

MMS1 in a Capsule (to eliminate taste)

(An excerpt from the 2015 book 'MMS Health Recovery Manual')

Another method of taking your MMS1 drops which helps eliminate the taste is using vegetable or gel capsules. (*editor's note: veggie caps last longer before melting*)

Step 1.

Have your supplies on hand. For this method you will need empty gel or vegetable capsules and an eye dropper in addition to your drops, and a clean, dry glass for activating them. See the chart below for the proper size capsules to use for the dose you are taking.

Step 2.

Activate the correct amount of drops for your dose in a glass and count 30 seconds.

Immediately take the eye dropper, suck up the activated drops from the glass, and carefully put them in the capsule.

Push the capsule lid closed and double check it is securely in place.

Take the capsule with at least 1/2 cup (4 fluid ounces/120ml) of water within two minutes maximum of filling the capsule, as the drops could begin to melt it. (*editor's note: test how long your capsules last before melting or blowing a hole in one end, before swallowing one. Make up one and watch it while timing how long it stays intact.*)

MMS1 Capsule Size and Dosage	
Capsule Size	Total Drops
Size 4: holds a 3 drop dose	total 6 drops
Size 3: holds a 4 drop dose	total 8 drops
Size 2: holds a 5 drop dose	total 10 drops
Size 1: holds a 6 drop dose	total 12 drops
Size 0: holds a 7 drop dose	total 14 drops

Important Notes:

Do not activate the MMS in the capsule itself, as due to pressure being generated in the small space of the capsule during the activation process, this could cause the capsule to come apart as you swallow it. So be sure to always activate the drops in a clean glass and count 30 seconds before putting the activated drops into the capsule.

The size capsule you will need depends on the size dose you want to take. (See the chart above) Keep in mind that if you are preparing a 3-drop dose to put in a capsule, it will actually be twice as many drops, because each dose must be activated with equal drops of either 50% citric acid drops or 4% HCl drops.

Please note that as the capsule number sizes get smaller, the capsules actually are larger in size. If possible, use a capsule size that is closest to the dose size you are going to take. You can use a size 0 capsule (the large size) to take any size dose, but many people cannot swallow size 0 capsules. Using the size capsule that corresponds with the amount of drops in your dose is best.