



Daily MMS1 Maintenance Dose

A daily maintenance dose of MMS is very important. With the tremendous amount of toxins, poisons and other health hazards that cause disease in today's society, prevention is essential to help one enjoy a healthy and balanced life. MMS1 can help you reach this goal. A good time to take your maintenance dose is before bedtime, which aids the detoxification process during sleep. In times of stress or when local sickness is "going around" flu, coughs, colds, etc., or anytime you have extra exposure to toxins, such as during travels, and so on, I suggest doubling the maintenance dose. That is, if you take a daily

maintenance dose and you have extra exposure, take it twice a day (morning and evening) instead of once. If you take a maintenance dose 3 times a week, instead take it daily during these times.

You will notice on the dosage charts below I am suggesting that adults under 60 years of age take a maintenance dose 3 times a week, and yet I suggest children take a daily maintenance dose (adjusted according to their weight). This is because children, as a rule, are exposed to a wide variety of toxins throughout the day; they play on the floor or in the dirt, put dirty hands into their mouths, etc.

Daily Maintenance Dose—Children	
Age and Weight	Daily Dosage
12 lbs or less (5.5 kg or less)	1 drop daily
12-24 lbs (5.5-11 kg)	2 drops daily
25-49 lbs (11-23 kg)	3 drops daily
50-74 lbs (23-34 kg)	4 drops daily
75-100 lbs (34-45 kg)	5 drops daily
100-lbs and up (45 kg and up)	6 drops daily

Daily Maintenance Dose—Adults	
Age and Weight	Daily Dosage
Adults 60 years and over, 100 to 200 lbs	6 drops daily
Adults 60 years and over, 200 lbs and over	8 drops daily
Adults 60 years and under, 100 to 200 lbs	6 drops 3x a week
Adults 60 years and under, 200 lbs and over	8 drops 3x a week

Note: If you need to use MMS2 for your daily maintenance dose, please see Protocol 4000 notes, on page 172 for instructions.