



Instructions for taking MMS

Please read first

Note:

Before use, carefully remove the caps from both bottles and remove the metal disc inside the cap. Either push through the hole with a toothpick or prise it out using a small knife. This metal disc is fitted to ensure no leakage during transport.

Drink at least 2 liters of water each day when taking MMS to wash the toxins from your system. Any antioxidants, including Vitamin C, can stop MMS from working. If taking any antioxidants please wait 4 hours until taking MMS e.g. take MMS in the morning and evening and any antioxidants in the middle of the day.

When following the instructions below, keep this paragraph in mind. Always activate the MMS drops with the citric acid solution drops. Always use 1 drop of citric acid to each one drop of MMS, mix in an empty dry tumbler glass and wait 20 to 30 seconds, then fill the tumbler 1/3 full with water or organic grape juice (with no added Vitamin C). (You can expand the 30 seconds out to 5 minutes, and after adding the juice or water you can wait up to 15 mins before drinking. It is recommended to wait for 20 to 30 seconds, add the water or juice and drink straight away for maximum benefit).

1. Always start with one drop of MMS and 1 drop of citric acid, never start with more. Activate the drops as instructed above.
2. If you do not notice nausea on the first dose, increase by one drop for the second dose. Do two doses a day, one in the morning and one in the evening. Continue to increase by one drop each time you take a new dose. If you notice nausea, reduce the next dose by one drop (or diarrhea reduce by 2 drops) for the next two doses before going back to the amount that it took to make you nauseous.

For example:

Day 1 – In the morning take 1 drop of MMS, mixed with 1 drop of citric acid. Swirl to mix, wait for 20 to 30 seconds, fill glass 1/3 full with water (or organic grape juice) and drink. In the evening take 2 drops of MMS, mixed with 2 drops of citric acid. Swirl to mix, wait for 30 seconds, fill glass 1/3 full with water (or organic grape juice) and drink.

Day 2 – In the morning take 3 drops of MMS, mixed with 3 drops of citric acid. Swirl to mix, wait for 20 to 30 seconds, fill glass 1/3 full with water (or organic grape juice) and drink. In the evening take 4 drops of MMS, mixed with 4 drops of citric acid. Swirl to mix, wait for 30 seconds, fill glass 1/3 full with water (or organic grape juice) and drink.

Day 3 – In the morning take 5 drops of MMS, mixed with 5 drops of citric acid. Swirl to mix, wait for 20 to 30 seconds, fill glass 1/3 full with water (or organic grape juice) and drink. In the evening take 6 drops of MMS, mixed with 6 drops of citric acid. Swirl to mix, wait for 30 seconds, fill glass 1/3 full with water (or organic grape juice) and drink.

Day 4 – In the morning take 7 drops of MMS, mixed with 7 drops of citric acid. Swirl to mix, wait for 20 to 30 seconds, fill glass 1/3 full with water (or organic grape juice) and drink. In the evening take 8 drops of MMS, mixed with 8 drops of citric acid. Swirl to mix, wait for 30 seconds, fill glass 1/3 full with water (or organic grape juice) and drink... etc.

3. Continue to follow the procedure given above, until you reach 15 drops of MMS (and 15 drops of citric acid) twice in one day without nausea. At that point increase to 3 times a day with the same dose (Everyone is different so a lower dose can serve just as well). Stay at 3 times a day for at least one week and then reduce the drops to a maintenance dose of 5 drops of MMS (and 5 drops of citric acid activator) a day.

Do not rush to increase the number of drops of MMS. If you feel nausea or have diarrhea, simply decrease the number of drops for the next dose until it has gone, then start increasing again. Work with your body, not against it.

Warning:

- Keep out of direct sunlight.
- Keep out of reach of children.
- Never ingest full strength, always dilute with citric acid; 1 drop of citric acid to each 1 drop of MMS.
- Use water to wash MMS out of eyes or off skin.
- To overcome nausea or overdose, consume 1 to 5 grams of Vitamin C.

It is strongly advised to read information on MMS and how to use it at Jim Humbles website (including downloading the free E-book part 1) at <http://www.miraclemineal.org>. It is also recommended to check the MMS advisor website for advice on particular ailments, <http://www.mmsadvisor.com>.

Remember we are each different and mms can be taken to suit each individual. Learn about the different Protocols of in taking it. The above instructions are only one of the techniques employed in taking mms.

For any queries or simply to tell us of your experiences with MMS please send us an email to contact@mms-health.com.
