

DMSO Dosage Protocol

The usual oral dose of DMSO is one teaspoon per day of DMSO 70% (Morton, 1993). Oral DMSO is normally mixed with Tomato juice or Grape juice to mask its “foul” taste, but [Dr. Gabriela Segura](#) recommends DMSO topical application whenever possible. She explains that since it can trigger detoxification reactions, and given that DMSO’s total excretion from the body can take several days, it is best to take only once a week initially. Start with half a teaspoon of DMSO 50% and increase to a teaspoon of DMSO 70% only if any possible detoxification reaction is well tolerated.

In addition, we recommend that you read the comments section of [this post](#).

Condition	DMSO Dosage	Additional Information
Arthritis	1 to 2 teaspoons of DMSO each day. This is the dosage recommended by HyperMed Australia. Mix the DMSO with tomato or grape juice or some other strong-tasting beverage. DMSO has a pungent taste, so mixing it with strong flavours can help mask its taste. Livestrong	Topical application is also recommended. Dr. Whitaker recommends using a 70 percent concentration. To use, simply rub a small amount into the affected area until absorbed. Repeat the DMSO treatment two or three times a day as needed.
Angina, Heart Attacks, Injuries of the Brain and Spinal Chord	A 40% DMSO solution should be administered within four hours to be effective, within ninety minutes is best.	DMSO (1 gram per kg of body weight administered intravenously in a 40% solution within 1 hour of the occurrence of quadriplegia) helps to prevent Paralysis following injuries to the Brain or Spinal Cord (by inhibiting the Free Radical damage that causes Paralysis). DMSO (1 gram per kg of body weight administered intravenously into the Spinal Cord in a 40% solution within 1 hour of the occurrence of quadriplegia) helps to prevent Paralysis following injuries to the Spinal Cord that would otherwise cause Quadriplegia [this treatment often results in total avoidance and reversal of paralysis/quadriplegia].
Complex regional pain syndrome.	Research suggests that applying DMSO 50% cream to the skin improves pain in people with complex regional pain syndrome.	
Eye problems	One drop of a 25% DMSO solution (diluted in sterile physiologic or saline solution) once or twice per day is useful for eye problems, including cataracts or glaucoma.	
Interstitial cystitis (Bladder Inflammation)	To be done by a Healthcare Professional	

Condition	DMSO Dosage	Additional Information
Nerve pain	50% DMSO solution to be used 4 times daily for up to 3 weeks.	
Osteoarthritis	25% DMSO gel 3 times a day, and 45.5% DMSO topical solution 4 times a day.	
Raised scar	A concentration of 50 to 80% put on two or three times a day will flatten a raised scar after several months. (Goldman, 1967)	
Shingles	5-40% idoxuridine in DMSO within 48 hours after the appearance of a rash, and applied every 4 hours for 4 days.	
Tendon injuries	Early research suggests that applying DMSO 10% gel to the skin might improve pain and joint movement in people with tendon injuries.	

Important Tips

- 1. Drinking DMSO** – Over the years, many people have advised not to orally consume DMSO as it may be dangerous and hazardous to your health. For those who may have an intolerance or are allergic to sulphur, this may be true, therefore you should **always check with a medical professional first before following this protocol.**
- 2.** DMSO (dimethylsulfoxide) might increase how much medicine your body absorbs. Taking DMSO along with oral medications (taken by mouth) might increase how much medicine your body absorbs. Increasing how much medicine your body absorbs can increase the positive effects AND the side effects of your medicines.
- 3.** If you are just dealing with pain or an injury, use a topical application. Don't drink it. Drinking it is for serious detoxing and other internal necessities.
- 4.** When you use liquid DMSO in the skin, let it dry for over 20 to 30 minutes before wiping off the rest. The skin must be clean, dry, and unbroken for any topical use of DMSO. The face and the neck are more sensitive to DMSO and no higher concentrations than 50% should be applied to these areas.
- 5.** Topical concentrations of DMSO should be kept below 70% in areas where there is a reduction of circulation. It is desirable to commence topical DMSO treatment at low concentrations until skin tolerance builds up.
- 6.** When 60% to 90% DMSO is applied to the skin, warmth, redness, itching, and sometimes local hives may occur. This usually disappears within a couple of hours and using natural aloe vera, gel or cream, will help counteract or prevent this effect.

- 7.** When 60% to 90% DMSO is applied to the palm of the hand, the skin may wrinkle and stay that way for several days.
- 8.** A 70% concentration of DMSO (8 ml to 12 ml) mixed with about 100ml of water, applied on and around an injury in a wide area at least three times daily, will have a healing affect in 4 out of 5 people.
- 9.** In applying the dimethyl sulfoxide for DMSO pain relief, apply it to an area larger than where the pain is. If your knee is painful, it is recommended that you apply it to six inches above and below your knee, and all around the circumference of your knee. If your hand hurts, apply it all the way to the middle of your forearm, and so on. <http://www.alternative-medicine-digest.com/dmsol.html> Most of it will penetrate within 15 minutes, and the pores of the skin may be open for another half hour or so. Just to be safe, it is recommended that you avoid contact with all toxic substances for three hours after DMSO use. (Some sites suggest 24-36 hours)
- 10.** Acute conditions: For acute conditions, you apply it every two hours for six to eight hours immediately after the injury occurs. Following that, for the next five days or more, apply DMSO every four to six hours. Most of the benefit from DMSO uses will come in the first three weeks.
- 11.** Chronic conditions: For chronic conditions, it will be a longer time frame to take effect. Although you may notice some easing of pain right away, it may take six to eight weeks, or even six months to a year in some cases, for the maximum benefit to be achieved. It depends on the person and the condition. One application a day is recommended.
- 12.** Take some time off regularly from DMSO use. Dimethyl sulfoxide exits the body in about 24 hours. Nevertheless, in both acute and chronic cases, it is recommended that you take some time off on a regular basis, say two days in a row each week. For example, just take Saturday and Sunday off every week. If you are using it daily in the long term, take two to four consecutive weeks off every six months. Or, you could consider 30 days on and 30 days off.
- 13.** To ensure that you are NOT allergic to DMSO please perform a skin test prior to beginning the protocol. Place one drop of DMSO onto your skin and smooth it out over a small area. If one is allergic, a reaction will occur almost immediately. IF no skin reaction (other than perhaps a mild itch), you may begin the protocol one hour after this test.