# ABSTRACT

A producing method for a living organism-applicable hydrogen-contained fluid, which includes hydrogen molecules in living organism-applicable fluid enclosed in a container (2i) with hydrogen molecule permeability, is provided. This method includes a hydrogen exposing step of exposing hydrogen molecules to the container (2i) in which the living organism-applicable fluid is enclosed from the outside of the container without opening the container. The container with hydrogen molecule permeability is one that allows a dissolved hydrogen concentration of a normal saline solution to be 1 ppb or greater when the container filled with the normal saline solution is immersed for 5 hours in a volume of hydrogen water, which stably maintains an approximately saturated state (1.6 ppm at 20C degrees under 1 barometric pressure) and is 20 times the content volume of the container.

Fig. 2