

# What is "Shwa-Saka San" ?

It is an ultimate healthy drink filled with millions of various kinds of live beneficial bacteria. They cleanse and refresh your life from inside out.

✿ These millions of beneficial bacteria fill your intestinal walls. When beneficial gut flora is abundant, it boosts up immune strength and blood production, and accelerates detox process. It powerfully supports your brain functions.

😊 Your body feels clear and refreshed. You feel happier and full of energy with Shwa-Saka.

☆ Mitakara friends across the world keep adding beneficial bacteria living on various medicinal herbs upgrading its energy everyday.

## How to take care of Shwa-Saka San

Shake it mix it as they dance joyfully together while doing ecstasy eyes, ecstasy face and ecstasy Makoto.

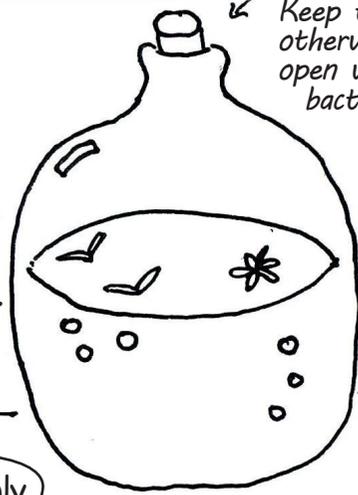
They loooove to be talked to. "Thank you for being so alive and happy!" It's so tasty to add herbs and leaves as you like!

Adding fruit peels and flowers turns it into alcohol.

# Let's start living with Shwa-Saka San!



Keep it in a sunny warm spot as much as possible.



Keep the lid loose, otherwise the lid flies open when these beneficial bacteria bubble lively inside.

So easy to multiply!

## How to multiply

Add water and sugar to the Mother Shwa-Saka San, and place it in a warm spot

Recipe: Water: 3 to 4 times of the Mother  
sugar: apprx. 50 grams per 1 liter

## ☆ Container

Transparent glass jar/bottle  
It tastes best in a bottle of blue, better in green, and good in no color.

## ☆ Food for Shwa-Saka San

**water** natural water (spring water, well water, etc.)

**sugar** unrefined source  
• real dark brown sugar  
• molasses • raw honey  
• fruit sugar

**salt** Sometimes add a pinch of natural salt

## How to use

### Drink it EVERYDAY!

When it tastes sour it's ready to drink!

★ Mix Shwa-Saka, rice bran, and salt. Bam!! You get the most delicious pickling bed, **Nuka-Doko**, ready to use from that day!

### 😊 For children

- Add soy milk and fruits as you like.
- Make tasty Shwa-Saka yogurt using milk of your choice!  
(Mix 9 parts milk and 1 part Shwa Saka, and let it sit for 1-2 days at room temperature.)

- Children love fresh baked chewy Shwa-Saka San bread!

◆ If it turns into alcohol or vinegar, use it for cooking.

✿ For skin care and as effective deodorant, for laundry, for taking bath and so on. For odor neutralizer in kitchen and bathroom, for gardening, natural farming...

## Try out various uses!

Shwa Saka San supports all kinds of LIFE

Every time we hand over Shwa-Saka San to someone, it is from each of our HEART. When you hand it over to someone, ask them to also share this precious drink with more people **FREE**.

