



Where there is life, there is hope

## HOW TO MAKE YOUR OWN CDS

1. Fill the hermetically sealed jar with 300ml of distilled water
2. Add 5ml of MMS and 5ml of Activator in a clean shot glass
3. Place the shot glass inside the distilled water inside the jar
4. Close immediately
5. Place in a cool dark space / cupboard, away from light and heat to stand for 12-24h hours
6. After that period, open up the jar (make sure not to stand over jar as you open to prevent inhaling gas) and discard the content of the shot glass or retain in a separate container to be used as surface disinfectant
7. Keep the jar closed while you rinse and dry the shot glass
8. Repeat the process of adding 5ml of MMS and 5ml of Activator in the clean shot glass and placing it quickly in the same (now light yellow) distilled water  
(You will thus be repeating this cycle for a 2<sup>nd</sup> time to reach the desired strength)
9. Close immediately and place in a cool dark space / cupboard, away from light and heat for another 12-24 hours
10. After at least 12 hours, open and decant the 300ml of what is now CDS at 3000ppm (the desired strength)
11. Discard the contents of the shot glass / or retain it in a separate container to be used as surface disinfectant
12. Decant the finished CDS into a dark bottle for storage in a cool dark place (the fridge could work) to store for up to 3 months.

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