



LACTO PRODUCTS & WORKSHOP



www.lacto-life.com

LACTO PRODUCTS



LACTO ORIGINAL

HOMEMADE PROBIOTICS



Botanical Lactobacillus

Super active and fresh Lactobacillus from brown rice!

SPECIALITY

100% ORGANIC

LACTO ORIGINAL is made only from organic ingredients!

MICRO NUTRIENTS

More than 60 kinds of various nutrients are digested into micro nutrients by beneficial bacteria.

PROBIOTICS

Contains Botanical Lactobacillus and more than 80 beneficial microorganisms

MULTI-APPLICATIONS

For Health Care, Body Care, Environment Care

NUTRIENTS

Various Micro Nutrients

LACTO ORIGINAL contains more than 60 kinds of nutrients, and also more than 80 kinds of beneficial microorganisms dominated by lactic acid bacteria.
Ex. Lactobacillus, Organic Acids, Enzymes, Vitamins(A, B, E), Minerals(K, Ca, Mg, Zinc, etc.)
All nutrients are broken down to micro nutrients by bacteria and quickly absorbed into the body.

Botanical Lactobacillus

Botanical Lactobacillus in LACTO is very fresh and active, strong enough to reach to the intestine. 100s of millions Lactobacillus and 100s types of Enzymes in a bottle.



BENEFITS

For Health Care

Balances intestinal flora
Improves digestive and metabolic system.
Boosts immunity
Prevents chronic disease, cold and flue

For Body Care

Improves skin and hair conditions
Improves allergies and skin problems
Dental care, Athlete's foot, etc.

For Environment Care

Disinfection and Cleaning
Deodorization
Improves compost and energize plants

Check more details in LACTO MANUAL or website

INSTRUCTIONS



Drink for Health

Drink as Probiotics, Anti-Oxidant or Supplement

1. Start 50ml with water or fruits juice in the morning
2. Drink 100ml before meals
3. Drink 100 -200ml before bed-time

Use for Multi-Applications

Skincare - Apply on your skin to cleanse, moisturize, repair and protect
Cooking - Use for seasoning and cooking same as wine or vinegar
Cleaning - Spray for cleansing, disinfection and deodorization
Gardening - Use for plants and animals, revive eco system
And more applications!
Check more in "LACTO Manual" or website.

INGREDIENTS

LACTO ORIGINAL is made only from organic ingredients such as brown rice, sea salt, brown sugar and mineral water. No additives.



LACTO ORIGINAL



LACTO CREAM

Natural Skincare Cream



SPECIALITY

100% ORGANIC

Made from Organic Brown Rice Milk

Active Elements

Contains Botanical Lactobacillus, Organic Acids, Oryzanol, Ferulic Acid, Sphingolipid(Ceramide), Linoleic Acid, E Vitamins, Oryzbran, Chondroitin Sulfate, Hyaluronic Acid, Amino Acid

Effects

Cream can be used to Cleans, disinfect, moisturize, repair, protect, supplement and make the skin smoother.

Cure-All Cream

Facial & Body Skincare, Treatment of Allergy, Sunburn, Wound, Infection, Insects Bites, Athlete's Foot, Bed sore, Hemorrhoids

INSTRUCTIONS

Preserve in Fridge

Keep LACTO CREAM in the fridge. If you can refill the bottle with LACTO ORIGINAL and cover the cream after use, it can be preserved in better conditions.

Adjust Cream Texture



Shake the bottle and adjust the texture of cream as you like depending on the applications. If it is too thick, mix with LACTO ORIGINAL or water. And apply on your skin.



TECHNIQUES

LACTO Skincare



Washing

Make LACTO water, mixing 200ml LACTO Original into 1L water. Wash face or hands in LACTO water. The best and easiest way for skincare.



Scrub & Massage

Put milky LACTO CREAM on your face or body. Massage in circles rubbing the small pieces of white powder on your skin.



Mask & Pack

Spread Creamy LACTO CREAM on your face or body. Keep them wet with a hot towel or steam in the bath. Wash it out after 5 - 10 mins.



Spray Lotion

Make LACTO lotion mixing 10 - 20% of LACTO ORIGINAL in water. Spray LACTO it on your face or body. Pat gently the part you spraed.

APPLICATIONS

Facial & Body Skincare, Skin UV Protection, Allergy & Sunburn Treatment, Wound & Infection Treatment, Insect Bites, Athlete's Foot, Bed sore, Hemorrhoids

Cream can be used to Cleans, disinfect, moisturize, repair the skin, make the skin smoother, improve skin's elasticity and protect with natural UV filters. It is also a great nutritional supplement and anti-oxidant.



LACTO CREAM



LACTO LEMONADE

PROBIOTICS LEMONADE



Super Electrolite

Refreshing Electrolite with Citric and Lactic Acids!

SPECIALITY

100% NATURAL

LACTO LEMONADE is made from fresh citric fruits and organic ingredients.

ELECTROLITE

Contains Citric and Lactic Acid
Recover from dehydration & fatigue

PROBIOTICS

Contains Botanical Lactobacillus from LACTO ORIGINAL

MICRO NUTRIENTS

Contains Botanical Lactobacillus, Organic Acids, Vitamins, Minerals, Enzymes

INGREDIENTS



LACTO LEMONADE is made from Fresh Lemon, Lime, Orange, Mandarin, Organic Sugar, Pure Honey and LACTO ORIGINAL!

NUTRIENTS

Micro Nutrients

LACTO LEMONADE contains Citric & Lactic Acids, Vitamin A, B, C, E, Mineral K, Ca, Mg, Zinc, etc.

Organic Sugar & Pure Honey are broken down to fruit sugar and micro nutrients by bacteria, they can be quickly absorbed into your body together with citric and lactic acids, helping you to increase your energy.

*In the famous scientific magazine 'SCIENCE' August 2004, was proven that Lactic Acid enhances the excitability of the working muscles.

PROBIOTICS



LACTO LEMONADE contains Botanical Lactobacillus from LACTO ORIGINAL. It is very fresh and active, strong enough to reach to your intestine. It can improve digestive system and immunity.

BENEFITS

Super Electrolite!

- Quick Hydration
- Recovers from Fatigue
- Nutritional Supplement
- Improves intestinal flora & digestive system

It is highly recommended to drink everyday for daily health care!



LACTO LEMONADE



LACTO FRUITS CIDER

FRUITY PROBIOTICS



SPECIALITY

100% NATURAL

FRUITS CIDER is made from fresh tropical fruits and organic ingredients.

Fruity Probiotics

Botanical Lactobacillus and more than 80 beneficial microorganisms with fruity aroma and flavor

MICRO NUTRIENTS

Contains Vitamins, Minerals, Enzymes, more than 60 kinds of nutrients

ALCOHOL BEVERAGE

Naturally sparkling and fruity alcoholic beverage!

INGREDIENTS



100% Natural Ingredients

LACTO ORIGINAL is made from only organic ingredients such as brown rice, sea salt, brown sugar and mineral water.

NUTRIENTS

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

Ex. Lactobacillus, Organic Acids, Enzymes, Vitamins(A, B, E), Minerals(K, Ca, Mg, Zinc, etc.)

All nutrients are broken down to micro nutrients by bacteria and quickly absorbed into the body.

Botanical Lactobacillus



Botanical Lactobacillus in LACTO FRUITS CIDER is very fresh and active, strong enough to reach to the intestine. 100s of millions Lactobacillus and 100s types of Enzymes in a bottle.

INSTRUCTIONS

1. Drink 50ml with water or fruits juice in the morning.
2. Drink 100ml straight in Champagne glass as aperitif.
3. Drink 100ml with warm water before go to bed.
4. Use for cooking to improve taste & aroma same as wine.
5. Preserve in fridge and drink within a week after open.
6. The white sediment may form at the bottom, but it is harmless and nutritious containing proteins, vitamins, minerals. Recommended to drink it together.

You can adjust the way to drink and use LACTO Fruits Cider. The amount and the frequency to drink or use should be different depending on each person. Start drinking with a small amount on your pace.

BENEFITS

For Daily Health Care

- Balances intestinal flora
- Improves digestive and metabolic system.
- Boosts immunity
- Improves blood problems
- Prevents chronic disease, cold and flue



FRUITS CIDER



LACTO FRUITS JAM

RAW JAM
IN ENZYME SYRUP

RAW!!

Probiotic Jam with full
of nutrients



SPECIALITY

100% NATURAL

Made from fresh tropical fruits
and organic sugar
No additives & chemical
preservatives

RAW JAM

All nutrients from tropical fruits
are live and active, preserved in
Enzyme syrup

PROBIOTICS

Contains Botanical Lactobacillus
from LACTO ORIGINAL

MICRO NUTRIENTS

Contains Vitamins, Minerals,
Enzymes, the variety of nutrients
from tropical fruits

INSTRUCTIONS



Delicious and Healthy

LACTO FRUITS JAM is the delicious
probiotic sweeter and also the perfect
choice for fruity sauces and seasoning.

You can use for the following ways,

- Spread on toast with butter
- Add in yohgrut with fruits
- Mix with fruits juice and smoothie
- Add in fruits ponch
- Uut on cakes or paistries
- Add in ice cream, etc.

NUTRIENTS

Micro Nutrients

LACTO FRUITS JAM is non-pasteurized raw
jam. It is preserved only in organic sugar
with LACTO ORIGINAL.

No additives, no chemical preservatives.
It contains the variety of nutrients from
tropical fruits.

Ex. Lactobacillus, Organic Acids,
Enzymes, Vitamins(A, B, E), Minerals(K,
Ca, Mg, Zinc, etc), Fiber

All nutrients are broken down to micro
nutrients by bacteria and quickly
absorbed into the body.

BENEFITS

For Daily Health Care

- Balances intestinal flora
- Improves digestive and metabolic system.
- Boosts immunity
- Prevents chronic disease, cold and flue

INGREDIENTS

Seasonal Tropical Fruits

LACTO FRUITS JAM is made from fresh
tropical fruits and organic brown sugar.
LACTO ORIGINAL is added as bio-
preservatives and stabilizer of fruits
fermentation.

We use following fruits in season.

- Mango
- Apple
- Kiwi
- Citrics
- Papaya
- Guava
- Grape
- Star Fruits
- Pineapple
- Dragon Fruits
- Mangostine
- Rambutan



LACTO FRUITS JAM





Experience & Experiment of Probiotics

Learning Probiotics from "A to Z" in different levels of workshop!
Experience how to make and use LACTO!
Basic, Advanced, Master Courses. 90-120mins



Probiotics Tasting Party!

Try new taste of Probiotic drinks, dishes and sweets!
Experience deep and delicious taste of Probiotics!