

MMS • CDS • doses • measurements • equivalents

		weight:												
		H <sub>2</sub> O												
		drops	tsp	tbs	cc	mL	gram	oz	cup	pint	quart	Liter	gallon	
1	00-capsule	20			1	1	1							
		40			2	2	2							
		50	1/2		2.5	2.5	2.5							
		60			3	3	3							
		80				4	4							
		100	1	1/3	5	5	5							
							7.1		1/4					
				3	1	15	15	15	1/2					
1 dose (H <sub>2</sub> O volume)		6	2	30	30	30	1	1/8						
				60	60	60	2	1/4						
				100	100	100	3.4							
			8	120	120	120	4	1/2						
				200	200	200	6.8	0.85						
			16	236	236	236	8	1.00	1/2	1/4	0.23	1/16		
			17	250	250	250	8.5	1.06						
				473	473	473	16	2.00	1.0	1/2	0.47	1/8		
			34	500	500	500	17	2.10						
				710	710	710	24	3.00	1.5	3/4				
				946	946	946	32	4.00	2.0	1	0.95	1/4		
			67.6	1000	1000	1000	33.8	4.20	2.1	1.05	1.00	0.26		
					1893	1893	64	8.00	4.0	2	1.89	1/2		
					3785	3785	128	16.00	8.0	4	3.78	1.0		

1 MMS dose      1 activated drop of MMS1 + 1/2 cup water  
 ≈ ≈ ≈ ≈ ≈      more or less equivalent to  
 1 CDS dose      1–2 ml of CDS 3000 ppm concentrate + 4 oz water

