

LACTO-LIFE

TO BE HEALTHY & TO BE HAPPY!



LACTO CENTER

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Let's start LACTO LIFE with the BASIC RECIPE & APPLICATIONS!

RECIPE - BASIC -

4 INGREDIENTS 4 TOOLS

Lacto 1.5L

- 1) Organic Brown Rice 200g
 - 2) Organic Sea Salt 15g
 - 3) Organic brown Sugar 45g
 - 4) Mineral Water 1500ml
- + Lots of Love

- 1) Spoon/Scale
 - 2) Bowl
 - 3) Funnel
 - 4) Plastic Bottle
- + Clean Hands
(No Soap)

It's ORGANIC!

5 STEPS in 7 DAYS

1. Select

Select good ingredients and clean tools, take out the worm-eaten rice.

2. Wash and Scratch

Put 200g of rice in a bowl, pour water over the rice, then wash it scratching and rubbing its surface (88 times). Don't throw away this water.

3. Mix and Pour into the bottle

Pour rinsed water into the empty bottle, add salt and sugar. Continue the process of steps 2 & 3 to fill the bottle.

4. Shake and Release the gas

When the bottle is full shake the bottle well. Release the gas and shake 2-3 times every day. Keep the bottle standing under the shade at 20-30 degrees C.

5. Check!

After 5 days LACTO should be sparkling, have less color and a sour taste. Check the smell, and taste it. If you feel a very sour taste around the 7th day, it's ready to use! Acid by LAB has been produced. You can also check the acid level with a pH paper strip. When pH level is less than 3.6, LACTO is ready to use! Preserve LACTO in a cool place, under the shade, or in the fridge.

It's EASY and SAFE!

APPLICATIONS

1) LACTO Dilution & Tools 2) Use 3) Effect



Probiotics

- 1) 100 - 20% LACTO, Cup
- 2) Drink 200ml LACTO/ day. Before and after bedtime. Drink 50ml first and try more!
- 3) Improves intestinal flora and preserves your health



Antioxidant

- 1) 100 - 20% LACTO, Cup
- 2) Drink 200ml LACTO with lime (citric fruits)
- 3) Inhibits oxidation. Anti-aging



Supplement

- 1) 100 - 20% LACTO, Cup
- 2) Drink 200ml LACTO with fruit juice or warm soup
- 3) Supplies essential nutrients. The best rehydration drink



Cooking 1

- 1) 10 - 1% LACTO, Bowl, Spray
- 2) Soak ingredients and tools, or spray them
- 3) Disinfectant, detoxification, bio preservative and antiseptic



Cooking 2

- 1) 100% LACTO
- 2) Use as vinegar, or to create UMAMI (flavor enhancer)
- 3) Adds sour flavor, removes bad smell, creates delicate taste



Dishwashing

- 1) 10 - 1% LACTO, Bowl
- 2) Soak dishes and kitchen tools for hours or overnight. Or soak when it's rinsing.
- 3) Removes oil and disinfects. Rinses dirt and soap out



Cleaning 1

- 1) 10 - 1% LACTO, Spray
- 2) For wood, cement, tiles, plastic. Spray and wipe
- 3) Cleans and disinfects



Cleaning 2

- 1) 100-10% LACTO, Spray, Bucket
- 2) For oily kitchen, air / water filters. Soak in LACTO for hours.
- 3) Cleans and disinfects



Laundry

- 1) 100% LACTO, Bucket
- 2) Pour into washing machine, when it's rinsing. Or soak clothes in LACTO
- 3) Rinse, removes dirt and oil, and disinfects



Drying & Ironing

- 1) 1 - 0.1% LACTO, Spray
- 2) Spray when drying or ironing.
- 3) Disinfects, better smell, less allergies, softens materials.



Skincare

- 1) 100 - 10% LACTO, Spray, Bowl
- 2) Wash and spray
- 3) Cleanses, nourishes, moisturizes, repairs, softens, and protects the skin with antioxidants & UV filters



Shower & Hair Care

- 1) 50 - 10% LACTO, Spray
- 2) Wash and spray after shampoo. Use as rinse/conditioner/treatment
- 3) Cleanses and activates scalp cells, moisturizes, protects and preserves the elasticity of the hair.



Bath

- 1) 10 - 1% LACTO, Spray
- 2) Pour 1 - 10% of LACTO in bath. Spray on body after bathing.
- 3) Cleanses, disinfects, activates body and protects the skin.



Dental Care

- 1) 1 - 0.1% LACTO, Cup, Spray
- 2) Mouthwash or spray after brushing
- 3) Cleanses mouth, heals and prevents cavities



Eye, Nose, & Ear Wash

- 1) 1 - 0.1% LACTO, Bowl, Nasal Pot
- 2) Soak face in LACTO water or pour it with a nasal pot.
- 3) Cleans and disinfects, prevents cold and allergies

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Let's start LACTO-LIFE with the ADVANCED RECIPE & APPLICATIONS!

RECIPE-ADVANCED-

4 INGREDIENTS

Lacto 1.5L

- 1) Organic Brown Rice 150g
 - 2) Organic Sea Salt 15g
 - 3) Organic brown Sugar 45g
 - 4) Mineral Water 1500ml
- + Lots of Love

3 TOOLS

- 1) Spoon/Scale
 - 2) Funnel
 - 3) Plastic Bottle
- + Clean Hands
(No Soap)

It's ORGANIC!

4 STEPS in 5 DAYS

1. Select

Select good ingredients and clean tools, and take out the worm-eaten rice.

2. Mix all and Scratch

Pour out 750ml of water from the bottle, and put all ingredients in that same bottle. Shake it well (88times), scratching the surface of the rice. Pour the other 750ml of water back into the bottle.

3. Shake and Release the gas

When the bottle is filled up to the top, shake the bottle well. Release the gas and shake the bottle **2-3times everyday!** Keep the bottle standing and under the shade, at 20-30 degrees C.

4. Check!

After 3 days, LACTO should be sparkling and have less color. Taste it. If you feel a **very sour taste** around the 5th day, acid by **LAB** has been produced. It's ready to use! You can also check the acid level with a pH paper strip. When acid level is **under pH 3.6** LACTO is ready to use! Preserve LACTO in a cool place and under the shade, or in the fridge.

It's EASY and SAFE!

APPLICATIONS

1) LACTO Dilution & Tool 2) Use 3) Effect



Genital Care

- 1) 10 - 1% LACTO, Tub, Spray
- 2) Sit in a tub or spray the area
- 3) Cleanses, disinfects and protects the genital



Baby Care

- 1) 10 - 1% LACTO, Bowl, Spray
- 2) Wash clothes and items, or spray them
- 3) Cleanses, disinfects and protects baby with a LACTO barrier



Deodorization 2

- 1) 100 - 10% LACTO, Spray
- 2) Pour or spray over bad smell, and cover the area
- 3) Removes bad smell from air, soil, water, garbage



Deodorization 1

- 1) 10 - 1% LACTO, Scrub, Spray
- 2) Scrub and remove old skin, and spray
- 3) Disinfects and removes bad smell



Elderly Care

- 1) 10 - 1% LACTO, Bowl, Spray
- 2) Drink, Wash and Spray, Spray for a bedsore
- 3) Cleanses, deodorizes, disinfects and preserves health



Compost

- 1) 100 - 10% LACTO, Bucket, Shovel
- 2) Mix garbage and soil with LACTO
- 3) Recycles garbage easily and quickly into a great compost



Excretion

- 1) 100 - 10% LACTO, Cup
- 2) Drink 200ml before and after bedtime, check your feces!
- 3) Successful and sensational defecation



Brain Care

- 1) 100 - 10% LACTO, Cup
- 2) Drink 200ml before and after bedtime
- 3) Supplies nutrients, activates the brain and relaxes the mind



Gardening

- 1) 0.5 - 0.1% LACTO, Watering Can
- 2) Pour or spray on plants and soil
- 3) Activates the plants by supplying nutrients & good bacteria



Athlete's Feet

- 1) 100% LACTO, Bucket, Tub
- 2) Soak feet in LACTO for 20mins every day for 2 weeks. Spray or wash sox & shoes.
- 3) Removes bad bacteria and bad smell



Aphrodisiac In

- 1) 100 - 10% LACTO, Cup
- 2) Drink 200ml every day, and 1hour before bedtime!
- 3) Activates the brain, improves blood circulation and genital function



Animal Care

- 1) 10 - 0.1% LACTO, Tub, Spray
- 2) Drink, Spray, Wash, Bath
- 3) Cleanses, deodorizes and disinfects body. Preserves animal's health.



Wound Treatment

- 1) 100 - 10% LACTO, Spray
- 2) Clean infected area, spray LACTO and cover
- 3) Treats wounds, disinfectant and antiseptic



Aphrodisiac Ex

- 1) 10 - 1% LACTO, Spray
- 2) Wash, spread, lick and insert with it. Spray LACTO in love!
- 3) Disinfects and protects genitals, excites partner



Rust Off

- 1) 100% LACTO, Tub, Bucket
- 2) Soak rusty metal in LACTO for a night. Brush a bit. (Dry and rustproof it with oil)
- 3) Rusts off and prevents oxidation