

Coffee and Chlorine Dioxide (CLO2)

“Today I come here to leave my story. I am pre-diabetic and my Glucose was 7.4

*I started the process of taking MMS and for a while it had no effect. Then here I read a report from a group-mate, he was taking MMS and it wasn't having any effect (either), but **he stopped drinking coffee and got results in relation to Diabetes.***

Well, 3 months ago I stopped drinking coffee and my Glycated Glucose dropped to 5.2 in the exam I took just now. If this result remains, I will no longer be pre-diabetic.”

<https://t.me/brasilmms/8007>

I would suggest to only drink coffee starting 1 hour or more after the last chlorine dioxide (CLO2) dose of the day. Drinking coffee in the morning, waiting an hour, then begin taking CLO2 is not going to work. Coffee stays in your body for hours.

<https://www.webmd.com/diet/how-long-caffeine-lasts>

Caffeine: How Long Do Its Effects Last? - WebMD

*“Jul 12, 2023 ... About 6 hours after you consume caffeine, half of it is still in your body. **Caffeine may not completely clear your bloodstream until after 10 hours.**” 🐱*

NO coffee before CLO2 dosing or during dosing hours. OK 1 hour after.
