



LACTO-LIFE

Natural Lifestyle With Bacteria

BASIC MANUAL

How To Use LACTO

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WHAT IS LACTO?

LACTO

LACTO or homemade probiotics is a sour, sparkling and fermented liquid that contains beneficial microorganisms and a great variety of nutrients.

LACTO ORIGINAL - Homemade Probiotics



INGREDIENTS

LACTO is made from 100% ORGANIC ingredients, Brown Rice, Sea Salt, Brown Sugar, Mineral Water

COMPONENTS

LACTO contains more than 60 kinds of nutrients and more than 80 kinds of microorganisms.

MICROORGANISMS

Lactic acid bacteria: Lactobacillus, Yeast: Saccharomyces Cerevisiae, etc

CARBON HYDRATE

Amylose, Amylopectin

FIBER

SDF: Oryzabran, IDF: Arabinoxylan, Chondroitin Sulfate, Hyaluronic Acid

PROTEIN

Essential & Nonessential amino acids, DNA, RNA, GABA

LIPID

Shingolipid, Fatty Acids, Short-chain fatty acids (Lactic, Acetic, Formic, Propionic, Butyric Acids), Oryzanol, Ferulic Acid, Sitosterol

VITAMIN

Vitamin B1, B2, B3, B5, B6, B9, B12, Vitamin E, H, Inositol, IP6

MINNERAL

Calcium, Magnesium, Iron, Manganese, Selenium, Phosphorus, Potassium, Zinc

LACTO IS ALIVE! LACTO IS HOMONY!

FUNCTION

1. Improves Intestinal Flora
2. Antioxidant
3. Nutritional Supplement
4. Disinfectant and Antiseptic
5. Decomposition & Cleansing
6. Detoxification
7. Bio-synthesis
8. Skin and Hair Care
9. Aphrodisiac and Brain Care
10. Deodorization

and more



LACTO, IT'S MAGICAL!

You can use LACTO for many purposes.

HEALTH CARE

BODY CARE

ENVIRONMENT CARE

IT'S EFFECTIVE, USEFUL AND PRACTICAL!

WHY LACTO?

REASONS

There are some unknown reasons why we can use LACTO (Lactic Acid Bacteria) for many purposes.

1. Bacteria is EVERYWHERE on this planet!

Land, sea and sky, plants and animals including humans, we are all covered by bacteria. Lactic Acid Bacteria (LAB) can be found everywhere!

2. Brown Rice is the BEST Ingredients for probiotics!

Brown rice is one of the most beneficial and nutritional plants seed. In LACTO, there is a great harmony of nutrients and bacteria extracted from brown rice.

3. We are bacteria!

The amount of bacteria on our body is more than 600 trillion, more than 10 times than our body cells(60 trillion), and the weight of bacteria on our body is 1 – 2 kg.

4. We have been EATING bacteria for CENTURIES!

Bacteria is present in traditional fermented foods, such as yoghurt, cheese, bread, pickle, alcohol, sake, miso, soy sauce, etc. LAB is one of the most famous bacteria in fermented food!

5. We use bacteria WITH SCIENCE!

Ideas and technologies in industries and in public uses:

1. Agriculture
 2. Aquaculture
 3. Animal Husbandry
 4. Water Treatment and Recycling
 5. Food Industry
 6. Garbage Treatment
 7. Public Hygiene, etc
- LAB is one of the most popular bacterial!

6. LACTO Is SAFE!

LACTO is made from organic ingredients. Bacteria from organic brown rice is safe, clinically proven by traditional fermented food!

When LACTO is dominated by LAB, acid level becomes lower than pH 3.6 (very sour). No pathogen or harmful bacteria can survive in LACTO through the lactic fermentation process.

7. LACTO Is CHEAP and EASY to make

Cost of LACTO is less than 1\$US (30Baht)

We can easily make LACTO with 4 ingredients, 3 tools and 4 steps in only 5 days. Everybody can make LACTO!

8. Potential of LACTO Is INFITE!

LACTO mens more production, value and profit. LACTO can be used for the family, community and global environments. The potential of LACTO can be infinite through the autonomy and creativity of individuals!

Let's start LACTO-LIFE !

HOW TO?

RULE BASIC RULES FOR SAFETY

RULE 1 : SELF-RESPONSIBILITY

Homemade Probiotics, LACTO is same as your baby!
Observe and take care of it well!

RULE 2 : ACID LEVEL

LACTO is lower than pH 3.6.
It is very sour, dominated by lactic acid bacteria.

RULE 3 : DILUTION

Make LACTO diluted from 100% - 0.1%
depending on applications.

RULE 4 : SELF-STANDARD

Update standard of LACTO use by experience.

MAKE VERY EASY! INGREDIENTS, TOOLS & STEPS

4 INGREDIENTS & 4 TOOLS

ONLY ORGANI INGREDIENTS
Brown Rice,
Sea Salt, Brown Rice,
Mineral Water

CLEAN TOOLS
Spoon or scale
Bowl, Funnel,
Plastic Bottle

5 STEPS IN 5 ~ 7DAYS

1. Select ingredients and clean tools.
2. Wash rice and scratch well.
3. Mix and pour into the bottle.
4. Shake and release the gas
5. Check!

You can check more detail information and photos on our website. www.lacto-life.com

PRESERVE OUTSIDE OR IN FRIDGE

PRESERVE OUTSIDE

If you keep the LACTO bottle outside, keep the bottle standing, in cool and shade. It last more than 6 months or more.
After open and use, you should shake the bottle everyday. Finish within a week before the smell starts to change. Even the smell has changed, you can use for environment care.

PRESERVE IN FRIDGE

If you keep the LACTO bottle in fridge, it last more than year or more.
After open and use, finish within weeks.
The fridge can preserve LACTO better smell and taste, but the bacteria is sleeping.
Better to warm up before use.

DILUTE USE PURE OR DILUTED SOLUTION

DILUTE LACTO

You should dilute LACTO depending on applications. Especially for plants and the sensitive part of our body, we need to dilute into 1 - 0.1%.
Check details on each applications.
10% LACTO water - 100ml LACTO + 900ml water
1% LACTO water - 10ml LACTO + 990ml water
0.1% LACTO water - 1ml LACTO + 999ml water

Mix in the bottle or spray before use.

DILUTE LACTO

You can drink and use pure LACTO for body.
If you are too sensitive, try patch-test on your arm or try small amount of LACTO at first, then try more.

HEALTH CARE



PROBIOTICS Improves intestinal flora and digestive system, boosts immunity and preserves health

Dilution

100% LACTO - Drink pure LACTO or mix with water

Instructions

Drink 50ml first and try more.
Drink 100 - 200ml of LACTO everyday.
Before meals and bedtime are more effective.



Botanical Lactobacillus from Brown Rice!



Drink 1 - 2 glasses everyday for health care.



Active Elements

BENEFICIAL MICROORGANISMS
Lactic Acid Bacteria : Lactobacillus Fermentum, Plantrum, Helveticus, etc.
Yeast : Saccharomyces Cerevisiae, etc



ANTI-OXIDANT

Eliminates ROS(Reactive Oxygen Species), Inhibits Oxidation. Powerful Anti-Aging

Dilution

100% LACTO - Drink pure LACTO or mix with Citric Acid

Instructions

Drink 100 - 200ml of LACTO with citric fruits juice. Squeeze the half or quarter of lime cut in a glass of LACTO. Drink before meals and bedtime.



Lactic Acid and Citric Acid are perfect combination to drink together for antioxidant and rehydration.

Mix LACTO with lime, orange, mandarin, or grapefruits juice.



Active Elements

Antioxidant : Oryzanol, Tocopherol(Vitamin E), Ferulic Acid, Phycyan Acid
Activate SOD* Co-Enzyme : Zink, Copper, Manganese
*SOD(Superoxide Dismutase) eliminates ROS

HEALTH CARE



SUPPLEMENT

Supplise essential nutrients.
The best nutritional and
rehydration Drink

Dilition

100% LACTO - Drink pure or mix with fruits juice

Instructions

Drink 100 – 200ml of LACTO with fruits juice or warm soup. It helps digestion, absorption and excretion. More effective to drink before meals and bedtime.



Drink with warm soup in the morning.



Drink for daily health care.



Active Elements

Proteins, Amino Acids, Fiber, Organic Acids, Vitamins, Minerals, Phytochemical, Enzymes, Beneficial Microorganisms (Ex. Botanical Lactobacillus), etc



COOKING - BIOCLEANER

Clean Ingredients and Tools. Natural Disinfectant, Detoxification, Antiseptic.

Dilition

10 – 1% LACTO - Mix with water for spraying or soaking

Instructions

Soak ingredients and tools for 10 – 15mins or spray them before cooking.



Soak all kitchen tools in LACTO for hours or overnight.



Spray to meat and fish for disinfection and deodorization before cooking.



Active Elements

Bio-cleaner : Lactic Acid Bacteria, Organic Acids, Bacteriocin, etc
Anti-Oxidant : Oryzanol, Tocopherol, Ferulic Acid, Phycin Acid

HEALTH CARE



COOKING - SEASONING

Adds sour flavor, removes bad smell, creates delicate and deep taste UMAMI

Dilition

100% LACTO - Use pure LACTO or mix with water

Instructions

Use for seasoning same as vinegar or wine to cook and create deep flavor Umami. Umami is amino acids (Flavor Enhancer).



Add in dish as seasoning same as wine, cook raw ingredients with Lactic Acid same as vinegar or liem, and make food fermented.



You can make pickles, marinade, sourdough, fermented or cured food with LACTO.

Active Elements

Lactic Acid Bacteria, Yeast, Organic Acids, Enzymes, Amino Acids



BRAIN CARE

Supplies Nutrients, Activates
The Brain And Relax The Mind

Dilition

100 – 10% LACTO - Drink pure LACTO or mix with warm water

Instructions

Drink 200ml before and after bedtime.



Improving the function of "Second Brain (Intestin)" helps to release the stress.



Helps to feel happiness by increase serotonin in your brain.



Drink LACTO before sleep!

Active Elements

For Neuro-transmitter : Amino Acids (GABA, GLU, GLY)
For Serotoonin : Tryptophan
Vitamin M, Niacin, B Vitamins, Inositol
Antioxidant for Brain : Ferulic Acid

HEALTH CARE



BABY CARE

Cleanses, Disinfects and Protects Baby with a LACTO barrier (Chemical Free)

Dilution

10 – 1% LACTO - Use LACTO mixed with water

Instructions

Wash Clothes, towels, toys and all baby items with LACTO. Or spray them.



Support baby's immunity with LACTO. Disinfect baby's items and environment with 100% organic cleaner!



Protects Baby with microbial barrier by spraying and washing their clothes with LACTO.

Active Elements

For Disinfection : Peptidglycun and Lactic Acid from Lactic Acid Bacteria, Bacteriocin, Antioxidant Elements, etc
Check more "Skincare" & "Bio-Cleaner"



ELDERLY CARE

Cleanses, Deodorizes, Disinfects and Preserves Health

Dilution

10 – 1% LACTO -
Drink pure LACTO or Mix with water

Instructions

Drink 200ml LACTO before and after bedtime. Wash the body or spray with it. Treats bedsores.



Support elderly's immunity and prevent their health with LACTO by improving intestinal flora.

Apply LACTO for bedsores, disinfection and deodorization.

LACTO for total health care!



Use LACTO on many purposes for supporting elderly's life!

Active Elements

For Disinfection : Peptidglycun and Lactic Acid from Lactic Acid Bacteria, Bacteriocin, Antioxidant Elements, etc
Check more "Skincare" & "Bio-Cleaner"

HEALTH CARE



APHRODSIAC INTERNAL

Activates the Brain, Improves Blood Circulation and Genital Function

Dilution

100% LACTO - Use straight or mix with water

Instructions

Drink 200 – 300ml everyday. And 1 hour before bedtime.



Make aphrodisiac sweets or drink?

Perfect for honeymoon!

For passionate lovers!



Support your family planning!

Active Elements

Lactic Acid Bacteria, Vitamin B3, B6, B9, Vitamin E, Zink, Magnesium, Selenium Essential and Nonessential Amino Acids, etc.



APHRODSIAC EXTERNAL

Cleans, Disinfects and Protects Genitals, Excites Partner

Dilution

100 – 10% LACTO -
Drink straight or Mix with water

Instructions

Wash, Spread, lick and Insert with it. Spray LACTO in Love!



Cleans, disinfects and make them wet before love.



Active Elements

Lactic Acid Bacteria, Sphingolipid, Linoleic Acid, B Vitamins, Vitamin E, Oryzanol Oryzabrm, Chondroitin Sulfate, Hyaluronic Acid, Amino Acids, Peptide, DNA, RNA, etc.
Check more on "Genital Care" & "Skincare"

BODY CARE



SKIN CARE

Cleanses, nourishes, moisturizes, repairs, softens and protects the skin. Use as Antioxidants and UV protection.

Dilution

100 – 10% LACTO - Use pure LACTO or mix with water.

Instructions

Wash face and body with LACTO water everyday. Spray LACTO water on your body.



Make LACTO water in a bowl and wash your face!



Spray to face after shower or before bedtime.



LACTO is 100% organic, truly safe and has the variety of properties for skincare.

Active Elements

Lactic Acid Bacteria, Sphingolipid, Linoleic Acid, B Vitamins, Vitamin E, Oryzanol, Oryzabran, Chondroitin Sulfate, Hyaluronic Acid, Amino Acids, Peptide, DNA, RNA, etc.

BODY CARE



EYE, NOSE, EAR WASH

Cleans and Disinfects, Prevents Cold and Allergies

Dilution

1 – 0.1% LACTO - Mix LACTO with a lot of water.

Instructions



Soak face in LACTO water(0.1%), open and close your eyes in it many times



Pour LACTO water(1%) into nose with a nasal pot.



Clean your ears with cotton bud with LACTO water(1%).



Cleanse eyes, nose and ears when you wash your face every morning!

Active Elements

Lactic Acid Bacteria, Organic Acids(Lactic & Acetic Acids) Skincare Elements



HAIR CARE & SHOWER

Cleanses and Activates Scalp Cells, Moisturizes, Protects and Preserves the Elasticity of the Hair

Dilution

50 – 10% LACTO - Mix LACTO with double or 5 times of warm water

Instructions

Spray or wash hair with LACTO water after shampoo. Use as Rinse, Conditioner or Treatment for hair. For treatment, rinse it after 5 – 10mins .



LACTO is the perfect organic conditioner and treatment for hair and skin of head.



Massage your head with LACTO when you are treating your hair.

Active Elements

Lactic Acid Bacteria, Organic Acids(Lactic and Acetic Acids), Skincare Elements : Sphingolipid, Fatty Acid, B Vitamins, Vitamin E, Oryzanol, Oryzabran, Hyaluronic Acid, etc.



GENITAL CARE

Cleanses, Disinfects and Protects the Genital

Dilution

10 – 1% LACTO - Mix with a lot of warm water

Instructions

Sit and wash in the tub or spray the area.



Take the LACTO mini-bath and wash the area. Sit in the tub for 15 – 20 mins.



Spray the area after bathing or toilet.

Active Elements

Lactic Acid Bacteria, Organic Acids(Lactic and Acetic Acids), Skincare Elements : Sphingolipid, Fatty Acid, B Vitamins, Vitamin E, Oryzanol, Oryzabran, Hyaluronic Acid, etc.

BODY CARE



BATHING

Cleanses, Disinfects, Activates Body and Protects the Skin

Dilution

10 – 1% LACTO - Put straight LACTO in the tub.

Instructions

Pour 2L – 20L of LACTO in bath (For 200L Normal Bath Size). More than 5% of LACTO Bath is recommended. Spray on body after bathing.



Scrub the body and remove old skin and dirt out with natural soap. Spray, pour to the skin or take a LACTO bath.

Treat skin damage after shaving



Get moisturized and smooth skin back with LACTO bath!

Active Elements

Lactic Acid Bacteria, Organic Acids(Lactic and Acetic Acids), Skincare Elements : Sphingolipid, Fatty Acid, B Vitamins, Vitamin E, Oryzanol, Oryzabran, Hyaluronic Acid, etc.

BODY CARE



DEODORIZATION - BODY

Disinfects and Removes Bad Smell from Body

Dilution

10 – 1% LACTO - Put pure LACTO in the tub or spray to the body.

Instructions

Scrub and remove old skin, then spray the area. Wash the body or take a bath with LACTO water.



Scrub the body well with scrubbing towel

Spray LACTO or soak in LACTO



No smell with good bacteria. Deodorize with LACTO!

Active Elements

Organic Acids(Lactic Acid, Acetic Acid) Lactic Acid Bacteria, Enzymes



DENTAL CARE

Cleanses Mouth, Heals and Prevents Cavities. Disinfects and Deodorizes

Dilution

1 – 0.1% LACTO - Put few drops in water

Instructions

Mouthwash or Spray before or after brushing. Brushing with natural salt is highly recommended. Soak the tooth-brush in pure LACTO overnight.



Natural Salt & LACTO are good enough to prevent cavities.



No More Cavities with LACTO!



Spray for disinfection & deodorization!



Soak the brush in LACTO for overnight, and dry in the sun

Active Elements

Lactic Acid Bacteria, Organic Acids, Enzymes, Minerals



EXCRETION

Successful and Sensational Defecation, Prevent Constipation and Haemorrhoids

Dilution

100% LACTO - Drink with Warm Water

Instructions

Drink 200ml before and after bedtime. Check your feces everyday! Spray to toilet paper and use as wet-paper.



Helps to prevent regular constipation by hormone unbalance.



No more problem in the morning toilet!

Active Elements

Lactic Acid Bacteria, Fibers, Organic Acids(Lactic and Acetic Acids), Skincare Elements for Haemorrhoids,

BODY CARE



ATHLETE'S FEET

Disinfects, Removes Bad Smell and Bacteria

Dilution

10 – 1% LACTO - Put pure LACTO in the tub or spray to the body.

Instructions

Scrub and remove old skin, then spray the area. Wash feet or take a foot bath with LACTO water.



Spray to avoid skin problems and keep always clean



Soaking feet in LACTO with warm water is more effective.



Soak in LACTO for 15mins!

Active Elements

Lactic Acid Bacteria,
Organic Acids(Lactic and Acetic Acids),
Skincare Elements : Sphingolipid, Fatty Acid,
B Vitamins, Vitamin E, Oryzanol, Oryzabran,
Hyaluronic Acid, etc.



WOUND TREATMENT

Treats Wounds and infection, Disinfectant and antiseptic

Dilution

100 – 10% LACTO - Spray pure or diluted LACTO

Instructions

Soak the injured part in LACTO or spray the area.



Spray to the cut on your feet



Spray to the scratch on your hand

Doctor? Chemical Cleaner?



Treat by yourself with Organic Cleaner!



Active Elements

Lactic Acid Bacteria,
Organic Acids(Lactic and Acetic Acids),
Skincare Elements : Sphingolipid, Fatty Acid,
B Vitamins, Vitamin E, Oryzanol, Oryzabran, Hyaluronic
Acid, etc.

ENVIRONMENT CARE



DISHWASHING

Removes Oil and Disinfects.
Rinses Dirt and Soap Out

Dilution

10 –1% LACTO - Put LACTO in bowl of water

Instructions

Soak dishes and kitchen tools in LACTO water for hours or overnight. Rise in water with sponge.



Recommended to use organic detergent and rise with LACTO water for quick dishwashing.



Minimize the consumption of water and soap

Active Elements

Lipase(Enzyme), Lactic Acid Bacteria,
Organic Acids(Lactic and Acetic Acids), Fatty
Acids, Antioxidant Elements



RUST OFF

Rusts Off and Prevents Oxidation

Dilution

100% LACTO - Use Pure LACTO

Instructions

Soak rusty metal in LACTO overnight. Brush a bit. Dry and rustproof the metal with oil at the end.



Just soak the metals in LACTO for overnight!



Rust Off!

Active Elements

Organic Acids(Lactic and Acetic Acids),
Anti-Oxidant Elements
(Oryzanol, Tocopherol, Ferulic Acid),
Enzymes, Lactic Acid Bacteria

ENVIRONMENT CARE



CLEANING - GENERAL

Cleans and Disinfects Without Chemical Soap

Dilution

10 – 1% LACTO - Put LACTO in bowl of water

Instructions

Use for Wood, Cement, Tiles, Plastic. Spray and wipe!
For thick dirt or oil, spray LACTO and leave it for 15mins
wet and wipe it.



No more chemical soap
and cleaner!



Just spray and wipe!



Clean everywhere with LACTO!

Active Elements

Lactic Acid Bacteria,
Organic Acids(Lactic and Acetic Acids),
Enzymes, Antioxidant Elements

ENVIRONMENT CARE



LAUNDRY

Rinse, Removes Dirt and Oil
Disinfects and Deodorizes

Dilution

100% LACTO - Use pure LACTO

Instructions

Pour 500ml of LACTO(for 100L of water) into
washing machine when it's rinsing. Or soak dirty
clothes in LACTO overnight.



LACTO make clothes softer
and better natural smell.



Soak in LACTO for hours
or overnight.



LACTO also helps to neutralize and decompose the detergent
when it goes back to nature.

Active Elements

Lactic Acid Bacteria,
Organic Acids(Lactic and Acetic Acids),
Enzymes, Antioxidant Elements



CLEANING - SPECIFIC

Cleans and Disinfects Specific Equipment

Dilution

100 – 10% LACTO - For Spray or Soak

Instructions

Use for Oily Kitchen, sink, pipe, air-con and water
filters, fridge, and coffee machine. spray them.
Or soak in LACTO for hours or overnight.



Clean and safe with organic cleaner!



Clean and safe with natural cleaner



Active Elements

Lipase(Enzyme), Lactic Acid Bacteria,
Organic Acids(Lactic and Acetic Acids), Fatty
Acids, Antioxidant Elements.



DRYING & IRONING

Disinfects, Better Smell, Less Skin Allergies, Soften Materials

Dilution

1 – 0.1% LACTO - Pour a bit in spray bottle

Instructions

Spray when drying or ironing. And dry well.



Apply for many different types of fabric.
towle, cushion, pillow, curtain, clothes, sofa,
bed-cover etc.



Spray and dry well.

Active Elements

Lactic Acid Bacteria,
Organic Acids(Lactic and Acetic Acids),
Enzymes, Antioxidant Elements

ENVIRONMENT CARE



DEODORIZATION

Disinfects and Removes Bad Smell from Air, Soil, Water, Garbage

Dilution

10% LACTO - Put LACTO in bowl of water

Instructions

Pour or spray over bad smell, and cover the area.



Deodorize many types of bad smell from organic matter!



The best air refresher!
You can mix with essential aroma oil too!

Active Elements

Organic Acids(Lactic Acid, Acetic Acid)
Lactic Acid Bacteria, Enzymes

ENVIRONMENT CARE



COMPOST

Recycles Garbage Easily and Quickly into a Great Compost

Dilution

100 - 10% LACTO - Mix with Soil

Instructions

Make LACTO water, mixing pure LACTO with water (Minimum 10%, LACTO 1:10 Water). Keep raw garbage in LACTO water, and mix with soil well when the bucket is full.



Keep raw garbage soak in LACTO water.



Mixing garbage with LACTO in the bucket keeps smell better and decomposed well.



Mix well with soil and cover!!



Active Elements

Beneficial Microorganisms(Ex.Lactic Acid Bacteria, Yeast, Kouji Bacteria, etc)
Organic Acids, Enzymes, etc



ANIMAL CARE

Cleanses, Deodorizes and Disinfects Body. Preserves Animal's Health

Dilution

10- 1% LACTO for drinking and spraying for body

Instructions

Put in animal's food or water, let them drink sometimes. Spray or wash their body with LACTO.



Spray to their whole body and their house.



For dog, cat, hamster, rabbit, pig and chicken!!

Active Elements

Lactic Acid Bacteria,
Organic Acids(Lactic Acid, Acetic Acid),
Proteins, Vitamins, Minerals



GARDENING

Activates the Plants by Supplying Nutrients and Good Bacteria

Dilution

0.5 - 0.1% LACTO - Dilute with a lot of water.

Instructions

Make 0.1% LACTO water mixing pure LACTO and a lot of water(maximum 0.5%, LACTO 5 : 1000 water). Pour or spray on plants and soil.



Pour to the flower and vegetable!



Spray to the leaf!



More Harvest!!



Apply on plants every 2 weeks!

Active Elements

Protein, Amino Acids, Cytokine(Phytohormone Peptide), Vitamins, Minerals, Enzymes,
Beneficial Microorganisms (Ex. Kouji Bacteria, Lactic Acid Bacteria, Yeast, Phototrophic Bacteria, etc)