



HEALTH MATTERS

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VOL 26

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MEDICATION SAFETY, OUR PRIORITY



Alpro Pharmacy, a healthcare community center dedicated to serve our community. Starting off as a modest pharmacy in Port Dickson until becoming the largest prescription pharmacy in Malaysia, our vision is to create a healthy and vibrant world where individuals have access to the quality healthcare they deserve. We have our professional team of Pharmacists, Physiotherapists, Nutritionists and Dietitians on board that are ready to serve the community. Additionally, we have teams under Silvercare focused on elderly care, while mamabe provides expert advice for pregnancy, ensuring comprehensive support for all stages of life.



OBAT TEPAT, HATI TENANG

Medication safety is our top priority, guiding every aspect of our operations, now extending to Indonesia. Our expansion includes over 200 new locations in Jakarta, Bandung, and beyond. These key cities are central to Indonesia's healthcare, and we are committed to enhancing accessibility and inclusivity. Our pharmacies will offer a full range of medications, health products, and professional services, all maintaining the highest standards of safety and quality. We look forward to bringing reliable healthcare to the people of Indonesia.





NO.1 JAPANESE DRUGSTORE IN SOUTHEAST ASIA

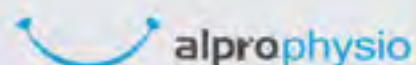


Established in 2023, we are proud to offer Japanese Drugstores for the first time in Malaysia, one in Starling Mall, one in Paradigm mall and it is expanding to East Malaysia. Opened with the collaboration of Sugi Holdings Co., Ltd, a leading Japanese pharmacy chain with 1,600 stores, we strive to deliver a new dimension of healthcare services that transcends traditional pharmacy settings to provide better health support towards the local community. We believe that everyone deserves access to high-quality and affordable healthcare options.

alproclinic

BRINGING CARE TO THE COMMUNITY

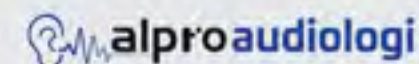
Alpro Clinic is a primary care clinic committed to make healthcare accessible to all. Established in 2018 at Negeri Sembilan, our mission is to bring care to the community. The clinic places a strong emphasis on prevention, education and awareness. Led by our team of family doctors, we offer comprehensive support for families, maintaining detailed medical histories for each patient. We also extended towards Home Care Services to ensure no one was left behind in receiving the quality care they deserve.



EMPOWERING MOVEMENT, ENHANCING LIVES



In 2017, Alpro Physio set out on a mission to help people who relied on painkillers for their chronic pain or injuries. Starting off in Seremban 2 until having more than 10 outlets in Malaysia, we do not just treat symptoms, we look at the issue as a whole and offer specialised care for conditions like pediatric, sports injuries and even neurological challenges such as stroke and Parkinson's disease.



HEARING SOLUTION FOR A VIBRANT WORLD



Alpro Audiologi is dedicated to enhancing the lives of those grappling with hearing challenges, which includes individuals of all ages. We now have our first audiologist center in Senawang, where we are able to provide exceptional audiological care for individuals experiencing hearing difficulties. We also offer Mobile Audiometric Testing to provide convenient access to hearing assessments, where we aim to create a better quality of hearing for all.



WHERE DREAMS FOR LITTLE ONES BEGIN

Created to celebrate the joy of new beginnings in life, this place is dedicated to expectant parents and growing families. Besides providing baby essential products, we are also here to provide guidance, support and a sense of community. We also offer safety car seats for babies to ensure safe traveling along the road. Not only this, but Breastfeeding Consultation Services are also offered to new parents, providing professional knowledge in terms of navigating parenthood.



CLEAR VISION, CREDIBLE VALUE



OptiSaver is dedicated to delivering high-quality eyewear and eye care at transparent prices. By streamlining our supply chain, reducing costs, and sourcing directly from factories, we ensure both quality and affordability. With a focus on professional optometrists, we provide thorough eye checks and personalised solutions. Our commitment to transparency and value is transforming the industry, making quality eye care accessible to everyone.



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FROM THE EDITOR

“Reassurance that brings Smiles • 我们专业，您安心”

continues to be at the heart of everything we do at Alpro. With each issue of Health Matters, we hope to offer not just information, but also comfort, clarity, and a little bit of hope along the way.

This time, we are looking ahead: precision health, the future of health starts now. By understanding how each of our bodies responds differently to medications and nutrients, we can reduce unwanted side effects and find what truly works for us. It is not just about science—it is about making healthcare more personal, more human.

At Alpro, we know that no two health journeys are the same and we are excited to be at the forefront of this healthcare evolution. Our pharmacists, doctors, nutritionists, dietitians and more are here to guide you with the latest tools and knowledge—whether it is finding the right medication or tailoring your diet to your unique biology.

In this issue, you will find expert insights and practical tips to help you see how precision health can become part of your everyday life. It's not about complexity—it is about giving you the confidence to make choices that fit you.

We are also continuing to grow our circle of care, working closely with partners and bringing new innovations to better serve you and your loved ones. Together, we are shaping a healthcare future that's not just reactive, but proactive and truly personalised.

On behalf of all Alproans,

Thank you for letting us be a part of your health journey. As science moves forward, so does our promise—to support you on the path to a future of healthcare that is not only precise, but also filled with **reassurance**. Because at Alpro, we believe that every step we take together brings us closer to a healthy and vibrant world.

Terima Kasih, Xie Xie Ni, Nandri.

Your Voice Matters

Have a story to share about your journey with Alpro?
We'd love to hear from you!

Whether it's:

- A heartfelt moment with our Healthcare Professional
- A wellness change from us that made you feel better
- A great experience at our place
- A feedback to help us improve

Reach out and let us know! Your story could be featured in the next Health Matters!

Email: marketing@alpropharmacy.com

We've been busy- and it's all for YOU!

Here's what Alpro have been up to
so far this year...



SKECHERS

Hey, Silvercare members — have you heard? We teamed up with Skechers Malaysia to launch the Silver Sneaker campaign, helping seniors walk with more comfort and confidence with Skechers shoes—because every step should feel safe and empowered.

BELIEVE
FITNESS



Staying strong as we age?

Absolutely possible! With Believe Fitness, we kicked off the **Silver Sneakers Campaign**—physiotherapist-led classes designed just for seniors to **improve strength, balance, and independence**. Your health journey is always better when you move with confidence!

Ever wondered if your BP monitor is actually accurate? You're not alone. With Omron, we're offering free blood pressure monitor accuracy checks at all Alpro Pharmacy—plus peace of mind with 100% genuine devices. Real readings, real results, real care.

OMRON



sanofi

Flu season? We're always ready. Together with Sanofi Malaysia, we're bringing flu protection straight to your community—making it easier than ever to stay informed, get protected, and keep your loved ones safe.



Feel fine, but skipping check-ups? We get it—but here's the truth: many health issues don't show symptoms until it's too late. That's why we've partnered with AIA Malaysia to offer free screenings for AIA Vitality Members under AIA Vitality Health Check Programme—so you can catch issues early, take control of your health choices.



When trusted brands unite, healthcare becomes not just a service—
but a movement that empowers every step of your life.

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YOU THINK YOU KNOW,
Your hearing Think Twice!

Insight from Physiotherapist

KENCING MANIS DAN GENETIK:
Bolehkah seraman dapat mengubah
nasib anda?

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Insights

from a Pharmacist

Allergies & Medications: 30% of kids need special treatments?

Imagine being at a family gathering — kids are happily eating snacks when suddenly, your child starts coughing and breaking out in hives after eating peanuts. Meanwhile, other kids eat the same food without issues. Or when allergies flare up, an antihistamine makes your child extremely drowsy, yet another child remains unaffected.



Ph. Joel Lim Whye Ern
Alpro Pharmacy Foh Sang

Why does this happen?
The answer lies deep within the
immune system and **genetics**.

When the Immune System Overreacts

Overactive Immune System:

Allergies occur when the immune system mistakes harmless substances — like peanuts, pollen, or pet dander — for threats. This triggers a chemical release, causing sneezing, rashes, swelling, or even severe reactions like anaphylaxis that require urgent epinephrine treatment.^{1,2}

Symptoms vary:

Some children experience mild runny noses, others face life-threatening conditions.

Hidden Genetics:

Genetics greatly influences who develops allergies and how they react to medications:

- 30% risk if one parent has allergies.
- 60-80% risk if both parents do.³

Important genetic factors:

- **Family History (Atopy):**
Inherited sensitivity to allergens, raising risks for asthma, eczema, hay fever, and food allergies.
- **Genetic Variants:**
Specific mutations affect levels of immunoglobulin E (IgE), key in allergic reactions.
- **Gene-Environment Interactions:**
Early exposure to dust, pets, pollution, or diet can trigger allergies based on a child's genetic makeup.⁴

Managing Allergies: What Parents Can Do

While allergies can't be cured, they can be effectively managed:

Medications:

- Antihistamines,
- corticosteroids, and
- decongestants to ease symptoms.

Environmental Control:

Air purifiers, hypoallergenic bedding, and reducing exposure to allergens help manage flare-ups.

Allergy Immunotherapy:

Long-term treatment (allergy shots) reduces sensitivity and medication reliance.⁵

Allergy Testing:

Skin prick or blood tests identify triggers, enabling preventive care.

How Genetics Affect Medication Response

Not only allergies but also medication responses differ based on genetics:

Antihistamine Effectiveness: Some kids don't respond well to common antihistamines (like loratadine or cetirizine) due to genetic differences.

Side Effects Sensitivity: Certain genes make children more drowsy — or show no side effects — after taking the same medication.

Corticosteroid Response: Variations in inflammation-related genes affect how well inhaled corticosteroids (ICS) treat allergies and asthma.⁶

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A New Way Forward: Pharmacogenomic Testing

Pharmacogenomic testing shows how genes affect medication response. Through this testing, doctors can:

- Select the most effective medication.
- Tailor the right dose for your child.
- Minimise side effects.
- Avoid trial-and-error treatments.

Though still emerging, pharmacogenomic testing is promising, especially for children with severe allergies or unusual drug reactions.⁷

“Your child's health is precious. Allergies and medication sensitivities can be frightening—but with better science, better care is possible.”

Pharmacogenomics offer personalised treatment, giving your child a healthier, happier future with fewer risks.

Knowledge and personalised care mean more smiles, fewer worries and a brighter, vibrant life ahead.



Breastfeeding hurts? Stop blaming yourself!

Hi, I'm **Ms Tan**,
Breastfeeding counsellor at Alpro Baby
I know the real solution.



Breastfeeding is Natural, But That Doesn't Mean It's Easy

Breastfeeding is a journey filled with love, bonding, and dedication — but it also comes with uncertainties, struggles, and moments of doubt. At Alpro Baby, we understand and support mothers in every step of the way.

Supporting Mothers, One Step at a Time

As certified breastfeeding advisors, our mission is to guide mothers through their journey with reassurance, practical advice, and emotional support.



Effective Latching Techniques

A deep latch prevents pain and helps baby get enough milk. Here's how to encourage one:

- **Tummy to tummy** : Baby's belly faces yours; ear, shoulder, and hip aligned.
- **Nose to nipple** : Align baby's nose with your nipple—not the mouth.
- **Wait for the gape** : Tickle the upper lip, wait for a wide open mouth, then bring baby to breast.
- **Check the latch** : Lips flanged out like fish lips; no pain or pinching felt.



Posture and Positioning

Poor posture can lead to aches—and blocked milk flow. Try these:

- **Use support** : Pillows or nursing cushion to lift baby—avoid hunching.
- **Relax shoulders** : Drop and roll shoulders before feeding.
- **Laid-back position** : Semi-recline with baby on your chest; this aids latch and milk flow.
- **Switch sides** : Alternate breasts and positions to prevent soreness and boost supply.



Breast Massage & Stimulation

Useful before and during feeds or pumping sessions:

- **Before feeding** : Massage in circles from outer breast to nipple to boost flow.
- **During feeding/pumping** : Press gently behind areola to enhance let-down.
- **Blocked ducts** : Apply warm compress and massage toward nipple during feeds.



Planning a Pumping Routine

Whether you're returning to work or building a stash, timing matters:

- **Start early (if needed)** : Begin around 3–4 weeks once breastfeeding is steady.
- **Mimic feeding times** : Pump every 2–3 hours during the day.
- **Pump after feeding** : Add 10 mins post-feed to boost supply.
- **Hands-free bras** : Stay comfy and multitask easily.

Debunking Breastfeeding Myths

Myths	Facts
I have small breasts, so I won't have enough milk.	Breast size has no effect on milk supply.
Formula is just as good as breastmilk.	Breastmilk contains adaptive antibodies and is the gold standard.
Pain during breastfeeding is normal.	Pain often signals a latch or position issue.

When You Need a Little Extra Help

Even with knowledge and preparation, it's okay to ask for help. That's where support services and communities come in—offering reassurance, advice, and a place to share experiences.



You're Not Alone

Breastfeeding is a journey—and we're here for yours. Whether you need advice, encouragement, or a helping hand, Alpro Baby is by your side.

How Alpro Baby Supports Breastfeeding Mums

We know breastfeeding can be both beautiful and challenging. That's why Alpro Baby offers more than just products — we're here with real support every step of the way:

- **Expert Advisors**
 - Get one-on-one help with latching, milk supply, and pumping.
- **Equipment Guidance**
 - Find the right pump, flange size, and feeding accessories for your needs.
- **Comfort Essentials**
 - Learn how to store milk safely and care for your body with the right tools.
- **Nursing Spaces**
 - Feed or express in a quiet, welcoming environment.
- **Workshops and Demos**
 - Build skills, gain confidence, and connect with other mums.





Insights from a Nutritionist

Bloating and tummy
aches in babies

Is it just gas or a
WARNING sign?



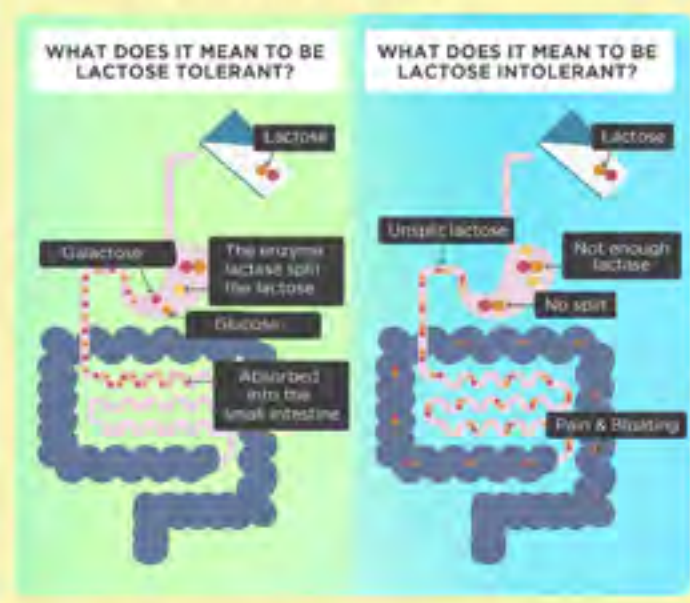
Nutritionist Natasya Alia Nazlan
Alpro Pharmacy Regina Mall PD

What is Lactose Intolerance?

It happens when the body is unable to digest or break down lactose – a sugar present in milk and milk products. Nearly every newborn produces sufficient lactase to process the lactose present in breast milk. After the age of three, lactase production declines gradually. As shown in **Figure 1**, lactase in the small intestines breaks down lactose into glucose and galactose. However, lactose will not be broken down when lactase is produced insufficiently.

Ultimately, it remains undigested in the small intestine and enters the colon intact. The bacteria in the large intestine ferment the lactose, producing gas that can result in symptoms like bloating, diarrhea, abdominal pain, vomiting, and flatulence.

Figure 1: The Difference Between Lactose Tolerant and Lactose Intolerance



Note, Adapted from Arla Website. Copyright 2025 by Arla Foods amba

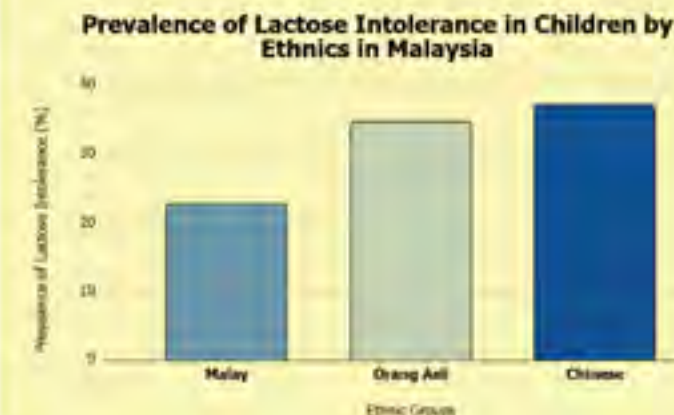
How many children are having lactose intolerance?

Lactose intolerance is fairly common among children in Southeast Asia, especially in Malaysia and Indonesia. In Malaysia, about 37% of Chinese children and 22.5% of Malay children in urban areas are lactose intolerant.

What might happen if children avoid Dairy?

In some cases, children may experience discomfort from lactose consumption, and complete dairy elimination is often unnecessary. Research indicates that many lactose-intolerant individuals can tolerate up to 12g of lactose (about one cup of milk) without severe symptoms. While avoiding milk products to manage symptoms may not be the best way to promote bone mineralisation, lactose malabsorption does not predispose to calcium malabsorption. It has been shown that children who abstain from milk consume less calcium than is advised for healthy bone calcium accretion and mineralisation. The European Food Safety Authority advises against eliminating milk and dairy products unless there is a confirmed diagnosis of lactose intolerant. Eventually, this may lead to deficiency in calcium and riboflavin (Vitamin B12). The body needs proteins, vitamins B2 and B12, and minerals like calcium, all of which are naturally present in milk.

Figure 2: Prevalence of Lactose Intolerance in Children by Ethnicity in Malaysia



LACTOSE INTOLERANT

Here's What Every Parents Should Know

It's Not About Cutting Dairy – It's About Smart Choices

Dairy gives calcium + vitamin D—vital for growing bones. Don't eliminate, substitute wisely!

Why Goat Milk?

- Lower in lactose
- Easier to digest (A2 protein)
- Packed with essential nutrients

Other Healthy Alternatives

Fortified Plant-Based Milks:

- Soy** – High protein, cow's milk-like
- Almond** – Allergy-friendly, low protein
- Oat** – Higher carbs
- Almond** – Avoid if nut-allergic

Bonus Options:

- Lactose-free Milk
- Yogurt and Probiotics
- Calcium-Rich Foods (Green, Nuts, Sardines)
- Lactase Supplements

How to differentiate between Lactose Intolerance and Milk Allergy?

Table 1: Lactose Intolerance Vs Milk Allergy

	Lactose Intolerance	Milk Allergy
Causes	Involving digestive system reaction to milk sugar (lactose)	Involving immune system reaction to milk protein
Symptoms	Stomach pain, bloating, diarrhea, gas	Hives, wheezing, swelling, vomiting
Severity	Uncomfortable but not dangerous	Can be immediate, severe and life threatening

References: Arla (2020). Lactose intolerance: Cause and Symptoms. Retrieved from <https://www.arla.com/product-overview/organic-milk/articles/lactose-intolerance-cause-and-symptoms/> / Chong, J. Y. M., Chik, P. S., Chan, F. M., Appuluganty, M., & Ouyang, S. (2019). Prevalence of lactose intolerance and its association with calcium intake among Malaysian children. *International Journal of Food Sciences and Nutrition*, 70(4), 435–443. / Toth, L. R., Mohd Sed, R., & Goh, K. L. (2019). Lactase deficiency and lactose intolerance in a multiracial Asian population in Malaysia. *JGIM Open*, 2(1), 207–210. / Hwang, A., Hertzberg, R. T., & Hertzberg, D. M. (2019). Bone milk in human nutrition. *Annals of the New York Academy of Sciences*, 1465, 1–10. / Hegarty, M. B., & Comerford, M. (2019). Lactose intolerance in infants, children and adolescents. *Paediatrics*, 123(1), 1279–1286. / Hwang, A., Hwang, A. M., Hwang, A. M., & Hwang, A. M. (2019). Lactose intolerance among Malay and Orang Asli children in selected rural Selangor and its effect on bone mineral density. In *4th Conference Proceedings* (Vol. 1794, No. 3). IAP. / Publishing, Mawardi, B., Butler, M., Verbeke, R., & Butler, M. (2019). Update on lactose malabsorption and intolerance: pathogenesis, diagnosis, and clinical management. *Sud*, 2019, 1–10. / Nov 1987: 2080–2091. doi: 10.1093/ajcp/1987.2080-2091. / Doh, 2019, Aug 19, 2460–2472. / National Institute of Diabetes and Digestive and Kidney Diseases. (n.d.). Lactose intolerance [Fact sheet]. U.S. Department of Health and Human Services. Retrieved from <https://www.niddk.nih.gov/health-information/digestive-diseases/lactose-intolerance> / Savolainen, D. R. (2016). Lactose digestion from yogurt: mechanism and relevance. *The American journal of clinical nutrition*, 99(3), 1255–1256. / Stankovic, N., Lelander, J., & Allen, J. (2019). The interrelationship between lactose intolerance and the modern dairy industry: global perspectives in evolutionary and historical backgrounds. *Islands*, 7(3), 132–133.

The Most Important Gift: Nutrigenomics Testing

Nutrigenomics testing is a powerful tool that helps parents understand their child's unique genetic makeup, especially in relation to lactose intolerance and nutrient absorption. By identifying how a child's body responds to different foods, this test enables a personalised, sustainable nutrition plan—supporting better health, comfort, and long-term confidence through a simple, science-backed approach.

Nutrigenomics testing is the first step. It's the best gift you can give to your loved one — a personalised path to lifelong wellness.

Your child deserves a diet that works with their body, not against it.

20% of babies have ECZEMA

Is Goat's Milk the Gentle Relief Babies Need?



A Solution for Babies with Sensitive Tendencies



Ph. Candance Low Yeng Ying
Maternal and Child Specialist Pharmacist

Why Are Babies Struggling with Eczema and Digestive Issues? **Eczema affects 20% of children worldwide**, leading to dry, inflamed skin^[1]. At the same time, many formula-fed babies experience bloating, constipation, and reflux, which can make feeding time stressful.

Why Does This Happen?

- **Hard-to-Digest Proteins** – Many formulas contain A1 beta-casein, which is harder to digest and may cause inflammation^[7].
- **Imbalanced Gut Bacteria** – Some formulas lack prebiotics, which support digestion and skin health^[3].
- **Sensitivity to Cow's Milk** – Some babies struggle to break down cow's milk proteins, leading to gut irritation and skin reactions^[5].

This is why many parents are choosing goat milk formula, a gentler option that supports better digestion, nutrient absorption, and gut health.

How Is Goat Milk Different From Cow's Milk?

Goat's milk provides a more digestible and nutrient-rich alternative to cow's milk.

Advantages of Goat Milk Formula

Feature	Benefit
A2 Beta-Casein	Easier digestion; gentle on gut.
Smaller Fat Globules	Faster, smoother digestion.
Low Alpha-S1 Casein	Looser curd, reduces gut discomfort.
Natural Prebiotics	Supports gut bacteria & immune health.
Strengthen Skin Barrier	Rich in ceramides, phospholipids, and vitamin A for skin hydration.

References: Trivedi et al. (2020); Ye et al. (2022); Pal et al. (2021); Liu et al. (2021)



By choosing goat's milk formula, parents can provide a gentler, nutrient-dense option for their baby's well-being. Many moms see visible improvements in their baby's skin and digestion after switching to goat's milk formula.



How to Choose the Best Goat's Milk Formula?

Not all goat's milk formulas are the same. Choosing a high-quality goat's milk formula with these features ensure better digestion, improved skin health, and overall comfort for babies.

Key Features of Ideal Infant Formula

Feature	Function & Benefit
>99.99% A2 Milk	Better digestion, reduces inflammation.
Human Milk Oligosaccharides (HMOs)	Support infant gut health, strengthen the immune system, and reduce risk of allergies.
60:40 Whey-Casein + -palmitate	Soft stools, breast milk-like digestion.
GOS:FOS 9:1 Prebiotics	Balances gut bacteria, improves immunity.
DHA/ARA + Probiotics	Supports brain development & gut health.
Clinically Studied & Safety Certified	Ensures safety and efficacy (FDA/EFSA approved).

Kim et al. (2023); Shaw et al. (2022); Liu et al. (2021)

A2 Milk as a Safer Choice

Emerging research suggests that A2 milk, which contains only the A2 variant of -casein protein, may offer benefits for babies with eczema, particularly when derived from goat's milk. A2 milk has gained attention as a potential alternative for allergy care and eczema management due to its unique protein composition. Unlike regular cow's milk, which contains A1 -casein, A2 milk consists only of the A2 variant, preventing the release of -casomorphin-7 (BCM-7) during digestion which has been associated with inflammatory and immune responses, potentially worsening conditions like eczema^[9].

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Conclusion: Why Goat's Milk Formula Is a Smart Choice For Moms?

As more moms look for nutrient-dense, gentler, more digestible formulas, goat milk is emerging as a trusted alternative. **Its A2 protein, smaller fat molecules, and prebiotic benefits make it ideal for babies with mild digestive sensitivities and eczema concerns.** If your baby struggles with bloating, reflux, constipation, or dry, irritated skin, switching to a high-quality goat milk formula may make a noticeable difference.



Choose a formula that contains only A2 milk, presence of HMOs, -palmitate, DHA, ARA, probiotics, an optimal whey-to-casein ratio, and GOS:FOS golden ratio prebiotics, with safety approved by authorised bodies to ensure maximum benefits.



Consult a healthcare professional before making dietary changes at your nearest Alpro Pharmacy, Alpro Clinic, Alpro Baby. Scan here to join Alpro MamaBe Telegram Mom's Support Group.

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- Safety approved by authorised body.
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Why Are Baby Car Seats Essential?

At Alpro Baby, we emphasise the importance of road safety by educating parents on the necessity of baby car seats and their proper usage. A car seat is not just an accessory—it is a lifesaving device that protects infants and young children in the event of an accident.

Unfortunately, misconceptions about car seat usage still persist:

- "It's just a short trip, I don't need a car seat."
- "Car seats are too expensive, I'll just hold on to my baby."
- "I have a car seat, but I'm not sure if I have installed it correctly"

These assumptions put children at great risk, and that is why we are committed to spreading awareness about proper car seat usage.

Expert Guidance for Peace of Mind

At Alpro Baby, our COSA-certified advisors (MIROS & JPJ) are here to help you choose and install the right car seat—no guesswork, no wrong purchases. We personalise our service by checking:

What We Do	Purpose
- Height & Weight Assessment - Car Seat Condition Check - Installation Verification	- Match the best car seat for your child - Ensure it meets current safety standards - Confirm it's securely and correctly installed

A Smart Investment in Your Child's Safety

A car seat isn't a luxury—it's a lifesaver. It's not about the price tag, but the right fit for your child and your car.



Because no journey is more important than bringing your child home safe.

3 Smart Steps to Choose the Right Car Seat

Age / Weight	Recommended Seat	Type Notes
0-13 kg	Rear-facing Infant Seat	Keep rear-facing as long as possible
9-18 kg	Forward-facing with Harness	Suitable for toddlers
15-36 kg	Booster Seat	Until seatbelt fits safely

- Check Safety Labels (ECE R44/04, i-Size, MIROS-approved)
- Match to Your Car:
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How does Alpro Baby support you?

Our certified COSA team (MIROS & JPJ) offers free expert guidance to:

- Choose the right car seat for your child's height, weight & age
- Check your current seat's safety condition
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Aisha, 1st time Mom

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* Goat milk's casein is mainly A2 β type and cow milk's is A1 + A2 β type. The digestion speed is compared with those two types of protein. 1. Centre Testing International Report, 2021.
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I am truly grateful for Alpro's support in my academic journey, which has contributed to my professional and personal growth. Their guidance has strengthened my foundation in the pharmaceutical field and empowered me to make a meaningful impact. I deeply appreciate their belief in my potential and look forward to contributing to the pharmacy profession with excellence.

— Toh Jia Yeh — MAHSA



The Alpro Prestige Scholarship is more than financial aid—it's a platform for learning and growth, shaping my future. Through this program, I've gained valuable skills from incredible professionals. The support and encouragement have strengthened my confidence in serving the community. I am truly grateful to be a recipient and look forward to creating a better future.

— Wan Nursyafiqah Syahida Binti Wan Addell — UM

These aren't just scholars — they're future changemakers supported by belief, not just funds!



I'm grateful for the opportunity to train as a PRP at various Alpro Pharmacy outlets, which has enhanced my communication skills and competence as a pharmacist. This experience has deepened my passion for patient care and reinforced the importance of continuous growth. Big thanks to Alpro Prestige Scholar for supporting my journey.

— Kok Wan Xin — UNISZA



As an APS scholar, my journey with Alpro has been one of immense growth and opportunities! The 160 hours compulsory community service equipped me before joining Alpro as a PRP. I have also had the chance to connect with lots of amazing and talented professionals in the healthcare ecosystem. Truly a 10/10 experience!

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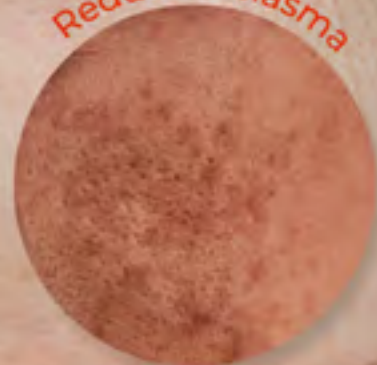
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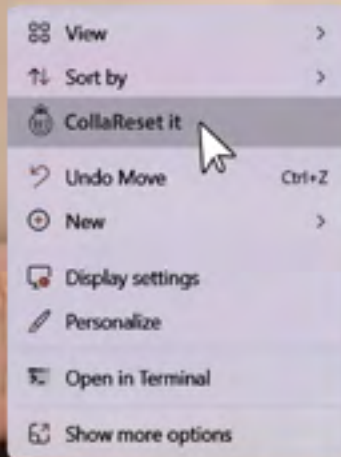
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You Think You Know Eye Health? These myths will **SURPRISE YOU!**



Optometrist Renessmee Saw
Alpro OptiSaver Centrio Seremban 2

Our eyes are our windows to the world – from the first light of dawn to late-night reading, they tirelessly help us take it all in. But while we rely on them every day, we often fall for myths and misinformation that could be doing more harm than good.

In this article, we debunk common eye health myths with science-backed facts, helping you make informed decisions and maintain clear, healthy vision for years to come.



MYTHS

Wearing Glasses or Contact Lenses Weakens Your Eyes



NO!

Facts: Wearing glasses or contact lenses improves vision by correctly focusing light onto the retina, providing clarity and reducing eye strain. Contrary to the myth, they don't weaken your eyes—using the right prescription actually enhances comfort, especially during screen time. Skipping them can lead to strain and discomfort.

MYTHS

Sunglasses Are Only for Sunny Days



NO!

Facts: Sunglasses should be worn daily to protect your eyes from harmful UV rays, which can lead to cataracts and age-related macular degeneration. Polarised lenses offer added protection by reducing glare and improving contrast—perfect for all outdoor conditions.

MYTHS

Eye Exams Are Only Necessary When You Have Vision Problems



NO!

Fact: Regular eye exams are essential, even without vision problems, as healthy eyes can reveal hidden health issues like diabetes, high blood pressure, or glaucoma. Annual check-ups help detect problems early, protecting your vision and overall health.

MYTHS

Eye Drops Can Replace Glasses or Contact Lenses



NO!

Fact: Eye drops can relieve dryness and allergies but cannot correct vision problems like short-sightedness or astigmatism. Despite online claims, no eye drops can cure refractive errors or cataracts—only surgery can treat cataracts. Always consult an eye care professional before trusting unverified treatments.

MYTHS

Children Don't Need Eye Exams and Glasses Because They Are Still Young



NO!

Fact: Vision problems can develop at any age, so early eye exams for children are crucial. Issues like myopia, hyperopia, and astigmatism can affect learning, sports, and behavior. Without early detection, conditions like lazy eye or eye misalignment may worsen, leading to permanent vision loss.

MYTHS

My Child's Screen Time Alone Causes Their Prescription to Increase



NO!

Facts: While screen time can cause eye strain, it's not the only reason for worsening myopia—any prolonged near work, like reading or homework, contributes too. Following the 20-20-20 rule and spending more time outdoors can help slow myopia progression and protect children's vision.

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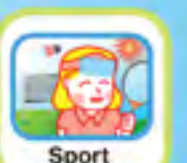
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Dr Kam San Dhit
Alpro Clinic Centrio,
Seremban 2

Migraine controls you? No... Take back control

Many patients who visit us daily with headaches often describe their condition as a 'migraine,' but a migraine is more than just a regular headache. It is a complex neurological disorder that can severely affect daily life, causing symptoms like intense pain, nausea, and sensitivity to light and sound.

How can personalised medicine help to reduce migraines?

Traditional migraine treatments often use a "one-size-fits-all" method, which may not work for everyone. Personalised medicine — an approach that tailors treatment based on an individual's genetics and nutrition—offers a more effective solution. By focusing on each person's unique biology, it opens new doors for more precise migraine prevention and long-term relief.

What is Personalised Medicine?

Personalised medicine customises treatment based on a person's genetics, lifestyle, and environment, aiming to improve drug effectiveness and reduce side effects. It marks a shift from reactive "sick care" to proactive, preventive healthcare, representing the future of medicine.



Pharmacogenomics: The Way Forward in Migraine Treatment

Pharmacogenomics examines how genetic variations influence a person's response to medications. In migraine management, understanding an individual's genetic makeup helps identify the most effective treatment, minimising the traditional trial-and-error approach.

For example, the CYP2D6 gene affects how the body metabolises triptans, a common migraine medication. People with certain CYP2D6 variants may process these drugs too quickly or too slowly, leading to ineffective treatment or heightened side effects. Genetic testing can help doctors choose the best medication for each patient. (Silberstein et al., 2021).

Pharmacogenomic testing has the potential to become a routine part of annual health checkups. Unlike blood tests or scans, a genetic profile remains constant for life, offering long-term insights after just one test and allowing for more personalised care.

With research increasingly supporting pharmacogenomics in migraine management, integrating genetic testing into preventive healthcare could help patients avoid ineffective treatments, minimise side effects, and benefit from therapies tailored precisely to their genetic blueprint.

Nutrigenomics: Can Diet Play a Role?

Nutrigenomics studies how genes interact with nutrients, providing personalised dietary insights for migraine management. Since certain foods can trigger migraines, genetic testing can help identify individual dietary sensitivities, allowing for more targeted prevention strategies.

For example, individuals with genetic variations affecting histamine breakdown may experience migraines after consuming foods like aged cheese, processed meats, and red wine. Identifying this genetic trait through testing enables patients to adjust their diets and reduce migraine frequency. Magnesium deficiency is another common

trigger of migraine, and genetic differences in magnesium absorption can explain why some people benefit more from supplementation. Personalised nutrition plans based on these genetic factors could significantly improve migraine management. (Mauskop & Varughese, 2021).

The MTHFR gene also plays a role, as certain variants impair folate metabolism and are linked to a higher risk of migraines, especially those with aura. Recognising these genetic predispositions allows for targeted interventions, such as bioavailable folate supplementation, to better prevent migraines. (Gibson et al., 2022).

From Sick Care to Healthcare: A Paradigm Shift

The current medical model focuses on treating diseases after they arise, often leading to prolonged patient suffering. Personalised medicine offers a proactive shift, emphasising prevention and early intervention.

By integrating pharmacogenomics and nutrigenomics into routine care, healthcare providers can create tailored strategies for migraine management and overall health. Routine genetic testing could improve neurological assessments and optimise treatments for various conditions like cardiovascular disease, mental health disorders, and chronic pain.

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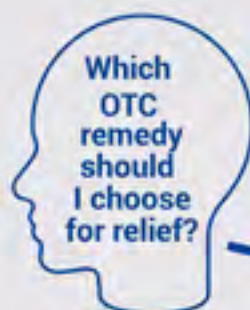
Gastric discomfort – encompassing a range of bothersome symptoms like a burning sensation, bloating, and acid reflux – affects millions of Malaysians. In today's fast-paced world, with packed schedules, irregular meal times, and the tempting allure of spicy, oily, or caffeinated foods, it's no surprise that indigestion has become a widespread concern.¹

It's essential to recognise that gastric issues can manifest in various ways. While both acid reflux and bloating involve the digestive system, they have distinct underlying mechanisms.

ACID REFLUX vs BLOATING

Characteristic	🔥 Acid Reflux	💧 Bloating
Description	Stomach acid flows back up into oesophagus	Sensation of fullness in abdomen
Cause	Weakened lower oesophageal sphincter	Gas buildup, swallowing of air when eating, IBS

To find relief from these uncomfortable symptoms, many individuals initially turn to over-the-counter (OTC) remedies:



Antacids

Provides quick but short-term relief by neutralising stomach acid, e.g. calcium carbonate, aluminium hydroxide, and magnesium hydroxide



Alginates

Forms a protective barrier to prevent acid reflux, best taken after meals.

When OTC options don't provide sufficient relief, or for more persistent or severe symptoms, a pharmacist or doctor may recommend stronger medications:



Which medication should I choose for GASTRIC RELIEF?

H2 Receptor Antagonists (H2RAs):

Medications, such as cimetidine or famotidine (classified as *Poison C* in Malaysia which can be dispensed by a pharmacist), work by reducing the amount of acid produced by the stomach. They generally offer longer-lasting relief compared to antacids.

Proton Pump Inhibitors (PPIs):

Medications like omeprazole, pantoprazole, or esomeprazole (classified as *Poison B* in Malaysia that is Prescription only medicine) are potent acid suppressants. They work by blocking the enzyme in the stomach lining responsible for producing acid, leading to a significant reduction in acid secretion.

Potassium-Competitive Acid Blocker (P-CAB):

Vonoprazan, this newer medication (classified as *Poison B* in Malaysia), it's considered an alternative to traditional PPIs for acid suppression. It offers rapid and prolonged acid suppression, potentially more effective than PPIs, and has shown promising results in clinical trials.

But here's the critical question: **do these powerful pills, particularly PPIs that can block almost 100% of acid production, always work for everyone?**

The answer is **not always a straightforward yes**. The effectiveness of certain gastric medications, especially PPIs, can vary significantly from person to person. This is where the exciting field of pharmacogenomics, **your gene** comes into play.

The Future of Gastric Care is Personal

One of the key tools in this approach is **pharmacogenomics**: the study of how your genes affect your response to medications. It helps explain why one person responds well to a drug like Omeprazole, while another doesn't feel any relief.

A pharmacogenomic test can reveal how your body processes PPIs. That's because these medications are broken down in the liver by an enzyme called **CYP2C19**, and people carry different versions of the gene that controls it. Here are examples on the types of metabolisers:

- **Poor metaboliser:** break down the drug slowly. They may need a lower dose to avoid side effects.
- **Normal metaboliser:** process the drug as expected.
- **Ultra-rapid metaboliser:** break down the medication too quickly, meaning it may not work unless the dose is increased.⁴

Instead of experimenting with different medications, you get **clarity from the start**. This is the power of **precision medicine**: the right drug, at the right dose, for the right person.⁴

A Smarter Approach to Gastric Health

While pharmacogenomics is still gaining traction in Malaysia, it's already transforming how we think about treatment. By shifting away from trial-and-error methods and moving towards **targeted therapy**, combined with lifestyle improvements – including healthier meals, reduced stress, and regular eating patterns – a personalised approach offers a new level of control.

Take the First Step

Talk to your doctor or pharmacist about **pharmacogenomic testing**. It might reveal the missing link behind your ongoing gastric discomfort – and guide you to a treatment that truly works.

But remember: self-medicating or switching medications without professional advice is risky. Always consult a doctor or pharmacist before making changes.

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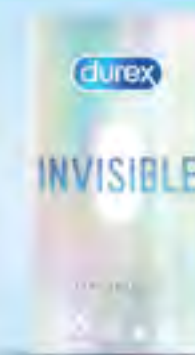
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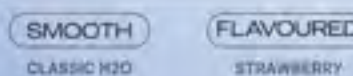
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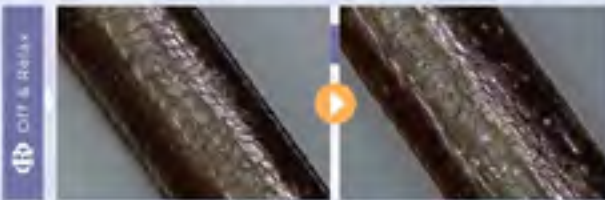
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Bahaya ke jatuh kepada warga emas?

Ya, ia adalah salah satu bahaya yang tidak boleh dipandang ringan.

! Statistik pada tahun 2010 hingga 2021 menunjukkan kematian akibat jatuh dalam golongan warga emas masih berada di dalam 20 carta tertinggi Global Burden of Disease (GBD) Study.

Sebenarnya, terdapat banyak punca yang boleh menyebabkan golongan warga emas jatuh tetapi ada 3 punca utama yang boleh menyebabkan warga emas lebih mudah terjatuh:

- 1 Masalah Kesihatan**
Masalah kesihatan seperti penyakit kronik dan gangguan mental boleh menjejaskan keseimbangan, koordinasi, dan meningkatkan risiko jatuh dalam kalangan warga emas.
- 2 Gaya Hidup**
Masalah kesihatan mengubah gaya hidup warga emas. Gaya hidup sedentari menyebabkan kemerosotan fungsi badan, kurang keyakinan diri, dan pergerakan yang terhad.
- 3 Keadaan Otot**
Otot lemah akibat kurang bergerak boleh menjejaskan postur dan meningkatkan risiko jatuh.
WHO Menyarankan: Warga emas perlu kekal aktif sekurang-kurangnya 150 minit seminggu.

Bunyi macam banyak, kan? Tapi sebenarnya ia cuma mengambil masa selama 25 minit sehari sahaja. Jadi, apakah senaman yang boleh dilakukan oleh warga emas selama 25 minit tersebut?

Warga emas boleh melakukan senaman-senaman yang bersifat sederhana atau senaman yang dapat membantu pencegahan jatuh. **Mari kita lihat cara untuk melakukan senaman tersebut dengan betul!**



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Sebelum bangun, mari aktifkan otot dengan satu senaman mudah!

1. Bengkokkan lutut lebih kurang 30 cm dari punggung.
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2. Bongkok sedikit ke depan, kaki rapat ke lantai.
3. Bangun dengan angkat punggung, tegakkan badan, pandang ke hadapan. Ulang 10 kali.



Senaman Angkat Kaki

Nampak macam angkat kaki saja, tapi ia juga perlukan kekuatan pinggang dan badan.

1. Duduk tegak, kaki selebar bahu, tangan di sisi kerusi.
2. Angkat kaki kiri, kaki kanan di lantai – ulang 10 kali.
3. Tukar kaki – angkat kanan, kaki kiri di lantai – ulang 10 kali. (Kekal duduk tegak sepanjang senaman.)



Senaman Reaching Forward

Sebelum menonton TV, jom buat senaman 30 minit dulu. Boleh tiru gerakan seperti mengambil alat kawalan di hadapan, sisi dan bawah.

1. Duduk di hujung kerusi, kaki selebar bahu, tangan rehat di bawah atau pegang kerusi.
2. Guna tangan kiri capai barang di hadapan, ulang 10 kali. Tukar ke tangan kanan dan ulang.

Amalkan gaya hidup sihat dan aktif setiap hari untuk menguatkan otot, membetulkan postur, dan mengawal masalah kesihatan dalam golongan warga emas.

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What 90% of people miss before a STROKE happens



Dr Dunstan Empawi
Alpro Clinic Miri

Strokes are one of the leading causes of death and disability worldwide. They occur when blood flow to the brain is blocked or when a blood vessel in the brain bursts. While strokes can be devastating, the good news is that many second strokes can be prevented with the right medical approach.

Following an initial stroke, patients are often prescribed medications such as blood thinners to lower the risk of another event. However, did you know that not all blood thinners work the same? The effectiveness and safety of these medications can vary significantly from person to person. Some individuals may not respond adequately, while others may experience adverse side effects. This is where precision medicine, particularly the field of pharmacogenomics, makes a difference.

Why you should care about stroke prevention

Stroke can happen to anyone



Not just the elderly — young adults are at risk too.

Know your risk early



An annual medical check-up is one of the first steps to help prevent a stroke before it happens.

Not all medications work the same



Same don't respond well
Others get side effects

What is the best solution?



Pharmacogenomics = Personalised medication based on your DNA

- Safer
- More effective
- Tailored to your body

What Is Pharmacogenomics?

Pharmacogenomics (PGx) studies how your genes affect your response to medications. It helps doctors choose the right drug and dose for each person, reducing side effects and improving results. By using your genetic profile, treatment becomes personalised—no longer trial and error.

How Pharmacogenomics Helps Prevent Strokes

Pharmacogenomics helps prevent strokes by ensuring medications that affect blood clotting are personalised to your genetic makeup, reducing the risk of dangerous side effects like excessive bleeding or clots. See how it works:

1. Right Blood Thinner, Right Dose

- Not everyone reacts the same to blood thinners like *clopidogrel*
- Pharmacogenomic testing finds the safest, most effective dose
- Two Types of blood thinner
 - **Anticoagulants** (e.g., *warfarin*, *apixaban*) – slow clotting
 - **Antiplatelets** (e.g., *aspirin*, *clopidogrel*) – stop platelets clumping

2. Tailored Blood Pressure Medications

- **High blood pressure = a major stroke risk**
- Your genes guide doctors to the best medicine for your body
- More effective, fewer side effects

3. Avoid Dangerous Drug Interactions

- Stroke patients often take multiple meds.
- Testing helps doctors pick combinations that won't clash.
- **Safer treatment = better outcomes**

4. Smart Cholesterol Management

- High cholesterol = higher stroke risk
- Some people react poorly to statins (e.g., *muscle pain*)
- Testing helps find the right statin and dose for your body

Pharmacogenomics = Safer, Smarter Stroke Prevention

- Personalised care
- Fewer risks
- More peace of mind

The Benefits of Pharmacogenomics in Stroke Prevention



Benefits of Pharmacogenomics in Stroke Prevention:

- **More Effective Treatment** – Medications matched to your genes for better results.
- **Fewer Side Effects** – Reduced risk of adverse reactions.
- **Lower Stroke Risk** – Right meds = better prevention.
- **Personalised Care** – Tailored treatment improves quality of life.
- **Better Adherence** – Fewer side effects = easier to adhere to treatment regimen.
- **Faster Recovery** – Early, accurate meds support quicker healing and prevention.

How Pharmacogenomics Helps Prevent Strokes

Pharmacogenomic (PGx) testing is a quick, painless cheek swab done once in a lifetime to help doctors choose the safest and most effective medications based on your genes. Especially helpful for those at risk of stroke or managing conditions like high blood pressure or cholesterol, PGx testing guides personalised treatment plans, reduces side effects, and improves long-term health outcomes.

Strokes can often be prevented with the right, personalised treatment. Pharmacogenomic testing helps doctors choose safer, more effective medications based on your genes—ask your doctor if it's right for you.

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Source: Rapsomaniki, E. et al. (2014). The BMJ, 348, g2034

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长寿秘诀

营养有没有‘住进’正确的地方？



Nutritionist Fredrica Yun Li Ling 温莉苓营养师
Alpro Pharmacy Pekan Papar

随着年龄的增长，我们的父母、祖父母逐渐步入老年，他们的身体也在悄然发生变化。营养吸收不良可能带来一系列健康问题，比如体重下降、免疫力减弱、骨质疏松和贫血等。那么，如何判断老年人是否正常吸收营养？又该如何用贴心的方法帮助他们呢？让我们一起来探讨。

胃肠功能的变化

年纪增长，胃酸减少，营养素吸收变慢，肠道蠕动减弱易便秘，家人应留意长辈饮食与排便状况

消化酶 (Enzyme) 减少

随着时间的推移，老年人消化酶分泌减少，影响主要营养素的吸收。适当的饮食调整，比如吃一些容易消化的食物，可以减轻身体的负担。

老年人营养吸收的变化

肠道微生物群的变化

肠道健康影响营养吸收，约40%老年人菌群失衡。可通过食用酸奶和发酵食品改善。



如何判断老年人是否吸收了足够的营养



日常观察与评估

- 体重变化：体重突然下降可能是营养不良的信号，约30%的长者会经历。
- 血液检查：定期检测蛋白质、铁、维生素B12，以掌握营养状态。



消化系统健康检查

- 胃肠镜检查：排查如萎缩性胃炎等吸收障碍。
- 粪便检查：评估肠道健康，预防潜在问题。



肠道菌群分析

检测肠道菌群，有助于制定更贴心的饮食与健康方案。

营养师小贴士：如何改善老年人的营养吸收

制定适合的饮食计划

- 高质量蛋白：鱼、蛋、奶助力免疫力。
- 膳食纤维：全谷物、蔬果促进肠道蠕动。
- 益生元/益生菌：酸奶、发酵食品调节菌群。

调整饮食习惯

- 少量多餐：减轻肠胃负担，改善食欲不振。
- 细嚼慢咽：提升消化效率，助力营养吸收。

个性化营养补充

每个人的身体独一无二，营养需求也不同。如今，通过营养基因组学 (Nutrigenomics)，我们能更精准地了解基因如何影响营养吸收，从而制定个性化的补充方案。

- 骨骼健康：VDR基因变异会降低维生素D与钙质的吸收，建议补充维生素D与K2。
- 预防贫血：TMPRSS6基因影响铁储存，建议补充铁，同时搭配维生素B12和C。
- 心血管健康：FADS基因影响DHA与EPA合成，建议直接补充高纯度鱼油。



科学补充，精准健康



个性化营养结合基因检测，让我们能够更精准地了解自身需求，而不是盲目跟风地补充各种营养素。这不仅能提高营养吸收的效率，还能帮助预防慢性疾病，改善整体健康状况。

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健康，从现在开始就是最好的时机

老年人的营养吸收状况会影响健康与生活质量。透过科学评估、饮食调整和个性化营养补充，能帮助长辈活得更健康。基因检测结合营养，是贴心又前沿的健康方案。不妨将这份关爱送给父母，也别忘了为自己认真一次。



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ODOUR NEUTRALIZER
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unpleasant odour.

Draws and locks
away urine for a dry
and comfortable feel

LEAK GUARD PROTECTION
Standing side barriers
to protect against leakage

Size	Waist Size	
	inch	cm
M	24 - 35	60 - 90
L	31 - 39	80 - 100
XL	35 - 47	90 - 120



Insights

from a Audiologist

You Think You Know Your Hearing?

THINK TWICE!



Audiologist Nur Elya Shafira
Alpro Audiologi Bandar Prima Senawang

When it comes to hearing, people believe all sorts of myths. But are they true? Let's bust some of the biggest misconceptions and uncover the facts that might just surprise you!

1 Why are my ears always buzzing??!

Myth: "Eh, everyone hears ringing sometimes—no big deal!"

Truth: Up to 90% of people with tinnitus have hearing loss. It could indicate hearing loss, noise damage, or even an underlying health issue. **Don't ignore it** — get it checked by an audiologist!

3 If I had hearing loss, I'd totally notice it.

Myth Busted: Not necessarily! Hearing loss often develops gradually, making it hard to detect. In Malaysia, it's estimated that **around 3.9 million people—approximately 12% of the population — are affected by hearing loss.** Many are unaware of their condition until it significantly impacts their daily lives.

2 I want to wear 1 hearing aid only. No need for 2!

Myth: "If both ears have hearing loss, one hearing aid should be enough, right?"

Truth: Nope! Your ears work as a **team**, and using only one hearing aid when both ears need help is like wearing glasses with just one lens. Two hearing aids give you **better balance, clearer speech, and a more natural sound experience.**

4 Hearing loss? It's just part of getting old, nothing to worry about.

Myth Busted: Wrong! Ignoring hearing loss **can put your brain at risk.** Studies show that untreated hearing loss is linked to a **higher risk of dementia.** In fact, managing hearing loss in middle age could **reduce dementia risk by almost 10%.** Keeping your ears sharp isn't just about hearing — it's about **protecting your brain, too!**

Listen Up: Get Your Hearing Checked Twice a Year!

Just like eye check-ups and dental visits, your hearing deserves regular attention—especially if you're 50 or older. Audiologists recommend a hearing test twice a year to catch early signs of hearing loss before it worsens. Why?

- ✓ Detects hearing issues early, before they affect your daily life.
- ✓ Helps prevent further damage with proper treatment.
- ✓ Improves communication so you don't struggle in conversations.
- ✓ Reduces dementia risk linked to untreated hearing loss.

Your Hearing, Your Future—Take Action Now!

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We have reached out to thousands of families, providing them with the support they need during challenging times.

近3,000个家庭受惠

RM9,800 savings:

Our initiative helps families save significantly on cancer care expenses.

每个治疗周期平均节省RM9,800

Words from our warriors

“OncoHELP made my medication affordable, allowing me to focus on recovery instead of financial stress.”
— Mr. Lee, Cancer Survivor

“This program was a huge relief for my family. Special thanks to Pharmacist Farhan, who guided me on medication management.”
— Pn. Fatin, Caregiver

“Thanks to OncoHELP's 0% Profit initiative, I could complete my treatment without financial sacrifice.”
— Ms. Poon, Breast Cancer Patient

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致每一位癌症勇士: 你并不孤单。你的战斗, 也是我们的战斗。

FOCAL POINT:

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KENCING MANIS & GENETIK:

Bolehkah Senaman Dapat Mengubah Nasib Anda?



Physiotherapist Intan Ameera Rashdan
Alpro Physio Seremban 2

Adakah anda suka makanan dan minuman manis? Tahukah anda 1 daripada 5 rakyat Malaysia berisiko menghidap kencing manis? Risiko ini meningkat disebabkan faktor genetik dan gaya hidup yang tidak sihat.

Kencing manis atau Diabetes Mellitus berlaku apabila badan tidak menghasilkan insulin yang mencukupi untuk mengawal paras gula dalam darah. Glukosa daripada makanan seperti nasi dan roti penting sebagai tenaga, tetapi jika terlalu tinggi, boleh menyebabkan komplikasi yang serius.

Diabetes terbahagi kepada dua jenis: Jenis 1 dan Jenis 2, masing-masing dengan punca dan rawatan yang berbeza. Senaman pula memainkan peranan penting dalam membantu mengawal penyakit ini.

Diabetis Jenis 1: Penyakit autoimun dan genetik

Diabetes Jenis 1 berlaku apabila sistem imun merosakkan sel beta di pankreas yang menghasilkan insulin. Tanpa insulin, tubuh tidak dapat menyerap glukosa sebagai tenaga dan mula menggunakan lemak. Ini menghasilkan keton, yang boleh menyebabkan ketoasidosis — satu keadaan serius apabila asid dalam darah terlalu tinggi, mengganggu sistem saraf dan jantung.

Jenis 1 biasanya dikesan semasa kanak-kanak atau remaja, dan individu dengan sejarah keluarga berisiko lebih tinggi. Penghidap memerlukan suntikan insulin seumur hidup.

Diabetes Jenis 2: Rintangan terhadap insulin dan genetik

Diabetes Jenis 2 lebih berkait dengan gaya hidup daripada genetik. Ia berlaku apabila badan menjadi rintang terhadap insulin, menyebabkan paras gula darah terus meningkat walaupun pankreas menghasilkan lebih banyak insulin.

Selalunya berlaku dalam kalangan dewasa 65 tahun ke atas, dan sering berkait dengan tekanan darah serta kolesterol tinggi. Jika tidak dikawal, ia boleh menyebabkan komplikasi seperti kerosakan buah pinggang dan mata. Perubahan gaya hidup sangat penting untuk mencegah dan mengurus penyakit ini.

Kesan kandungan gula dalam darah yang tinggi dan cara merendahnya

Kandungan gula darah yang terlalu tinggi boleh menyebabkan kerap buang air kecil, lapar, haus, lesu, dan penurunan berat badan. Jika tidak dikawal, ia boleh membawa kepada komplikasi serius seperti kerosakan mata, buah pinggang, dan penyakit jantung.

Untuk menurunkan dan menstabilkan gula, amalkan pemakanan sihat, kurangkan karbohidrat dan makanan manis, serta pilih makanan rendah indeks glikemik (GI) seperti serat, buah, dan sayur. Urus stres dengan baik dan lakukan senaman fizikal untuk kesan jangka panjang yang positif.

Peranan senaman dalam mengawal gula dalam darah.

Senaman membantu menurunkan gula darah secara semula jadi, meningkatkan fungsi insulin dan kualiti hidup, serta mengurangkan risiko komplikasi. Namun, senaman berintensiti tinggi boleh menaikkan gula darah akibat hormon stres, jadi pilih senaman yang sesuai dan jaga pemakanan sebelum dan selepasnya.

Senaman yang Disarankan:

- Senaman aerobik & intensiti sederhana (*tanpa pemberat*)
- Latihan relaksasi (*pernafasan, meditasi*)
- Waktu senaman terbaik: Pagi ke tengah hari
- Untuk menurunkan berat badan: Jalan kaki, jogging, berbasikal
- Untuk menaikkan berat badan: Senaman rintangan (*pemberat*)

Perlu diingat:

- Dapatkan nasihat doktor jika ambil insulin atau ubat
- Saiz badan dan jenis diabetes penting dalam menentukan jenis senaman
- Elakkan makanan tinggi karbohidrat sebelum senaman

Rujukan Profesional:

Rujuk Klinik Kesihatan, Alpro Pharmacy, atau Alpro Physio untuk saringan, nasihat suplemen, dan senaman yang sesuai. Fisioterapis boleh membantu dengan program senaman, rawatan manual, dan elektroterapi untuk mengurangkan sakit otot dan sendi.

Kesimpulan:

- ✓ Lakukan saringan kesihatan sekurang-kurangnya setahun sekali
- ✓ Kurangkan makanan berminyak & manis
- ✓ Amalkan senaman secara konsisten
- ✓ Rujuk profesional untuk pengurusan kesakitan sendi dan otot



Senaman Bangun-Duduk



Senaman Penguatan Otot Paha Depan



Berbasikal



Berjalan



Finally, Diabetes Support That Works

Proven effective and made for you!

Hi, I'm Dietitian Wei Jin and I'm proud to stand with all Diabetes Warriors: **You are not alone in this journey!**

As a dietitian, I understand the daily struggles that diabetes warriors face:

"The exhaustion of constant blood glucose ups and downs."

"The frustration of not knowing what to eat."

"The fear of long-term complications—eye problems, kidney damage, nerve damage, and foot issues."

Here is where SugO365 changes everything:

- ✓ 10.4% HbA1c changes
- ✓ 37.4% better mental well-being
- ✓ Affordable test strips from RM1/day
- ✓ Personalised support from Pharmacists, Nutritionists and Dietitians.

Thanks to SugO365, we're on the Right Track:

SugO365 team provided the advised on food control and understanding the nutrition level to stabilise my glucose levels. My glucose levels upon waking up / before breakfast used to be 7.4 mmol/L and now averagely range from 5.6 to 6.2 mmol/L. No medicines have been taken for the time being. Thank you!

-FB review, Jane.Y

Sy ada GDM during pregnancy dan sy gembira dan sgt berpuashati dengan team SugO365 kerana mereka sangat komited dan sentiasa memerhati kadar bacaan gula sy. Sy terharu bila mereka sentiasa bertanya khabar sy ketika bacaan sy trlalu rendah atau trlalu tinggi. Banyak perkongsian ttg amalan pemakanan yg sihat diterangkan kpd sy. Terima kasih team!

-FB review, Asma.M.S

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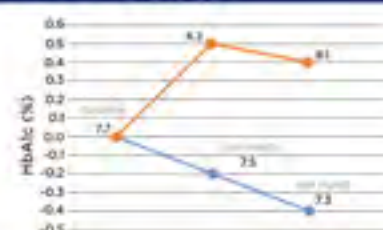
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Media event in November 2024 bringing together industry experts to unveil SugO365's revolutionary digital approach to diabetes management

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Diabetes-Friendly and Delicious Healthy food never tasted this good

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Get the benefits of 2 slices with the carbs of just in 1 slice!

Low GI 37
Average GI for white bread is 72

Sourdough
Easily digested

1.5x Higher Protein
Increase protein intake of the day

SCAN HERE



for more info

Available at all
Alpro Pharmacy across
Peninsular Malaysia!
Try it today!

Loved by
10,000++
Diabetes
Warriors!

IF YOUR PARENTS HAVE **DIABETES...**
YOU COULD BE
NEXT!



High Risk If:



Family history
of diabetes



Overweight



Age 35+

ACT NOW

ASAP

ALPRO STAND AGAINST PREDIABETES

Get your

FREE HbA1c TEST*

You may be eligible for a **FREE HbA1c** test if:
 * Are not diagnosed with diabetes
 * Are high risk (age 35+, overweight & with family history)

at Alpro Pharmacy.

SCAN HERE



FOR MORE INFO

Source: Beyond Type 1. (n.d.). Is type 2 diabetes hereditary? Retrieved from <https://beyondtype1.org/is-type-2-diabetes-hereditary/>



IN 3 WEEKS
TRANSFORM
 WEIGHT LOSS PROGRAM

FREE
 Body
 Composition
 Analysis
(worth RM69)
*T&Cs apply



TANITA MC-780
 Multi-frequency
 Segmental Body
 Composition
 Analyser

NO BOUNCE BACK!

Limited Time and Slots

At selected Alpro Pharmacy outlets!
 Contact us to book a slot!



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SAVE YOUR KIDNEYS OR LOSE THEM?

25X The Power To Protect Your Kidneys

While just 0.4mg of sulforaphane (SFN) is beneficial, Rinonliv delivers 10mg SFN per sachet.

Scientific research proves that sulforaphane, a powerful plant compound, can help to:

- Activate your body's defense (Nrf2 pathway)
- Reduce risk of kidney disease
- Protect kidneys from damage
- Improve kidney function

Take the
first step:



Kidney damage is irreversible. Don't wait until you're tied to a dialysis machine – hours lost, freedom gone, drained by fatigue and medical bills.
Protect before it's too late!

Blanco, Martin et al. "Sulforaphane Suppresses the mRNA Expression of NF-κB and HSP27 in Non-Diabetic Obese Subjects with Endothelial Dysfunction." Free Radical Biology & Medicine 282 (2019): 1-8. doi: 10.1016/j.freeradbiomed.2019.04.010.

Discover a simple way to use
colours in managing diabetes!



9 out of 10 patients agreed that with this meter, they can feel reassured because they can see if they may need to act.

97% of patients agreed that this meter is so straightforward; they could use it right out of the box.

8 out of 10 patients agreed that testing with the OneTouch® Delica® Plus lancing device was less painful compared to other lancers they have used

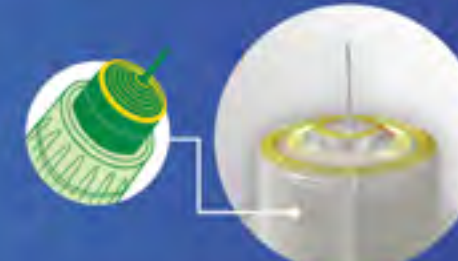
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100
YEARS OF COMMITMENT TO THE
DIABETES COMMUNITY

Experience the difference
of a 100 years of innovation

4mm

Less painful
injections^{1*}
5-bevel needle tip



More consistent injections²
Contoured based needle

GUARANTEE
LOWEST
PRICE 买贵退差价



embecta, formerly part of BD

Contour
Evolving with you



RM88.00

RSP:99.00

Contour® Plus Elite starter kit with 25 test strip



1 box of Microlet lancet 100's worth RM 38.60

CONTOUR® PLUS ELITE meter

Your smartLIGHT® for Blood Glucose Management*

- **smartLIGHT®** feature for easier understanding of blood glucose readings.*
- **High accuracy*** as demonstrated with the CONTOUR® Plus test strip.
- **60-second Second-Chance®** sampling which may help save test strips.*
- **Free CONTOUR®DIABETES App**, helps patients identify patterns and trends in blood glucose and easily share glucose reports.*

*Please consult your healthcare professional for the interpretation of result and diagnosis.

References: 1. Liberman, et al. Survey, September 2017. 252 respondents. People with type 1 and type 2 diabetes, over 18 years old, who tested at least 4-7 times a day. Participants received free meter and test strips. Survey funded by Abbott Diabetes Care. 2. Rhee, et al. 3. Accuracy and User Satisfaction of a New Blood Glucose Monitoring System. Diabetes Care. 2018; 41(10):2018-2020. 4. Accuracy and User Satisfaction of a New Blood Glucose Monitoring System. Diabetes Care. 2018; 41(10):2018-2020. 5. Accuracy and User Satisfaction of a New Blood Glucose Monitoring System. Diabetes Care. 2018; 41(10):2018-2020. 6. Accuracy and User Satisfaction of a New Blood Glucose Monitoring System. Diabetes Care. 2018; 41(10):2018-2020. 7. Accuracy and User Satisfaction of a New Blood Glucose Monitoring System. Diabetes Care. 2018; 41(10):2018-2020. 8. Accuracy and User Satisfaction of a New Blood Glucose Monitoring System. Diabetes Care. 2018; 41(10):2018-2020. 9. Accuracy and User Satisfaction of a New Blood Glucose Monitoring System. Diabetes Care. 2018; 41(10):2018-2020. 10. Accuracy and User Satisfaction of a New Blood Glucose Monitoring System. Diabetes Care. 2018; 41(10):2018-2020.

This glucose was not measured with the CONTOUR® Plus system. Results may vary with other blood glucose monitoring systems.

Approved under Act 737, MCA (Consumer Protection) 1999/2000



Specially designed to help sugar management



RM98.90

RSP:113.90

Contro Eazy Now 850g

RM15 Rebate

with purchase of 2 tins Contro Eazy Now

- Low GI with unique complex carbohydrates
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- Heart healthy lipid blend Omega 6:Omega 3 (2:1), zero cholesterol
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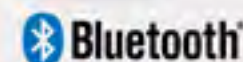


OMRON



Insights to a Healthier, Happier Heart

OMRON connect app helps you record and track your blood pressure seamlessly.



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LATEST ACTIVITY
AND BP HISTORY



BP AND
GRAPHS



RECORD YOUR
LIFESTYLE AND
MEDICATION



SHARE YOUR
HEALTH DATA
WITH A DOCTOR



MEDICATION
REMINDER

*T&C apply | Registered under Act 737 | MDAMD/0062/2023 | The Organizer reserves the right to terminate or modify Campaign Period at any time without prior notice. Please consult your healthcare professional for the interpretation of result and diagnosis.

METABOLIC
+ **Energold**

“FROM STIFF JOINTS TO RUNNING A MARATHON”



Irene Goh

17 JANUARY 2025

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My mum love Metabolic+ Energold because it is so easy to drink and really helps with my mum's **bone strength**. Her knees feel better, and she feels more active every day.



Jong Kiet

18 JANUARY 2025

★★★★★

I love Metabolic + Energold because I've noticed a big improvement in my **knee health** and **overall strength** since I started using Metabolic+ Energold. It's a great product!



Brenda Ko Zhijia

19 JANUARY 2025

★★★★★

I love Metabolic + Energold because this milk powder is amazing for my **bones and knees**. Since I started drinking Metabolic+ Energold, I feel stronger and healthier

**SCAN TO
MOVE BETTER**



MEGA We care



BIO-LiFE®

Relieve Joint Pain

2in1
FORMULA



Glucosamine
Enhances joint
lubrication

Chondroitin
Protects cartilage



MS 2434
S 018- 04/2005

As adjunctive therapy for osteoarthritis

KLU 0464 / EXP 31.12.2027

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**x3
Adult
Bicycle**

HOW TO PARTICIPATE

STEP 1

Purchase a min. of **RM88** worth of any MEGA or BIO-LiFE Joint & Bone range products* in a single receipt to entitle 1 entry.

STEP 2

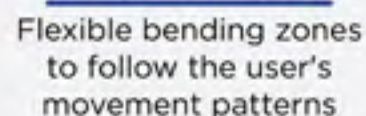
Whatsapp receipt and personal details to **+6017-8469569**.



*Total value of all prizes
*Participating products: Glucosamine 750mg, Glucosamine 500mg with Chondroitin Sulphate 400mg, Flexa 1500, Flexagen Powder, Celery Extract 300mg, Calcium & Magnesium Plus, Net
May, Visa Q3
T&C apply. Images are for illustration purposes only.

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STRONG KNEES
STEADY MOVES



With 3D Compression provides knee stability while ensuring lasting comfort.



Provides support,
cushioning & stability
while reducing strain.

OSTEOACTIV®

As Adjuvant Therapy For Osteoarthritis



MAL12045022X



MAL13055070X



OSTEOACTIV 3-in-1 Joint Formula contains pharmaceutical grade Glucosamine, Chondroitin and MSM to ensure high purity and quality. This 3-in-1 Joint Formula works synergistically to stimulate cartilage cell growth, provide strength to cartilage and increase synovial fluid production. Consult your healthcare professional to find out more.

Hyaluflex
HA PRO Powder
Lemon Lime Flavour
2g x 8 Sachets

MAL17086017N

 Springer

Terms & condition apply. Only two online integrations per mobile number (iPhone/iPad) per month. Rating language period. Purchase & online activation must be completed within campaign period (between 1-1-2010 to 31-3-2010).

Receive Hyaluflex HA Pro Powder 6's in mailbox (residential address in Malaysia) as early as 2 weeks after submission.

“Reassurance that brings Smiles • 我们专业, 您安心” | 93

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Enjoy Exclusive Silvercare Member Benefits

FREE	Vouchers	Discounts	Activities
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T&Cs apply

ACCURACY CHECK SERVICE
for Free!

Are You Sure Your Blood Pressure Machine Is *Still Accurate?*

It's recommended to check once *every 6 months.*

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Malaysia First Senior Fitness Program

6-MONTH FREE TRIAL!
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Partnership with:

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Service Charge As Low As RM10

WHEELCHAIR Repair Service
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The Health Bank Book keeps all your essential health checkup records all in one place. – blood pressure, BMI, muscle strength, vision, hearing, blood tests & more!

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T&Cs apply

Protect Your Loved Ones From Pressure Injuries: PREVENTION IS KEY!



By : Ph Soo Fern

Who Is at Risk?

Would you rather struggle with a hard-to-heal wound that takes weeks or even months to recover, or prevent it from happening in the first place?



Bedridden or wheelchair-bound patients



Patients recovering from surgery



Individuals with reduced mobility



Those with neurological conditions affecting movement

To prevent pressure injuries, frequent repositioning, proper nutrition, and daily skin inspections remain essential. In addition, **multilayered soft silicone foam dressings** provide extra protection, especially over bony prominences, reducing the risk of skin breakdown.^{[1][2]}

1. Int Wound J. 2013 May; A RCT of the effectiveness of soft silicone multi-layered foam dressings in the prevention of sacral and heel pressure ulcers in trauma and critically ill patients. 27:12(3):302-308. doi: 10.1111/iwj.12101
2. Int Wound J. 2024. A systematic review and meta-analysis of the efficacy of sacral foam dressing in preventing sacral pressure injury. <https://doi.org/10.1111/iwj.14673>

An Easy, Effective Prevention Plan

To optimise protection, integrate silicone foam dressings into routine care strategies alongside:



Regular repositioning schedules



Proper skin care & hygiene



Adequate nutrition & hydration

Why Choose MULTILAYER SILICONE FOAM?

Silicone foam dressings offer several key benefits in preventing pressure injuries:



EVEN PRESSURE DISTRIBUTION

Reduces shear and friction in high-risk areas like the sacrum, heels, and elbows.



CUSHIONING & COMFORT

Provides a soft, breathable barrier that minimises mechanical stress on the skin.



MAINTAINS A MOIST WOUND ENVIRONMENT

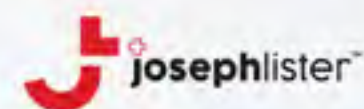
Prevents skin breakdown and slows injury progression.



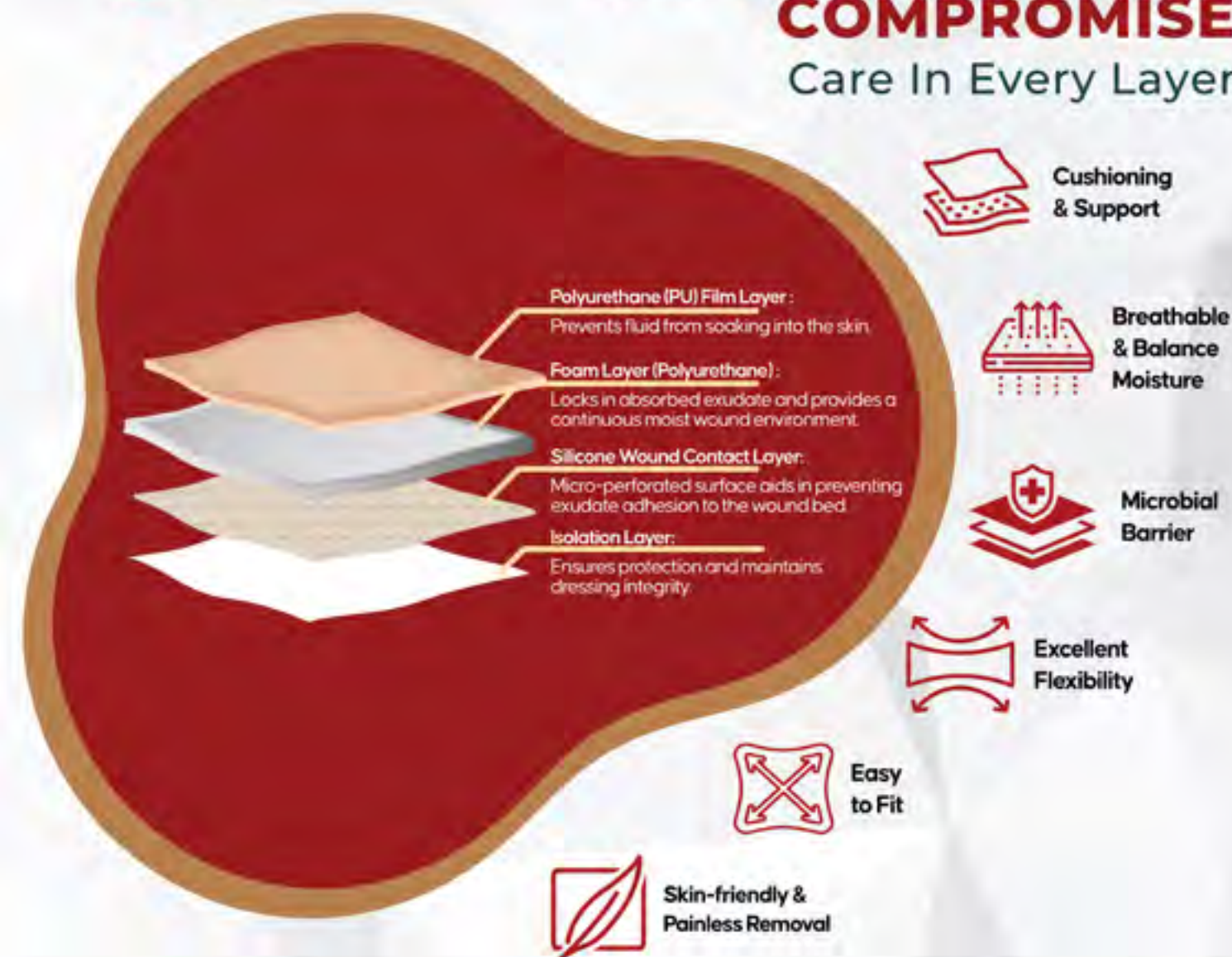
GENTLE ADHESION & PAINLESS REMOVAL

Protects fragile skin from trauma while ensuring easy removal.

A Simple Yet Effective Solution!



HEALING WITHOUT COMPROMISE Care In Every Layer



Choose The Right Protection NOW!

Protect your loved ones or patients by implementing a proactive approach to pressure injury prevention. Silicone foam dressings, when used alongside standard care, provide an extra layer of defense, ensuring comfort and skin integrity.

Contour Shield



All Around Protection

Sacrum



Customised for Lower Back Area

VersaFit



Designed for Joint Area Protection

MDA: GA5357824-192623 | Registered under Act 737 with Medical Device Authority, Malaysia

Vaccination Is **Hope**

"Future Kickboxing
Champion protected."



Vaccination Is **Protection**

"Your new Armor?
It's under your sleeve!"



Vaccination Is **Strength**

"Save the fun for Family.
Not the runs to the Clinic!"



50,000

Malaysians have been
vaccinated
with us!

Get Vaccinated for Yourself and Your Family!

019-750 0612

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A MOSQUITO COULD COST YOU RM5,000- OR YOUR LIFE!

1 in 4

Dengue patients
are hospitalised.

-Ministry of Health Malaysia (MOH), 2023

Is your family
prepared
for this?

Prevention
starts from
only

RM1
/day.

HOSPITAL BILL

Bill to : Ahamad Bin Abdullah
Bill Date : 04/05/2025
Invoice No. : DA 58974666
Issue for :

Dengue Admission
RM5,000



Call or WhatsApp now to book your
dengue vaccine **019-750 0612**

You can also walk-in to all Alpro Clinics

One jab could save your health and your wallet!

**Get
Vaccinated
Today!**

Shield yourself
from Dengue

JUST ONE DROP...

CAN REVEAL WHAT YOU
CAN'T SEE

Not all illnesses show
symptoms.

**70 health
markers**
in one test.

Less than
RM1* each

DO YOU KNOW?



3 in 5
Risk of
Heart Disease



1 in 5
Have
Diabetes



4 in 10
Malaysian
Have High
Cholesterol

- National Health and
Morbidity Survey 2019

019-750 0612

Call & Book your test today!

*T&Cs Apply

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Consultation

Are you taking CHOLESTEROL MEDS?

If yes, do you know cholesterol meds may damage liver cells?
But you can't stop taking them. **So, what's the solution?**

**Protect Your Liver
with Antrodia!**



Antrodia is a rare medicinal
mushroom that helps to:

1 Reduce damage
by cholesterol meds

2 Support liver cell
repair & regeneration

3 Boost liver function for
long-term health

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As low as
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Per Month

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1. The price displayed includes up to four (4) nursing care visits, along with a one-time doctor assessment. However, it excludes any consumables and/or medications used during the visit.
2. A surcharge will apply if the service location is more than 10km from the nearest service center.
3. Price quoted is for service fee only excluding medication and / or consumables.



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Recommended NURSE VISITS WITH DOCTOR ASSESSMENT

- Sponging / bathing
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- Basic physiotherapy/
passive stretching exercise
- Feeding
- Intravenous (IV) drip
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3 Pin Adaptor &
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AUTOMATIC BLOOD PRESSURE MONITOR MODEL Z1

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Features



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Detection



Movement
Detection



Blood
Pressure Level
Indication



Irregular
Heartbeat
Detection



Universal
Cuff
24-40cm

MDAMD 0054/2022



Clinically Accurate
ASTM E 1965-06: 2009



Front Back

RM199

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Product Reg. No.: GB97530337917

Features



1 Second
Measurement



Temple
Temperature



Object
Temperature



Fever
Alarm



°C / °F
Switchable

MDAMD 0054/2022



RM199

BODY FAT MONITOR WITH SCALE MODEL WF260

Product Reg. No.: KPDNKK/BJ001999

Features



Body Fat
Assessment



Body Muscle
Assessment



Body Hydration
Measurement



BMI
Calculation



Maximum
Weight:
180kg

Please consult your healthcare professional for the interpretation of result and diagnosis.

Registered under Act 737

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43cm



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References: 1. Bantay, et al. 2015. PLUS ONE 100TH BIRTHDAY. (doi:10.1016/j.jam.2015.04.007). Accessed by leg strength in as early as 8 weeks, when taken twice a day along with light exercise. | 2. R. Tinkler and J. Tinkler, Journal of Sports Science & Medicine 8(4), 509 (2006). Accessed with caution. | 3. M. McFarlane et al., Journal of Dietary Supplements 13(3), 171 (2016). Accessed by self-reported upper respiratory symptoms in men and women. | 4. S. Bantay et al., JPEN: Journal of parenteral science and technology 23(3), 71 (2009). This is an extrapolation based upon 8% muscle loss for every decade from 40 years old and 17% from 70-80 years old. | 5. Chien et al., Clinical Nutrition 2020. Accessed by leg body mass. MAL2025/9404.ENG.1



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economy range, with premium
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Your **Passion** can be someone's **Reassurance** & **SMILE** here!

One Alproeans. One Purpose. Millions of Smiles.

At Alpro, we don't just provide healthcare—we bring reassurance that brings smiles. Every day, our **3000 dedicated talents serve communities across Malaysia**, turning passion into purpose, ambition into action, and dream into meaningful change.

Whether you're just starting out or seeking your next big leap, this is more than just a job—it's a *runway* to purpose, passion, and impact.

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Be the reason someone smiles again.**

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Is your pharmacy dream held back by system struggles or limited growth?

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- Struggling to compete with big chains?
- No system to scale or retain loyal customers?

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Built-in tools to grow confidently
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Unique offerings to boost margins and differentiation
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Order

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Obat

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Dokter

Tebus Resep
Dokter

Sewa Alat
Kesehatan

Temukan kami di lokasi berikut:

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| Bandung | • Citragraha Cibadung
• Lembang Raya
• Jember Raya
• Bala Hutan Raya
• Alifadinda Raya
• Cemerlang Raya
• Zaman Raya | Jakarta Barat | • Alifadinda Raya
• Alifadinda Raya
• Alifadinda Raya
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• Alifadinda Raya
• Alifadinda Raya | Jakarta Pusat | • Alifadinda Raya
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• Alifadinda Raya
• Alifadinda Raya
• Alifadinda Raya | Jakarta Utara | • Alifadinda Raya
• Alifadinda Raya
• Alifadinda Raya
• Alifadinda Raya
• Alifadinda Raya
• Alifadinda Raya | Jakarta Selatan | • Alifadinda Raya
• Alifadinda Raya
• Alifadinda Raya
• Alifadinda Raya
• Alifadinda Raya
• Alifadinda Raya | Jakarta Timur | • Alifadinda Raya
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The Wonderwall Times

by **alpro foundation**
Empowering Smiles • 我们专业, 您安心

Empowering Dreams, One Child at a Time

At Alpro Foundation, we believe every child deserves the chance to dream boldly. The Growing Stars Project is our flagship initiative, dedicated to empowering underprivileged students by removing the barriers that stand between them and their education.



"From school essentials to emotional support, it's more than a donation - it's a journey of transformation."

Impact at a Glance

Each number represents a real story, a real smile and a real dream in motion.

223
Students Supported

116
Schools Involved

5
Students Graduated from Secondary School



—Virtual engagement with students

Back2School Kit: Confidence Starts Here!

Starting school should feel exciting, not overwhelming. Our Back2School Kits are thoughtfully curated to help children begin their academic year with pride.

Each kit includes:

- Complete stationery set
- Personal hygiene items
- Vitamins for growing minds
- A handwritten letter of encouragement from an Alproan



"A pen in hand and hope in the heart can rewrite the future."

"When Teachers Speak, Dreams Echo"

Ms. Wong, SJK(C) Bulat

Thank you, Alpro Foundation, for supporting our students through The Growing Stars Project. It eases families' burdens and helps children enjoy school like others.

Mr. Chua, SJK(C) Chung Cheng

The Growing Stars Project is a life-saving program for students in need. With schooling expenses covered, parents can now provide better nutrition and tuition support. I hope this program continues to help more students.

The Story Behind the Smile...

A Million - Ringgit Wish

During a virtual engagement call, we asked a young student from Penang,

"What would you do if you had RM1 million?"

She paused for a moment and replied softly,

"I just want a bicycle to get to school."

That simple wish spoke volumes.

Thanks to your support, her dream came true. The Alpro family came together—not just to give her a bicycle, but to gift her independence, hope, and a reason to smile. Now, she rides to school with confidence in her stride and joy in her heart.

Because sometimes, the biggest dreams begin with the smallest wish. Let's keep turning wishes into wheels—and dreams into possibilities.



A Slice of Joy

For many children, a birthday cake is a simple joy. But for one of our Growing Stars, it was a wish she had never experienced. During an engagement call, she quietly shared:

"I've never had a birthday cake before."

That gentle wish didn't go unheard. A kind-hearted pharmacist from Alpro Pharmacy Sarikei made it her mission to change that. She personally delivered a cake to the student's classroom. Her friends sang. She smiled. And in that moment, joy filled the room.

A small gesture. A big memory. Because sometimes, the sweetest gifts are made of love and kindness.



More Than Money : The Power of Connection

Yes, financial help is vital. But our weekly engagement sessions are what truly set this program apart. They give children:



A safe space to dream



Motivation to stay focused



Emotional support that builds resilience

How You Can Help?

You can make a difference with every purchase of



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Low Carb Sourdough Bread

A portion of your purchase goes to the Alpro Foundation

Your support = Their success.

Donate now!

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- Together, we're not just funding education—we're building futures.
- Let's create a world where every child has a reason to smile.

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**witness the
health revolution
— and she did.**



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