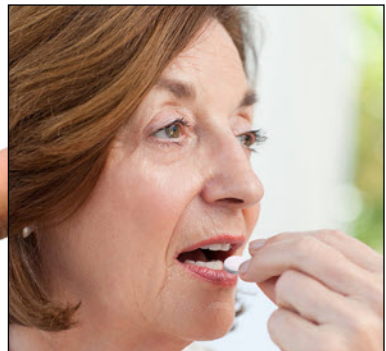
## Oral MMS1 tablets

(taken orally, then washed down with a glass of water)



### NOTE WELL

*Place tablet on your tongue, then immediately wash down with a glass of water. Don't swirl tablet in your mouth as this may cause some irritation to the soft tissue of the mouth.*



PLEASE UNDERSTAND THAT MMS1 TABLETS ARE FOR **ORAL INTAKE** AND ONLY PRODUCE CHLORINE DIOXIDE WHEN DISSOLVED WITH WATER IN THE STOMACH. SO ALWAYS TAKE THE TABLET WITH LOTS OF WATER MIN. 300ml

## **NOTE WELL**

When using the **MMS1 tablets** you must decide how severe your health condition is before starting the different dosages given below.

The dosages are divided into three protocols, namely

- 1 **Protocol 1** this is for mild diseases.
- 2 **Protocol 2** this is for more serious diseases.
- 3 **Protocol 3** this is for all serious diseases. It's the same as Protocol 1 but with MMS2 tablets added to the protocol.

**IMPORTANT:** The MMS1 tablets only produce chlorine dioxide (ClO<sub>2</sub>) (which is the chemical needed to destroy diseases) once they dissolve in the stomach.

The tablets are effervescent and dissolve very easily in the stomach. So it is very important to drink a full glass of water each time you take a tablet. This applies to all the protocols.

## **PROTOCOL 1 (for most mild diseases) MMS1 tablets**

### **THE FOLLOWING PROTOCOL APPLIES TO BOTH THE MMS1 TABLETS Size 1 and Size 2**

This is basically taking **1 tablet every hour** washed down with a glass of water, (minimum 300ml) for 8 hours a day, for 3 weeks or until you are feeling better.

Use only water to take the tablet, don't use any fruit juices. However many people cannot start taking a full tablet and should start with only  $\frac{1}{2}$  a tablet. This is determined by how sick they are to begin with. If one is feeling very sick then start with only  $\frac{1}{2}$  a tablet but then begin taking more if you feel that you can. The rule is, if you feel that the tablets are making you feel worse, take less and if they are not making you feel worse then take a little bit more the next time, but never more than 1 tablet every two hours. *CAUTION: If you start by taking  $\frac{1}{2}$  a tablet make sure you store the remaining  $\frac{1}{2}$  tablet in the foil wrapping. Any moisture in the air will start to dissolve the tablet.*

#### **IMPORTANT**

Now, these are the important instructions you must be sure to follow: You must not make yourself sicker than you already are: Do not cause yourself a lot of nausea, or pain, or diarrhea. When you notice any of these symptoms coming on take less. Try not to stop taking the tablets, just take less. You can even take one tablet every three hours. Pain, diarrhea, nausea and other discomforts cause loss of energy, which in turn causes slower healing and slower recovery.

#### **CONTINUE THIS UNTIL YOU ARE WELL.**

Remember, how much better you get, is in part up to you. Some people tend to get worse for a few days while the body goes through a period of detoxing and hexheimer effect. Many people show dramatic improvement overnight, while others may take weeks or even months. This depends on how long you have had a condition and on its extent and severity. Be patient.

**REMEMBER ADHERE TO THE PROTOCOL – YOUR HEALTH DEPENDS ON IT**

## **PROTOCOL 2 (for most serious diseases) MMS1 tablets**

### **THE FOLLOWING PROTOCOL APPLIES TO BOTH THE MMS1 TABLETS Size 1 and Size 2**

This is basically taking **2 or 3 tablets every hour** with a glass of water, (minimum 300ml) for 8 hours a day, for 3 weeks or until you are feeling better.

*Tip: When taking more than one tablet get hold of some empty capsules. Place the amount of tablets in the capsule close the capsule then wash down with a glass of water.*

Use only water to take the tablet, don't use any fruit juices.

#### **IMPORTANT**

Now, these are the important instructions you must be sure to follow: You must not make yourself sicker than you already are: Do not cause yourself a lot of nausea, or pain, or diarrhea. When you notice any of these symptoms coming on take less. Try not to stop taking the tablets, just take less. Pain, diarrhea, nausea and other discomforts cause loss of energy, which in turn causes slower healing and slower recovery.

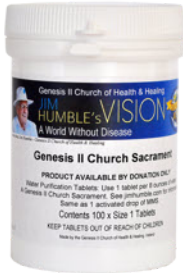
#### **CONTINUE THIS UNTIL YOU ARE WELL.**

Remember, how much better you get, is in part up to you. Some people tend to get worse for a few days while the body goes through a period of detoxing and hexheimer effect. Many people show dramatic improvement overnight, while others may take weeks or even months. This depends on how long you have had a condition and on its extent and severity. Be patient.

**REMEMBER ADHERE TO THE PROTOCOL – YOUR HEALTH DEPENDS ON IT**

## PROTOCOL 3 (for all serious diseases) MMS1 and MMS2 tablets

**YOU WILL BE USING THE MMS1 tablets and MMS2 tablets  
ALWAYS TAKEN SEPARATELY ONE HOUR APART,  
NEVER TAKE MMS1 tablets and MMS2 tablets TOGETHER.**



The dosages are as follows:

**1st hour** take your MMS1 tablet dosage. (this can be from 1 to 4 tablets)

**2nd hour** take your MMS2- tablet dosage. (this can be from 1 to 4 tablets)

**3rd hour** repeat step 1.

**4th hour** repeat step 2.

Keep this up for ten hours of the day.

So you will be taking MMS1 tablets five times each day, plus MMS2-Hclor tablets five times each day.

**CAUTION:** Do not drink orange juice instead of water. The Vitamin C in the orange juice will neutralize the effect of the tablets. Also lay off anti-oxidants these also neutralise the effect of the tablets. You can continue taking the anti-oxidants after you are well.

### **IMPORTANT**

Now, these are the important instructions you must be sure to follow: You must not make yourself sicker than you already are: Do not cause yourself a lot of nausea, or pain, or diarrhea. When you notice any of these symptoms coming on take less. Try not to stop taking the tablets, just take less. You can even take the dosages two hours apart instead of every hour. Pain, diarrhea, nausea and other discomforts cause loss of energy, which in turn causes slower healing and slower recovery.

### **CONTINUE THIS UNTIL YOU ARE WELL.**

Remember, how much better you get, is in part up to you. Some people tend to get worse for a few days while the body goes through a period of detoxing and hexheimer effect. Many people show dramatic improvement overnight, while others may take weeks or even months. This depends on how long you have had a condition and on its extent and severity. Be patient.