

1-Oct-07

MMS Dosage chart for average person

Weight	Volumetric				Gravimetric		
	MMS Dose in Drops	Citric Acid Dose in Drops	Citric Acid Dose in mL	Citric Acid Dose in tsp	MMS Dose in grams	Citric Acid Dose in Grams	
	1	5	0.3	0.07	0.08	0.34	
	2	10	0.6	0.13	0.16	0.67	
25 lbs	3	15	1.0	0.20	0.24	1.01	
	4	20	1.3	0.26	0.32	1.35	
	5	25	1.6	0.33	0.40	1.69	
50 lbs	6	30	1.9	0.39	0.48	2.02	Maintenance Dose
	7	35	2.3	0.46	0.56	2.36	
	8	40	2.6	0.53	0.64	2.70	
75 lbs	9	45	2.9	0.59	0.72	3.04	
	10	50	3.2	0.66	0.80	3.37	
	11	55	3.6	0.72	0.88	3.71	
100 lbs	12	60	3.9	0.79	0.96	4.05	
	13	65	4.2	0.86	1.04	4.38	
	14	70	4.5	0.92	1.12	4.72	
125 lbs	15	75	4.9	0.99	1.20	5.06	Treatment Dose
	16	80	5.2	1.05	1.28	5.40	
	17	85	5.5	1.12	1.36	5.73	
150 lbs	18	90	5.8	1.18	1.44	6.07	
	19	95	6.2	1.25	1.52	6.41	
	20	100	6.5	1.32	1.60	6.74	
175 lbs	21	105	6.8	1.38	1.68	7.08	
	22	110	7.1	1.45	1.75	7.42	
	23	115	7.5	1.51	1.83	7.76	
200 lbs	24	120	7.8	1.58	1.91	8.09	
	25	125	8.1	1.64	1.99	8.43	
	26	130	8.4	1.71	2.07	8.77	
225 lbs	27	135	8.8	1.78	2.15	9.11	
	28	140	9.1	1.84	2.23	9.44	
	29	145	9.4	1.91	2.31	9.78	
250 lbs	30	150	9.7	1.97	2.39	10.12	

SG of 10% w/v Citric Acid Solution \* 1.04  
 BD of Citric Acid .77 g/cc  
 BD of Sodium Chlorite 2.5 g/cc  
 SG of MMS \*\* 1.23

Note: 15 drops = approximately 1mL or 1 cubic centimeter

Children: JH recommends 3 drops MMS per 25 lbs weight Target treatment dose  
 Overweight: JH recommends 3 drops MMS per 25 lbs weight Target treatment dose  
 Babies: JH recommends 3 drops MMS

REFERENCE:

- \* From GFS Chemicals product catalog <http://gfschemicals.com/chemicals/gfschem-2048.asp>
- \*\* From Erco Worldwide MSDS <http://www.ercoworldwide.com/documents/SodiumChloriteSolution15-37percent.pdf>

Disclaimer: JH Books over rule any discrepancies. Please read his books before referencing this chart.