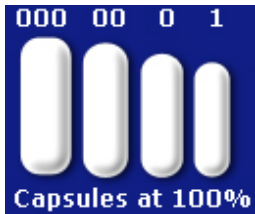


Take MMS In Capsule Form - No More Taste Complaints.

You can buy empty capsules at some drug stores and most health food stores. The capsules go by sizes called "SIZE ZERO" and "SIZE ONE." Size zero holds 250 mg of powder or tiny granules - untamped.



This is the method I use every day - "MMS-In-Capsule-Form." This is a do-it-yourself project that is quite easy to do. You will need an eyedropper.

It will help if you mix a separate small bottle of citric acid - 50% citric powder and 50% water. Label it so that you don't confuse it with the normal bottle of the 10% citric acid. Also if you were ever allergic to citric acid, then you will have to use vinegar or lemon juice at the normal 5 to 1 ratio. That would be (for example) 2 drops MMS with 10 drops vinegar or lemon juice. Very few people are allergic to citric acid in strong amounts - very rare but it is a consideration.

Assuming you have prepared a bottle of 50-50 citric acid, here is an example.



Prepare the capsule in this manner: If you are going to take a 4 drop dose, put 4 drops of MMS1 in the corner of a clean dry glass, then drop 4 drops of 50% citric acid on the MMS1 drops and shake the glass while tipped and wait at least 3 minutes. The solution will turn brown and may turn a little bit less brown over 3 minutes. The wait is necessary to allow the reaction to take place.

Now take an eye dropper and suck up the drops and put them into the large half of a gel capsule and immediately put on the other half as a lid and then immediately wash the capsule down with 1/2 glass of water or more.

Follow this same procedure with any number of drops up to 5 drops of MMS and 5 drops of citric acid as the capsule will actually hold about 13 drops total. For a larger dose use two capsules.