

How to make CD and MMS?

To make a CD or MMS we need 4 simple things:

1 – One glass

2 – Sodium chlorite between 22 and 28% maximum.

3 – Activator: hydrochloric acid at 4% preferably (to make CD), in case we cannot obtain it, we will use citric acid at 50% (then we would make classic MMS).

4 – Water: it is very important to dilute the mixture with water once the products have reacted.

So let's take it one step at a time:

- The first thing to do is to put the desired number of drops of sodium chlorite in the beaker, for example 3 drops for a standard dose.



— Then add the same amount of activator, in this case another 3 drops.



— Wait about 1 minute (this will depend on the temperature) and you will see that the colour of the mixture changes and becomes yellowish, tending towards caramel colour. Just at that moment is when the



reaction of the products is well done and we consider it "activated".

— You can see it clearly in the image.

— Now all that remains is to add water, one glass, i.e. about 200ml. And it



is ready for consumption.

* When we talk about quantities of CD or MMS we will always talk about activated drops, this means the same drops of each product, so that we understand each other, if we talk about 3 activated drops of CD or MMS it means that we use 3 drops of chlorite and 3 drops of acid, ok?