



## **Protocol 1000+** (combination AMS set + DMSO)

### Protocol Overview

Adding DMSO to Protocol 1000 results in new Protocol 1000+ which works and tastes better.

Better tasting & more effective: add DMSO just before drinking each dose  
8 or more doses per day, 3 drops per dose maximum

### **Important**

Before using DMSO the first time, apply one drop to a spot on your body and wait 24 hours to see if you have any negative reaction, especially liver pain.

### **How to make and take individual doses:**

You will make individual hourly doses of activated AMS to which DMSO will be added at the rate of 1 drop of DMSO for each drop of AMS. Reduce the number of drops if diarrhea, nausea or vomiting occurs or you feel worse.

1. Mix 3 drops of AMS with 3 drops of Activator HCl 4% in a small, clean and dry glass container. Swirl or stir mixture.
2. Wait 30 seconds for activation to complete.
3. Pour 125 ml of clean water into the small glass.
4. Add 3 drops DMSO to the activated and diluted AMS solution.
5. Stir and wait 1 minute. Drink and repeat hourly for 8 hours.
6. Protocol 1000 requires 3 activated drops of AMS hourly doses 8 times per day.
7. But one should start with 1 drop per hour,  $\frac{1}{2}$  (half) to  $\frac{1}{4}$  (quarter) drop for sick people.
8. If improvement is not seen in 2 weeks, consider moving to Protocol 2000.

Then if still more improvement is needed, add Protocol 3000, baths, etc.

### **If you need to take a dose that is less than 1 drop, do this:**

Make a 1 drop dose of AMS as usual, add 125 ml of water, then add 1 drop of DMSO and stir the solution for 1 minute. If you spill away half the amount of this solution, you will end up with a solution that contains  $\frac{1}{2}$  (half) a drop.

### **How to make and take 8 doses in one bottle:**

You will make a 1 liter solution that will be consumed over an 8 consecutive hour period in 8 hourly doses of 125 ml each hour. These instructions give the number of drops needed to follow AMS Protocol 1000+. The normal 3 drop hourly dose can be reduced if needed. (See chart above.) Reduce your intake if diarrhea, nausea or vomiting occurs or you feel worse.



1. Add 1 liter of clean water to a clean 1 liter bottle that can be tightly sealed. Use only a glass or HDPE plastic bottle.
2. Mix 24 drops of AMS with 24 drops of Activator HCl 4% in a small, clean and dry glass container. Swirl or stir mixture. Wait 30 seconds for activation to complete.
3. From the liter bottle, add a small amount (125 ml) of water to the activated mixture.
4. Pour the diluted activated mixture into the 1 liter bottle of water and mix thoroughly.
5. DMSO must be added just before drinking each dose. Pour out 125 ml of the solution into a glass and add 3 drops of DMSO. Wait 1 minute and then drink the dose.
6. More hourly doses can be more effective. Make a 2nd bottle of solution if more than 8 doses per day are desired.

The AMS solution will keep at room temperature if tightly capped and not in direct sunlight for as long as it retains the yellow color. In order to measure hourly doses, you can mark the bottle at every 125 ml.

#### **Dosage for 8 doses in one bottle:**

Always take at least 8 continuous hourly doses each day. If necessary, the number of drops can be reduced for each dose, but be sure to take 8 doses each day with no more than 3 drops per dose.

More hourly doses can help with overcoming a condition, so more than 8 hourly doses per day can be taken. Always stop short of diarrhea, nausea, vomiting or unwanted effect.

#### **Monitor and adjust as needed:**

- Stay at each amount for 2 to 3 days before increasing so that if unwanted symptoms arise, you can go back to a safe, known level.
- Always stop short of diarrhea, nausea, vomiting or unwanted symptoms.
- If you need to reduce your intake, you can take fewer drops each dose.
- We are finding that a low steady amount is all some people need. Some conditions may need an initial higher amount, and then a lower amount for continual use.
- If taste is still unacceptable, then add one drop of peppermint oil to each 120 ml at the time of usage.