

RECIPE FOR HYDROGEN PEROXIDE MIX

1. Dilute 5ml of 3% hydrogen peroxide in 100 ml saline <or> 1 oz of 3% hydrogen peroxide to about 16 oz of saline.
2. Use 3 cc of the diluted mixture for each nebulization treatment.
3. Place the mask over your mouth and nose and breathe normally until the solutio is gone, which is usually 10-15 minutes.
4. Repeat the 3 cc nebulization treatment hourly the first day, and 4-6 times a day until the infection is resolved.
5. Some authors suggest stronger solutions fo better anitviral effect up to 0.5% which would be about 15cc of 3% hydrogen peroxide in the 100 ml of saline.

Starting Peroxide Concentration	Hydrogen Peroxide	Plus Normal Saline	Equals Peroxide Concentration
3%	1/4 tsp	7 1/4 tsp	0.1%
12%	1/4 tsp	5 ounces	0.1%
36%	1/4 tsp	15 ounces	0.1%