

BfR Advises Against Intake of the Product “Miracle Mineral Supplement (MMS)”

BfR Opinion No. 025/2012 of 2 July 2012

“Miracle Mineral Supplement (MMS)” is offered for sale as a solution in two little bottles on the internet. According to reports from abroad, this product might impair consumer health. There are reports of gastrointestinal disorders such as stomach ache, nausea, vomiting and diarrhoea, sometimes accompanied by blood pressure disorders and considerable loss of fluids. Direct contact with undiluted or inaccurately mixed ready-to-use solutions might result in skin and mucous membrane irritations or even chemical burns. Meanwhile, individual cases of adverse effects of ingested “MMS” have been reported in Germany as well. Some of these offers indicate that the product is suitable for disinfection of water. On several websites, proponents of “MMS” usage suggest the option of taking the product orally. The BfR strongly advises against the intake and use of “Miracle Mineral Supplement (MMS)”.

According to information provided by the manufacturer, “Miracle Mineral Supplement (MMS)” is a solution offered in little bottles containing the chemical compound sodium chlorite, often in combination with a second bottle containing a diluted acid described as “activator”. The BfR does not know the exact substances and quantities thereof used in the overall product. Chemically, sodium chlorite (chemical formula: NaClO_2) is the sodium salt of chlorous acid. Sodium chlorite (spelt with a “t”) is a strong oxidising agent which should not be confused with common table salt (sodium chloride, chemical formula: NaCl). When an acid is added to sodium chlorite, i.e. when the two solutions are mixed together, chlorine dioxide (ClO_2) is produced, a highly reactive chemical compound of chlorine and oxygen. Chlorine dioxide has strong oxidative effects and has an irritating to caustic effect on the skin and mucous membranes, depending on the concentration. Industrially, the substance is used for the disinfection or bleaching of cellulose and textiles, among other things.

According to the information posted on various websites, MMS is alleged to have health-enhancing effects. Supporters of the “MMS” usage refer to the option of ingesting the product orally. Sodium chlorite and the chlorine dioxide derived from it when acid is added, can by no means be considered as safe foods, however. In addition to this, it appears possible that consumers could be misled as use of “MMS” is not a sensible dietary supplement or nutritional aid involving minerals which might be implicated by the labelling.

Health authorities of several European countries as well as Canada and the USA have already reported on the health risks of “Miracle Mineral Supplement” and advised against use of the product. After the oral ingestion of “MMS”, gastrointestinal disorders of varying severity were observed. The symptoms ranged from pain, nausea and vomiting to diarrhoea, sometimes accompanied by blood pressure disorders and considerable loss of fluids. By now, cases of adverse effects on health following the consumption and intravenous application of “MMS” have been reported in Germany as well. In addition to nausea, vomiting and changes to the general condition, more serious symptoms are known from medical applications. Especially children are at risk of sustaining caustic burns. The BfR strongly advises against the consumption and use of the product “Miracle Mineral Supplement (MMS)”.