

How to Use Boric Acid

For yeast infections, you can make your own BA suppositories by filling size 0 [gelatin](#) capsules with BA. This equals approximately 600 milligrams of boric acid

For example, multiply the number of mg boric acid by 0.1748 to find the equivalent dose of boron in mg.³

Active Ingredient	CASRN	Molecular Formula	% Boron
Boric Acid	10043-35-3 11113-50-1 41685-84-1	H ₃ BO ₃	17.48%

Fill one 0 capsule with Boric acid powder= 600 mg.
Multiply 600x 0.1748= 104.88 mg Boron...

3teaspoons to one gallon water borax= safe to drink..

Sodium tetraborate decahydrate (borax)	1303-96-4 12447-40-4	Na ₂ B ₄ O ₇ . 10 H ₂ O	11.34%
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0.1134 is multiplier for borax to Boron mg.

Standard dose = 1 **teaspoon** (5 ml) of concentrate. This has 25 to 30 mg of **borax** and provides about 3 mg of **boron**

So three teaspoons borax is 75mg-90mg Boron...dilute in one gallon water...

So, if one capsule boric acid is 600 mg Boron...and desirable dilution is three teaspoons borax, then...

And if three teaspoons borax is 75-90 mg Boron...

Then, equivalent safety amount of boric acid powder is...

One capsule is 600 mg, so...

Divide 600 mg by 90 mg to get amount fraction of capsule size...

? of one capsule...

Or ? of one capsule boric acid powder is about 90 mg Boron, then add gallon water for correct safe dilution.,,

Measure ? of a capsule boric acid powder to get 90 mg Boron...

Dilute to one gallon water in glass jar...

Sips are about 3 mg Boron each...

Not two thirds, not one third...

Half of one third...ugh...let's try 0.15 or 15% of a capsule...

So 600 mg x 0.15 or 15% of a capsule is 90 mg Boron, which is the correct number Boron for safety purposes...

0.15 of a capsule is...Fifteen percent of a capsule boric acid powder, is 90 mg Boron...

Dilute in one gallon water...

Each sip is 3 mg Boron...

<http://npic.orst.edu/factsheets/archive/borictech.html>