

## Why 10 ppm?

Safe: **350 micrograms** (mcg) EPA Daily Reference Dose

Critical: **980 micrograms** EPA Critical Daily Dose

Concentration	Tsp. once daily	Power dose 5-7 times daily
10 ppm	50 mcg	250-350 mcg
25 ppm	125 mcg	625-875 mcg
50 ppm	250 mcg	1,250-1,750 mcg
100 ppm	500 mcg	2,500-3,500 mcg
250 ppm	1,250 mcg	6,250-8,750 mcg
500 ppm	2,500 mcg	12,500-17,500 mcg
1,000 ppm	5,000 mcg	25,000-35,000 mcg
2,000 ppm	10,000 mcg	50,000-70,000 mcg