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# How To Make MMS - Jim Humble | MMS | Master Mineral Solution

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13-17 minutes

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Many people ask me where to buy MMS. I do not sell MMS products and am not involved with any company who produces it. I only provide books and various materials for educational purposes. I cannot be responsible for any company or person who sells you MMS. You can find MMS on the internet and I provide information below on how to test that your MMS is good. In addition, below is an easy to do recipe how to make MMS for yourself and your family if you so desire. This recipe just might come in handy for you now or in the future.

## **About Sodium Chlorite**

The basic ingredient in MMS is sodium chlorite (it comes in powder and sometimes in flakes). This powder is found almost everywhere in the world usually at 80% sodium chlorite. In other words, the powder (or flakes) is comprised of only 80% sodium chlorite and the rest of it is about 19% table salt and the 1% left is usually various trace minerals. To make MMS we

use 28% of this sodium chlorite powder or flakes mixed in distilled water in order to end up with a solution of 22.4% sodium chlorite in water—and the rest will be salt in the water.

### **Important Things to Know Before You Begin**

— Never ever use anything metal when mixing or storing or using sodium chlorite. Sodium chlorite or MMS solution should never touch metal. Don't stir with a metal spoon, or use metal bowls to mix, or metal containers to store—this includes stainless steel. Storage containers/bottles for MMS should have plastic lids, not metal, as the sodium chlorite will eventually eat through and corrode the metal. The metal starts eating into the lid and it starts dropping down in to your MMS. This will give you metal in your MMS and this is poisonous and you don't want that. So use plastic lids. Be careful about this point, no metal with MMS sodium chlorite solution, either for mixing or for storing.

— Storage containers for MMS (22.4% solution of sodium chlorite in distilled water) should preferably be glass. Tinted glass such as amber color or green is best. If you must use plastic a good quality plastic that is HDPE plastic is best.

— If you don't already know, learn what it means to use the tare feature on a scale. One definition says:

“Tare weight is accounted for in kitchen scales, analytical (scientific) and other weighing scales which include a button that resets the display of the scales to zero when an empty container is placed on the weighing platform, in order

subsequently to display only the weight of the contents of the container.”

— We suggest you use a fairly accurate scale with a tare feature. Many kitchen scales have this feature. Most postal scales will not work, as many postal scales do not have a tare button on them and are usually less accurate than we would like.

— Below is a basic “recipe” for making a little less than 1 liter of MMS (that is, 22.4% sodium chlorite in distilled water). This amount of sodium chlorite could last a four person family for well over one year depending on how you use it. (If for example, the entire family is taking frequent baths in MMS it will not last that long.) If you want to make less or more MMS simply divide or multiply the recipe accordingly, it’s as simple as that.

## **Basic Recipe for Making MMS**

### **Supplies Needed:**

- **Sodium chlorite powder or flakes** (usually available in pool supply stores, chemical supply houses, and/or sometimes online). Sodium chlorite is most often available at 80% sodium chlorite, with the remaining 20% mostly table salt and possibly some trace minerals.
- **Distilled water** . Distilled water is best, but in a pinch, if it is absolutely not available you can use bottled water, though this is not preferred. Never use tap water.

- **An accurate (to 1 gram) scale** with a tare feature that measures grams.
- **1 large glass jar** preferably at least 1½ liter size **with a plastic lid** (a Ball Mason jar works well). (**Note:** *Mason jars come with metal lids, but plastic lids designed specifically to fit Mason jars can be purchased separately in many stores that have kitchen supplies or online.*)
- **1 long handled plastic spoon** (serving spoon style).
- **Some extra clean plastic tablespoons or teaspoons** for measuring and mixing purposes.
- **Extra plastic containers** , (two or three) more or less 1 liter capacity for measuring.
- **A measuring device that measures up to 100 milliliters** (a graduated cylinder, measuring cylinder or mixing cylinder such as used in laboratories or High School science class works well).
- **White or unbleached coffee filters** .
- **A glass bottle with a plastic lid** for storing the finished product, preferably amber or green colored glass. Or, you might want to use smaller bottles 2 or 4 ounce size if you are bottling this solution for several people.

### **MMS Recipe**

- The large 1 to 1½ liter jar will be your mixing container.
- In one of the smaller plastic containers you will need to

measure out 720 grams of room temperature distilled water. In another plastic container, measure out 280 grams of sodium chlorite powder.

The easiest way to do the above step is as follows:

— Take 1 empty plastic container and place it on the scale.

The scale will show the weight of your plastic container. At this point, with the plastic container on the scale, push the tare button on the scale. This will set the counter to zero and therefore when you put ingredients, either water or powder, into the plastic container sitting on the scale, it will only measure the weight of what you put into the container and will not count the weight of the container.

— Using the method above (and the tare button), in a plastic container measure out 720 grams of room temperature distilled water on the scale. It helps to have a clean plastic spoon on hand to “take out” water if you go over, or to “add in” a little water if you fall short. **This measurement of 720 grams of water should be exact.** Once you have this water measured out exactly in your plastic container, pour the water into the larger glass jar. (We suggest using this smaller plastic container to measure out the water, as it is easier than handling a heavier and larger glass jar on a small scale.)

*(**Note** : Use room temperature water. For the sake of those who may have read my older books or who have seen older videos of mine on the internet, in the past I taught a method of heating the water to make MMS. I have since determined this*

*is not really necessary. For many years I always heated the water nice and hot, (though never over 150 degrees), but I quit doing that a long time ago and it works fine with room temperature water. Simply let it sit a little while longer as described below.)*

— Next, tare another clean, dry plastic container. In this container, measure out exactly 280 grams of sodium chlorite powder on the scale. You can use a clean dry plastic spoon to scoop the sodium chlorite powder out of its container into your measuring container, and likewise use the spoon to add more powder or take out enough to get an exact measurement of the 280 grams of sodium chlorite powder. Once the measurement is exact, add this sodium chlorite powder to the 720 grams of water in the glass mixing jar.

— Once you have the 280 grams of powder and the 720 grams of distilled water in the glass jar, take your long handled plastic spoon and stir well. Keep stirring until the powder or flakes are fully dissolved. This may take several minutes.

— Once it is fully dissolved let it sit in a dark place for 24 hours. During this sitting time any unwanted particles will sink to the bottom of the jar.

*( **Note** : Depending on the quality of your sodium chlorite, initially your mixture may have a yellow tint to it, but by sitting for 24 hours, it should turn nearly clear, like water, after this process. There is always a possibility it may have a slight discoloring after 24 hours. If it has a slight discoloring (slight*

*yellow tint) you can still use it, but if it's badly discolored, you might want to buy different sodium chlorite powder or flakes.)*

— After 24 hours, I prefer to put it through an unbleached coffee filter just to be sure any unnecessary filler particles are filtered out. It would be nice to have perfectly pure sodium chlorite, but it's not always that way. So let it sit 24 hours, and then use a coffee filter to filter it.

### **Test That Your MMS is Good**

You now have MMS, but at this point, before bottling for storage, it is important to do the following test to be sure you have hit the mark of the true Jim Humble MMS formula. Here is how to test that you have the correct formula:

— MMS is a 22.4% solution of sodium chlorite in water. One hundred milliliters of MMS liquid should weigh 122 grams, this is the ideal. If it falls in the range of 120 grams to 124 grams it is usable, but 122 grams, or very close to it, is best.

— Take a container that is marked to measure 100 milliliters, be sure it is clean and dry at the start. (A graduated cylinder with milliliters marked on it works well for this.) Put the container on the scale and then press the tare button, as this must be a precise measurement. The tare feature will set the scale to zero grams when you put the completely empty container on the scale. Carefully pour your MMS liquid into the container on the scale until it reaches the 100 ml mark. If you accidentally go over 100 ml, use a clean plastic spoon to remove some of the liquid, until you get it exactly to 100 ml.

— The 100 ml you have measured out should weigh 122 grams. (**Note:** *The solution you make of 22.4% sodium chlorite in water is denser than just plain distilled water, so for the test, if you measure out the 100 ml of your MMS liquid it will weigh more than 100 ml of plain water, because you have added the sodium chlorite powder to it. The weight you are shooting for is 122 grams for 100 ml of the MMS solution you just mixed up.*)

— If you have gone over the 122 grams, say it comes out to 123 or 124 you can carefully add more distilled water (but first pour the 100 mls you weighed out back into your total solution before adding more water). Then add just a little more distilled water at a time, to your entire mixture. After adjusting, do the above test again and see if you can get it to 122 grams.

— If you come up under 122 grams, say you are at 120 grams, you can add in a little more sodium chlorite powder. Again, pour the 100 mls you weighed out back into your solution before adding more sodium chlorite powder, so you are adding to your entire solution. Add a little bit at a time, stirring again to make sure it's fully dissolved, then do the above test again to see if it's come up closer to exactly 122 grams.

( **Note:** *I suggest adding a very little water or powder at a time to adjust, so you don't drastically go too far. This process is somewhat like "adjusting the spices" if you were cooking a meal. It's best to go low and slow until you get it right.*)



## Activator Acids—How to Make

MMS Protocols for health recovery call for “activated MMS”. MMS needs a food-grade acid to activate it and the two combined produce chlorine dioxide. There are several acids that can activate MMS, including the juice of a fresh lemon or lime, or vinegar. However, we most often use either 50% citric acid, or 4% HCl (hydrochloric acid). When using these two acids in these percentages always use 1 drop of acid to 1 drop of MMS. Both of these acids, in these percentages, are a 1-to-1 ratio with MMS. In other words, mix 1 drop of either of 50% citric acid or 1 drop of 4% HCl, to every 1 drop of MMS. The standard activation time for mixing these drop-for-drop doses using 50% citric acid or 4% HCl is 30 seconds. See the *MMS Health Recovery Guidebook* (available at: [jhbooks.org](http://jhbooks.org)) for full instructions on how to mix and use MMS. This includes for instructions on how to activate MMS using lemon, lime or vinegar as the proportions and activation time is different for these than when using 50% citric acid or 4% HCl.

*( **Note** : When making up an activator acid solution to use with MMS, it is preferred to always use distilled water. In the case where distilled water is not available purified bottled water can be used, nevertheless, distilled water is the best choice.)*

### How to Reduce 35% HCl (Hydrochloric Acid) to a 4% HCl Solution

You can purchase hydrochloric acid from large grocery stores or chemical supply houses or even large hardware stores. It

may come in varying strengths. Get the full strength acid (usually 35% is the highest strength you can buy) that does not have anything added.

**To create a 4% solution of HCl** from a higher strength, you must divide the strength of the solution you have by 4 to determine how much you need to dilute your HCl.

- Divide the strength of your solution by 4.
- If you have 35% HCl, divide that by 4% and you have 8.75 parts.
- 1 part has to be the 35% HCl and 7.75 parts is distilled water.
- So if you have 100 ml of 35% HCl (1 part), then you will need 7.75 parts x 100 ml = 775 ml of distilled water.
- Add the 100 ml of 35% HCl to 775 ml of distilled water and you will have 875 ml of 4% HCl.

*(Note: Use caution when working with 35% HCl. It is wise to use plastic gloves and take care to not inhale directly. Have plenty of water on hand in the event that it would accidentally spill on you, so as to be able to immediately wash/douse with plenty of plain water.)*

### **How to Make a Solution of 50% Citric Acid**

- Measure out by volume the exact same amount of water as citric acid that you wish to use. In other words, measure out equal amounts of citric acid and distilled water ( *i.e.* 500g citric acid powder and 500g of distilled water makes a solution of

*50% citric acid).*

- Mix the citric acid and the distilled water. The solution will turn cold.
- Store the solution in **clearly marked bottles**. It will last a year.
- To use citric acid that is more than a year old, reheat for 5-10 minutes and it will be good for another year.

Citric acid is not found naturally in the body as is HCl. The 4% HCl solution is preferred by some people, however citric acid is used by many as well, it is sometimes more readily available and easier to transport.