

CDH - 750 ml Bottle Preparation and Usage Instructions

Fluid ounce (U.S.) equivalents: 30 ml = 1 fl. oz. (2 Tablespoons) 660 ml = 22.3 fl. oz. 720 ml = 24.3 fl. oz.

Equipment needed

- One 750 ml (25 fl. oz. US) glass bottle with an airtight cap. A 750 ml glass water or wine bottle is ideal for this and if you want to see the yellow color, clear glass is recommended.
- (*Optional but suggested*) 3-5 bottles ideally made of colored glass to protect the CLO₂ from UV light (the darker the better), but colored bottles are not absolutely necessary. These are for dividing the 720 ml of CDH up into smaller bottles to help retain the CLO₂ concentration while opening and closing, to make dosing easier and to prevent exposure to UV light.
- One measuring cup or graduated cylinder to accurately measure liquid in either milliliters or fluid ounces



Ingredients (should not be cold – if MMS & activator are refrigerated make your water warmer to offset)

660 ml distilled or purified water at about 70 to 90 degrees F or 21 to 32 degrees C

30 ml MMS (22.4% sodium chlorite solution) ideally at room temperature or slightly warmer is fine

30 ml 4% Hydrochloric Acid (HCl) or 35% Citric Acid (CA) ideally at room temperature or slightly warmer is fine

Instructions

In the following order, put the above ingredients into your 750 ml glass bottle:

First: Add 660 ml of purified water **Second:** Add 30 ml of MMS **Third:** Add 30 ml of 4% HCl or 30 ml of 35% CA

Then immediately cap the bottle tightly so that no CLO₂ gas can escape and give it a good shake to mix the ingredients well initially (and if possible 1 or 2 times later on), and store the bottle in a dark place at about 70 to 90 degrees F or 21 to 32 degrees C for 12 to 24 hours or more (24 hours or longer if you're in a cold environment – below 70 degrees F). After the above waiting time has elapsed, put your bottle of **CDH** into the refrigerator for at least 3 hours to cool down completely before opening it the first time (cool to below 10.5 degrees C or 51 F).

Your **CDH** is now ready to use and each ml of the 720 ml contains 1 pre-activated drop of MMS. It can be used for anything that MMS is used for; viruses, bacteria, yeast, flu, parasites, heavy metals, enemas, tub baths, gums & teeth, infections, cancer, etc. For every 1 ml of **CDH** used orally, you should add at least 20 ml of water (more water will lessen throat irritation) and **Stevia may be added to each dose to sweeten it up!** **CDH** is strong, yet less nauseating than MMS made the traditional way, so you should be able to start at whatever dose you were at on MMS and then gradually increase to tolerance. Typically, people are able to take 2 to 3 times as much CDH as traditional MMS, without experiencing nausea.

Once made, your **CDH** should ideally be kept refrigerated and taken out only to extract your doses. Since 720 ml is a fairly large quantity that may take many days to finish, it's a good idea to take the 720 ml and divide it up into 3 to 5 smaller bottles so you won't lose as much of the CLO₂ each time you open your bottle to take out your doses (colored glass bottles are best for this to protect your CDH from UV light). By doing this, you will conserve as much of the CLO₂ as possible. It's also easier to extract your doses out of a smaller bottle using a syringe or a pipette.

If you make a dosing bottle for the day, it's best to keep it cold but not absolutely necessary. It's also recommended that you **DO NOT** drink directly from a wide mouth drinking bottle where you would be likely to smell the CLO₂; that could cause a long-term aversion to the smell of **CDH**.

****Breaking News: 1 to 4 ml of CDH can be taken every 15 minutes in 25 to 100 ml of water for blood saturation and/or to reduce throat irritation and stevia may still be used. You may also add real lemon juice to your dose to flavor it.**