



HEALTH MATTERS

EXCLUSIVELY FOR ALPRO VIP MEMBER | JUN - NOV 2026

VOL 28



Our body may change.
Our life doesn't have to pause.

me. NO PAUSE

at any stage



PUBERTY

Where everything begins.



FERTILITY & PREGNANCY

Nourish. Prepare. Create life.



PERIMENOPAUSE

The silent transition few talk about.



MENOPAUSE

A new chapter of strength & freedom.



BEYOND 60

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Break the silence. Bloom in smiles!

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*T&Cs apply *Only 1 redemption allowed per day

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Meet Our Editorial Team



Welcome to the new edition of Health Matters! This edition shines a light on **Women's Healthcare at every stage of life, reminding us how a woman's health is constantly shaped by hormonal changes, nutrition, lifestyle, and emotional well-being.** From adolescence to motherhood and graceful aging, every phase deserves awareness, care, and timely prevention. In this issue, we explore important topics such as low ferritin levels, iron deficiency, hormonal balance, and their hidden effects on energy, mood, immunity, and daily quality of life. At Alpro, we believe **prevention begins with understanding our bodies early and taking small proactive steps before health concerns become bigger challenges.** As you turn these pages, may this magazine become your trusted guide toward stronger health, greater confidence, and a more vibrant life for every woman.

Ph. Lim En Ni *Chief Pharmacist & Engagement Director*

We created this magazine to support every woman's health journey with simple, useful, and trusted healthcare knowledge for daily life. **From wellness and nutrition to motherhood and self-care, we hope these pages empower women to live healthier, happier, and more confident lives.** As Alpro Creative Builders, bringing reassurance and care to women through meaningful visuals and messages is our mission.

Kalaimani Supramaniam *Creative Builder Team*

| Hazim | Jeradine | Wen Lin | Tina | Ivy Yap | Kean Yew | Aki Eng | Chuan Fen | Nuratikah | Woon | Jason |
| Din | Nashriq | Yoga | Faiq | Jia Yee | Jiu Yien | Michelle | ...and many more who brought this magazine to life.



In this special women's health edition of Health Matters, we highlight an often-overlooked issue that affects many women's daily lives: **low iron storage. Tiredness, brain fog, hair thinning, pale skin, or brittle nails may be more than "just fatigue".** They may be signs of low ferritin, the body's iron reserve.

Through this initiative, we hope to support early awareness, timely screening, and meaningful action before symptoms progress further. This edition brings together practical, evidence-based articles on ferritin, iron deficiency, menstrual health, perimenopause, and women's preventive care. **Women's health is not only about treating illness. It is about empowering women to understand their bodies, act early, and continue living with strength, energy, and confidence.**

Thank you for reading and taking this step with us.

Ph. Ng Yi Ling *Professional Care & Development Manager*

Every woman carries many roles throughout her lifetime, yet in caring for others, women often place their own health second. **From puberty to pregnancy, from perimenopause to menopause and beyond, each stage brings evolving health needs that deserve attention, understanding, and support.** At Alpro, we believe these insights are not only for women, but also for those who love and care for them, because understanding **women's health is one of the most meaningful ways we can offer support, compassion, and strength through every chapter of life.** As you read this volume, we hope it brings knowledge, confidence, and heartfelt reassurance, reminding every woman that she is seen, supported, and never alone.

Phoebe Mak Seen Theng *Branding, Promotion & Trade Marketing Executive*



Sebagai wanita, kita melalui pelbagai perubahan dalam kehidupan, dan **menopaus merupakan salah satu fasa semula jadi yang sering kurang dibincangkan dalam kesihatan wanita.** Lebih daripada perubahan fizikal, menopaus juga memberi kesan kepada emosi, keyakinan diri dan kesejahteraan secara keseluruhan. Melalui edisi ini, kami berharap dapat meningkatkan kesedaran, membuka ruang perbincangan, dan mengingatkan setiap wanita bahawa **penjagaan kesihatan di setiap fasa kehidupan adalah amat penting.**

Nurul Aisyah Binti Jamaludin *Promotion Operation Executive*



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



From innovation to meaningful care, we continue creating smarter ways to support healthier lives



HOLD THE MEMORY

Did you know staying mentally active can help support healthy ageing?



At Alpro, we introduced **Silver Brain**, a fun memory -matching game available on the Alpro App to encourage daily cognitive exercise for all ages. Developed together with healthcare partner **Act4Health**, this meaningful initiative raises awareness on cognitive wellness and inspires Malaysians to take small daily steps against dementia.

SCAN HERE to test your Silver Brain



INTRODUCING UNIGYM TO MALAYSIA



Recovery should be smarter, easier and more accessible. Together with Robotgym, we introduced **UniGym**, an all-in-one training system designed for rehabilitation, elderly mobility, fitness, and physiotherapy support. Available at all Alpro Physio centres, UniGym also comes with home rental options, helping users rebuild strength, improve movement, and continue recovery comfortably from home.



UNIVERSITY PARTNERSHIP ONLINE MODULE

Tomorrow's pharmacists need more than science, they need real-world readiness. Through **Alpro Academy**, we partnered with **Taylor's University** and **UCSI University** to launch **Retail Mastery: The Science of Smart Pricing**. This special online module equips pharmacy students with practical retail knowledge, pricing strategy, and community pharmacy insights, helping them step confidently into the future of modern healthcare.



THE GREAT JOURNEY PANEL PARTNERSHIP

Healthcare works best when trusted care is within reach. Through this collaboration, **Alpro Clinic and Alpro Pharmacy** are appointed as part of **The Great Journey Panel**, allowing Great Eastern customers to access people first healthcare services across Alpro's nationwide network. Together, we are making quality care more convenient, connected, and accessible for every stage of life.



"One Pass - Integrated Healthcare - Maximum Value"

CAREPASS CARD

Good health should be simple and affordable. That's why we introduced CarePass, a first of its kind **all in one healthcare pass** designed for Malaysians who value prevention and convenience. At only **RM99 per year**, CarePass unlocks **nine essential services** including flu vaccination, health screening, teleconsultation, vision, hearing, and physio assessments, all in one smart subscription for healthier living.





Growing with our Young Community



“Where Health Meets Curiosity”

A classroom filled with laughter, curious questions, and excited little hands — this is where the magic of the Little Pharmacist Camp begins. Organised by Alpro Pharmacy, this program brings health education to life through fun, interactive experiences. Children step into the role of a “PHARMACIST FOR A DAY,” exploring how medicines work, learning the importance of safety, and discovering simple ways to stay healthy. Through games, storytelling, and hands-on activities, even complex health topics become easy and enjoyable to understand.



2026 - Little Pharmacist Camp

WHAT EVERY CHILD TAKES HOME:

- What Pharmacists do
- Awareness of medicine safety
- Understanding proper medication disposal
- Healthy eating habits for growing strong
- Confidence to practice good health daily

More than just a learning experience, the “LITTLE PHARMACIST CAMP” inspires curiosity, responsibility, and a lifelong appreciation for health.

FROM PLAY TO LEARN, HEALTH STARTS HERE...

Let your school be our next stop! Reach us at +60 10-251 1923



FLU FIGHTERS: KEEPING OUR COMMUNITY HEALTHY
Bright colours, creative drawings, and happy faces — this is the spirit of the PICASSO CUP 2026.

With the theme “FLU FIGHTERS: KEEPING OUR COMMUNITY HEALTHY,” children learn simple ways to protect themselves and their community. Through their drawings, they share messages about vaccination, hygiene, and healthy living.

WHY IT MATTERS

Through the Picasso Cup, children are not just drawing — they are learning to care. By turning health knowledge into creativity, they become more aware, confident, and inspired by Pharmacist JJ — leader of the Flu Fighters to practise and share healthy habits with their families and community.

IMPORTANCE!

- Learn through fun and creativity
- Build healthy habits early
- Grow confidence and awareness



FROM COLOURS TO CARE — EVERY DRAWING MAKES A DIFFERENCE.



SilverCare Health Workshop

Bringing CARE & LOVE

to every elderly heart...

At Alpro Pharmacy, we believe that every elder in our community deserves not just good health, but also heartfelt connection. That's why we created SilverCare Health Workshop, a monthly health-sharing activity designed exclusively for our cherished **Silvercare members aged 55 and above.**

WHY JOIN US?



Fresh **HEALTH KNOWLEDGE** every month



Simple and **INTERACTIVE LEARNING**



CONNECT with fellow members



A **FREE ALPRO PREMIUM HANGING TISSUE** for every participant

✓ MARK YOUR CALENDAR!

Be part of a community where smiles, support, and knowledge go hand-in-hand, **at any Alpro Pharmacy or Alpro Sugi outlet nationwide!**

18th of Every MONTH @ 3:00pm

SCAN HERE TO KNOW MORE



WE APPRECIATE YOU

As a token of our love, you'll receive a **FREE Alpro Premium Hanging Tissue**; a simple yet meaningful gesture of reassurance that brings smiles. Our members tell us this isn't just about free gifts, it's the friendships, laughter, and warmth that make every session special.



as of **APRIL, 2026**

2169 882

participants joined

SilverCare Health Workshop conducted from January, February & April.



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THE WONDERWALL TIMES

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UNDERSTANDING PUBERTY

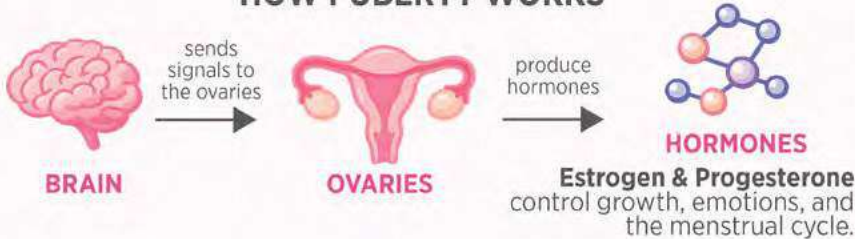
A simple guide to physical, emotional, and hormonal changes in teenage girls

Pimples, mood swings, body changes... Feeling confused? Don't worry. Puberty is a natural journey where your body grows into adulthood, guided by hormones.

Understanding these changes helps you feel confident, prepared, and in control.



HOW PUBERTY WORKS



WHEN DOES PUBERTY BEGIN?



Puberty usually starts between the ages of **8 - 13 YEARS**. Everyone develops at a different pace, influenced by genetics and hormones.

CHANGES YOU MAY NOTICE



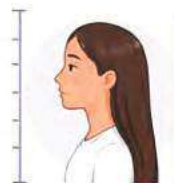
BREAST DEVELOPMENT

Breast budding is often the first sign. Small bumps may appear around the nipple area.



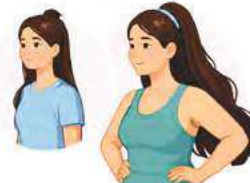
SKIN & ACNE

Hormones increase oil production, which can clog pores and cause pimples.



GROWTH SPURTS

You may grow several centimeters in a year. Girls may grow faster than boys at this stage.



BODY SHAPE CHANGES

Hips may widen and your body may develop more curves.



HAIR & BODY ODOR

Hair grows under arms and around private areas. You may also notice more sweating and body odor.



UNDERSTANDING YOUR FIRST PERIOD

- Your first period usually starts between 10-15 years old
- Cycle: every 21-35 days
- Duration: 3-7 days
- The first few years may be irregular — this is normal

Your body is still learning and adjusting.



It's okay to ask questions. You're not alone.

WHY DO I FEEL SO DIFFERENT?

Hormones can influence how you feel. It is normal to experience:



Mood swings



Feeling emotional



Changes in sleep patterns



Your brain is still developing until your early 20s — especially areas controlling emotions and decisions.



IF YOU'RE EXPERIENCING ANY OF THESE:

- Mood swings
- Acne or oily skin
- Growth spurts
- Irregular periods in the first few years

DON'T WORRY, IT'S NORMAL.



⚠️ WHEN TO CHECK WITH A DOCTOR?

- No breast development by age 13
- No period by age 15
- Periods that are extremely painful or very heavy
- Severe acne that doesn't improve
- Any concerns about body changes



TIPS FOR A SMOOTH TRANSITION



EAT A BALANCED DIET

Foods rich in nutrients support growth and overall health.



SLEEP 8-10 HOURS

Enough sleep helps your body and mind stay healthy.



STAY ACTIVE

Regular exercise improves mood, energy, and strength.



MAINTAIN HYGIENE

Daily bathing and clean habits keep you fresh and confident.



MANAGE STRESS

Do activities you enjoy like sports, music, or talking to friends.

GOOD HYGIENE HABITS

- Daily bathing helps reduce body odor
- Change clothes regularly, especially after exercise
- Use gentle skincare and avoid squeezing pimples

TIPS FOR PARENTS

- Start conversations early before puberty begins
- Use proper terms like “period”, “breasts”, and “vagina”
- Open communication builds confidence and reduces fear

PUBERTY IS A JOURNEY YOU DON'T HAVE TO GO THROUGH IT ALONE.

YOU ARE GROWING BEAUTIFULLY.

Puberty is a physical, emotional, and psychological journey.



References: 1. Alissa M. Guarnieri et al (2019) Physiology of Pubertal Development in Females. Pediatric Medicine. 2019; 2:42 2. Patricia Vuguin MD (2025) Puberty: Normal and Abnormal. American Academy of Paediatrics. 10. 1542 3. David A. Klein et al (2017) Disorders of Puberty: An Approach to Diagnosis and Management. Am Fam Physician. 2017;96(9):590-599

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Ph. Ng Yi Ling
Community Pharmacist
of Professional Care &
Development

“大姨妈”或经痛， 是正常成长的一部分， 还是身体在发出求救讯号？

很多家长都会遇到这样的情况：女儿每个月月经一来，就痛到脸色发白、蜷缩在床上，甚至请假不上学。

有人会说：“经痛很正常，忍一忍就好了。”
也有人担心：“会不会是子宫出了问题？”



为什么会经痛？

经痛，医学上称为 dysmenorrhea (痛经)，主要可分为原发性经痛 (primary dysmenorrhea) 和继发性经痛 (secondary dysmenorrhea)。

原发性经痛

(Primary Dysmenorrhea)

原发性经痛是最常见的一种，意思是虽然没有明显的器质性疾病，但在月经来潮时，体内会产生较多的前列腺素 (prostaglandins)，使子宫收缩得更强、更频繁。子宫收缩过强时，局部血流会减少，便会引起下腹部绞痛，有时疼痛还会延伸到腰部或大腿。

有时还会延伸到腰部或大腿，并伴随：



恶心



头痛



腹泻



疲倦无力

原发性经痛通常在青春期和年轻女性中较常见，也是许多少女经期不适的主要原因。

继发性经痛

(Secondary Dysmenorrhea)

继发性经痛，是指经痛背后可能存在其他妇科问题，疼痛并不只是单纯由月经期间子宫收缩所引起，而是与某些疾病有关，例如：

- ✓ 子宫内膜异位症
- ✓ 子宫腺肌症
- ✓ 子宫肌瘤
- ✓ 盆腔炎感染

若经痛逐渐加重、止痛药效果越来越有限，或同时伴随月经量明显增多、周期紊乱、经期间出血、排尿或排便时疼痛等情况，就要提高警觉。尤其子宫内膜异位症，常见表现之一就是经痛严重到影响上学、运动或日常生活。

因此若孩子每个月都痛到无法正常活动，就不应只是反复忍耐，而应尽早求医检查。



为什么有的人痛，有的人不痛？

因为每个人在月经期间对子宫收缩和前列腺素的反应不同。有些女生前列腺素分泌较多，子宫收缩更强，就会特别痛；有些则反应较轻，症状不明显。若疼痛异常严重、逐渐加重，或伴随月经量异常多、周期紊乱等情况，则要怀疑是否属于继发性经痛，而不只是单纯生理痛。



经痛通常有哪些处理方法?

对于多数原发性经痛，处理方式主要包括药物与非药物两大类。

药物治疗

NSAIDs

(非类固醇消炎止痛药)

如 ibuprofen、naproxen, 是最常用的第一线药物。

它们不仅能止痛, 更能抑制前列腺素的生成, 从源头减少子宫过度收缩, 因此对经痛特别有效。

扑热息痛

(Paracetamol)

可用于缓解轻度疼痛, 适合某些不适合使用 NSAIDs 的人。但它主要用于一般止痛退烧, 对经痛的针对性较弱。

非药物治疗



热敷 (暖暖包、热水袋) 让腹部与腰部保持温暖适当休息

热敷能帮助放松肌肉、促进血液循环, 常能明显提升舒适度。

经痛算不算“正常”? 这是很多家长最想知道的问题。

答案是:

轻度到中度经痛, 可以是常见现象; 但严重到影响生活的经痛, 就不应该只当作“正常”来看待。如果经痛已经严重到影响日常生活, 就应就医评估。

例如, 若孩子出现以下情况, 就不建议只是自己忍耐或反复吃止痛药了:



每个月都痛到无法上学或正常活动



排尿、排便时也会痛, 或有骨盆深部疼痛



月经越来越重、越来越乱



疼痛越来越严重



止痛药帮助有限



这些情况都提示, 可能不是单纯原发性经痛, 要进一步排除像是子宫内膜异位症、子宫肌瘤、骨盆腔相关问题等原因。

为什么医生有时候会开避孕药来治疗经痛?

当经痛持续多年, 或严重影响生活品质时, 医生可能会考虑使用口服避孕药或其他荷尔蒙治疗。这类治疗的原理包括:

- ✓ 抑制排卵
- ✓ 让子宫内膜变薄
- ✓ 降低前列腺素相关反应

从而达到:

- ✓ 减轻疼痛
- ✓ 减少经血量
- ✓ 调节月经周期

小贴士:

因此, 这类药物不只是用于避孕, 在临床上也是治疗经痛和月经异常的重要工具。

因为经痛而服用止痛药, 好吗? 会不会对身体不好?

这是很多家长最常问的问题。

因为经痛而适当服用止痛药是可以的, 也是医生与药剂师常建议的方式。短期、按建议剂量使用, 能帮助缓解疼痛, 让生活与上学不被影响。短期止痛是方法, 不是长期忽视问题的理由。如果每个月都痛到必须依赖止痛药, 甚至效果越来越差, 更重要的是进一步找出原因。像 ibuprofen 这类止痛药对经痛通常较有效, 但若本身有胃部、肾脏、气喘或出血相关问题, 使用前最好先咨询药剂师或医生。

想给家长的提醒

家长常常会在两个极端之间摇摆: 一种是觉得“经痛很正常, 忍忍就好”; 另一种是很担心, 一痛就觉得一定很严重。

药剂师更希望家长采取的是中间那条理性路线: 先了解什么是常见的经痛, 知道止痛药和热敷可以如何安全使用; 同时也要留意, 当疼痛开始影响孩子的上课、睡眠、运动、情绪与生活时, 那就已经不只是“普通经痛”了。



Ask yourself one simple question: “When was the last time I checked my Vitamin D level?”, visit your nearest outlet and speak to our **PHARMACIST** for personalised advice.

Scan here for more details





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I LOOK ”

3 out of 5 Teenagers With ACNE
suffer from emotional distress.

REFERENCE: Hun, Z. L., Ahmad, N., Sadar, B. M., Liang, C. H., Valerie, V. V. A. P., Visvanathan, V., Balasubramaniam, P. A., & Wei Loong, K. (2017). Impact of acne vulgaris severity on quality of life and psychological health in Hospital Tuanku Ja'afar, Seremban, Malaysia [Poster presentation]. International Medical University.



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#1 SKINCARE BRAND***

SkinLABS

Boost 15 Essential Ceramides → To Protect Skin Barrier

CLINICALLY PROVEN
FORMULATION



Price
RM **49⁹⁰** / unit

Price
RM **89⁹⁰** / unit

Gently removes
94%
of impurities

Long-lasting
48H
hydration

*Source: Based on Internal analysis by Galderma Malaysia SDN BHD using data from the following source: IQVIA Malaysia National Sales Audit (NSA), sell-in sales units and values, total markets of ATC2 = D02 - EMOLLIENTS & PROTECTIVES category, for the period MAT Q4 2023, reflecting estimates of real-world activity. Copyright IQVIA. All rights reserved. (MY-CET-2500076)



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#1 SKINCARE BRAND***

48h Hydration → for Targeted Soothing Relief

➔ **Glycerin**
Improves skin moisture

➔ **Sweet Almond Oil**
Softens & smoothes baby's skin

➔ **Sunflower Oil**
Restores & improves skin barrier



♥ Gentle ♥ Soothing ♥ Skin
♥ Soft ♥ Moisture Seal ♥ Barrier

Price
RM **29⁹⁰** / unit

*Source: Based on internal analysis by Galderma Malaysia SDN BHD using data from the following source: IQVIA Malaysia National Sales Audit (NSA), sell-in sales units and values, total markets of ATC2 = D02 - EMOLLIENTS & PROTECTIVES category, for the period MAT Q4 2023, reflecting estimates of real-world activity. Copyright IQVIA. All rights reserved. (MY-CET-2500102)



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Dry, Itchy, Irritated Skin





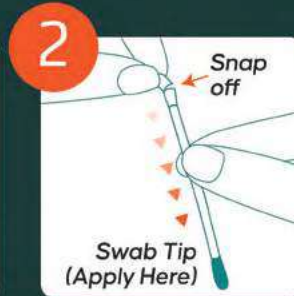
No mess,
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**Just gentle
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- ✓ Broad Spectrum Antiseptic
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SCAN & BUY



Insights

from a Pharmacist

Iron, Energy & Recovery:

The Hidden Iron Deficiency Many Mothers Miss

Many mothers feel tired all the time and assume it is simply part of a busy life, work, pregnancy, caring for a newborn, and sleepless nights. But sometimes, the real reason behind constant fatigue may be low iron levels in the body.

Many people believe that if their hemoglobin (Hb) blood test is normal, their iron levels must also be normal. However, research shows that iron deficiency can already begin before anemia develops, meaning a person can feel symptoms even when Hb still appears normal (Camaschella, 2021). This early stage is sometimes called iron deficiency without anemia, and it is commonly missed.



You can have iron deficiency even when your Hb is normal.
This early stage is called iron deficiency without anemia – and it is commonly missed.



Ph. Candace Low
Maternal & Childcare
Pharmacist (Mamabe)

WHY WOMEN AND MOTHERS ARE MORE PRONE TO IRON DEFICIENCY

Women are naturally more at risk of iron deficiency compared with men because of **monthly menstrual blood loss**. During pregnancy, the body needs even more iron because it has to support:



Baby's growth & development



Increased blood volume in the mother



Oxygen supply to both mother & baby

30-50%

of pregnant women worldwide may experience iron deficiency.

(Peña-Rosas et al., 2020; WHO, 2020)

WHEN IRON LEVELS ARE LOW, MOTHERS MAY FEEL:

- Always tired
- Easily dizzy
- Shortness of breath
- Weak or low stamina
- Low energy

Many mothers think these symptoms are normal during pregnancy or postpartum, so they may not realize **iron deficiency** could be the cause.

SIGNS MOTHERS SHOULD NOT IGNORE

Some symptoms that may suggest low iron levels include:



Feeling tired all the time



Frequent dizziness



Pale skin



Hair shedding



Shortness of breath



Low energy even after resting



If these symptoms persist, it may be helpful to **check your ferritin level** or speak with a healthcare professional about your iron status.

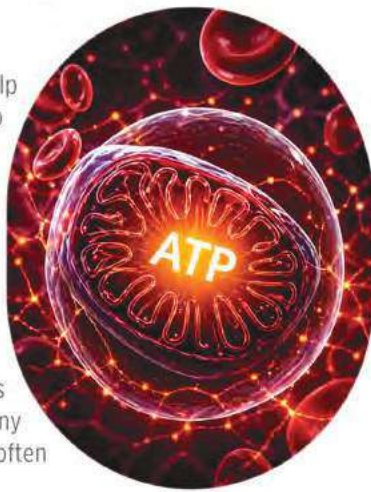
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WHY IRON IS IMPORTANT FOR ENERGY

Iron does more than just help produce red blood cells. It also helps the body produce energy inside our cells.

Iron is involved in the body's energy system that produces ATP, the main source of energy for our cells (Camaschella, 2021).

When iron levels are low, the body produces energy less efficiently. That is why many people with iron deficiency often experience:



Constant fatigue



Difficulty concentrating



Feeling weak or low stamina

For busy mothers juggling many responsibilities, this fatigue can become overwhelming.



For busy mothers juggling many responsibilities, this fatigue can become overwhelming.

POSTPARTUM: AN IMPORTANT TIME TO REBUILD IRON LEVELS



Iron deficiency does not stop after delivery. In fact, many mothers lose a significant amount of blood during childbirth, which can further lower iron levels (Milman, 2020).

Studies show that iron deficiency after delivery can lead to:

- Severe tiredness
- Slower physical recovery
- Reduced daily energy

In some cases, untreated iron deficiency may even affect a mother's emotional wellbeing and increase the risk of postpartum mood problems (Abu-Ouf & Jan, 2021).



Because new mothers are often sleep deprived and busy caring for their baby, these symptoms may easily be overlooked.

HOW TO MAINTAIN HEALTHY IRON LEVELS

A healthy diet can help support iron levels. Foods rich in iron include:

Animal Sources

(Easier for the body to absorb)



Beef



Chicken



Fish

Plant Sources



Spinach & leafy greens



Lentils & beans



Tofu



Iron-fortified cereals

ProTips



Eating iron-rich foods together with vitamin C sources such as oranges, tomatoes, or bell peppers can help the body absorb iron better (Camaschella, 2021).



However, tea and coffee may reduce iron absorption if consumed together with iron-rich meals.



WHEN IRON SUPPLEMENTS MAY BE NEEDED

During pregnancy, diet alone may not always provide enough iron.

For this reason, many healthcare professionals recommend iron supplements for pregnant women to help prevent iron deficiency and anemia (Peña-Rosas et al., 2020).

If iron deficiency is confirmed, pharmacists or doctors may recommend appropriate supplements and provide guidance on how to take them safely.

TAKING CARE OF MOTHERS' HEALTH MATTERS



Mothers often focus on caring for their babies and families first, but their own health is equally important.

Persistent fatigue should not always be ignored. Sometimes, it may simply be the body asking for more support.

Checking iron levels early can help mothers regain energy, recover better after childbirth, and stay strong for the family.

Don't Normalize Fatigue. Understand It. Take Action.

If you often feel unusually tired, dizzy, or low in energy, consider checking your hemoglobin (Hb) level.

A simple health check can help detect iron deficiency early and guide the right nutritional support for your body.



For more guidance, visit your nearest outlet Alpro Pharmacy or Alpro Baby and speak to our **PHARMACIST** for personalised advice.

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With Love • For Life



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Confinement
Care Centre

Aida Confinement Care Centre provides professional postpartum recovery, newborn care, and parenting support in a safe and comforting environment, thoughtfully designed for both mother and baby.

Family Triangle Care

A complete 3-pillar care model designed to support
mother, baby & family



Rest
Recover
Bond

We take care of the rest.

Supported By Experts You Can Trust

A dedicated team of healthcare professionals working together for your recovery and your baby's well-being.



Why Choose **AVIDA Confinement Care Centre?**



Advanced Safety Protection

Air-Guard System, fire-rated doors, structured safety zones.



Real-Time Monitoring

24/7 CCTV baby monitoring for complete peace of mind.



Privacy & Security

Access bracelet system for privacy and safety.



Hygiene & Comfort

Smart air system, lactation-friendly bed and premium amenities.

Premium Recovery Environment



Comfortable Private Rooms



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Baby Spa & Bath Demo Zone



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The Comprehensive Guide To Breastfeeding & Pumping



Why Breast Milk Matters

Breast milk is the gold standard of infant nutrition, offering a unique combination of nutrients and bioactive components that support both infant development and maternal health.

For Baby



- Optimal nutrition: provides a complete balance of proteins, fats, vitamins, and minerals for growth and brain development
- Immune protection: in antibodies (e.g. Iga) and bioactive compounds that reduce infection risk
- Gut health support: promotes healthy microbiota and improves digestion
- Reduced disease risk: linked to lower incidence of respiratory, gastrointestinal, and allergic conditions
- Neurodevelopment: contains dha and ara essential for cognitive and visual development

For Mother



- Postpartum recovery: stimulates uterine contraction and reduces postpartum bleeding
- Metabolic benefits: supports calorie expenditure and weight management
- Disease risk reduction: associated with lower risk of breast and ovarian conditions
- Hormonal regulation: promotes oxytocin release, enhancing emotional bonding and relaxation

How Breast Pumps Support Breastfeeding

Breast pumps play a key role in supporting successful and sustained breastfeeding, particularly for modern mothers balancing multiple responsibilities.

- Maintains Milk Supply: Regular expression stimulates continued milk production
- Improves Breast Emptying: Helps prevent engorgement and blocked ducts
- Enhances Flexibility: Allows mothers to store milk and feed at convenient times
- Supports Working Mothers: Enables continuation of breastfeeding after returning to work
- Assists Feeding Challenges: Useful in cases of latching difficulties or low milk transfer

Measure your Nipple Size for Breastpump

1. Use a ruler and measure the base of your nipple.
2. Add 3mm-5mm to the measurement.
Example:
Measurement is 21mm.
21mm+3mm to 5mm =24mm to 26mm
Your recommended flange size is 24mm to 26mm.



Nipple size	Flange Size
17-19mm	21mm
20-22mm	24mm
23-25mm	27mm
26-28mm	30mm

Stage of Breastpumping



The Manual Pump Day 5+

For New Mothers To Understand Their Own Milk Flow And Let-Down Rhythm Without The Stress of An Automated Machine

*Expressing colostrum by hand is encouraged.



Electric Double Breast Pump Week 2+

Build & Stabilise Supply
Helps in Breast Emptying



Hands-Free Breast Pump On-The-Go

Lifestyle & Return to Work
Most Fit For All Breast Shape



mamaneX

Recommended by
Healthcare Professionals

*Based on HCPs' survey

We pump the best milk
— BREAST MILK.

THE BEST BREAST PUMP
FOR NEW MOMS

nitez pro II

Electric Double Breast Pump With Night Light



Helps in Breast Emptying
Adjustable lower rhythm.



Milk Flow Efficiency
Smooth expression with faster suction.



Superior Comfort
Small Suction Gap

RM349
NP:RM399

Light Up Your Breastfeeding Night

Nitez Pro 2 is always a good choice for every mother especially who doing breast milk pumping at night.

Effective breast emptying with adjustable gentle rhythm, ensures smooth and efficient milk flow, and delivers superior comfort with its small, soft suction design.

Features

- Modes : Massage, stimulation (Mix), expression
- Level : Massage - 10 levels
Stimulation - 10 levels
Expression - 15 levels
- Add On : 3 levels rhythm control
Auto switch to expression mode after 2 minutes of Massage Mode
- Memory : Yes
- Cut-off : 30 minutes auto cut-off
- Bottle : Double PPSU wide neck

Rhythm Control

Find your perfect rhythm for better milk flow and comfort.



Low Rhythm



Medium Rhythm



High Rhythm

Every Parents Deserves a Helping Hand

Find yours at Alpro Baby

220++

Trusted Brands

available in our stores

3 Flagship Stores

Seremban 2, Senawang and Kuantan



What we have

Professional Team

- Certified Nutritionists
- Certified Breastfeeding Counsellor
- Child Occupant Safety Advisor

Trusted Care, Trusted People

backed by clinics, pharmacies, and other baby wellness experts.

Gear Spa

Carrier | Car Seat | Stroller



from RM

69*

Member Price



Find Your Perfect Fit

Breastpump

Rental Service:

single | Double | Handsfree



from RM

100*

per week

Good news for buyers!

LHDN allows a tax relief of up to RM1000 once every two years for breastfeeding equipment (breast pump kits, storage items, cooler sets, and carrying bags) provided you keep your purchase receipts.



Alpro Baby Seremban 2

149, Jalan S2 B21, Pusat Dagangan Seremban 2 Centrio, Seremban 2, 70300 Negeri Sembilan.

019-987 4923 | 10:00am-9:00pm

Alpro Baby Senawang

No.40, Jalan BPS4, Bandar Prima Senawang, 70450 Seremban, Negeri Sembilan.

017-355 2087 | 10:00am-10:00pm

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with purchase of
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Step 3 or 4
(700g/900g)



*While stocks last. All visuals are for illustration purposes only.



Dt. Suet Chen
Community Dietitian
SugO365 Program Coordinator

Your sugar looks normal... until it spikes when you're not looking.

What you don't see can affect your baby.

1 in 3 Moms Experience Hidden Sugar Spikes After Meals
Source: IDF Diabetes Atlas, 10th Edition (2021).



HIDDEN SPIKES AFTER MEALS CAN INCREASE RISKS OF:



High blood sugar for longer periods



Impact on baby's growth and health



High risk of pregnancy complications

See your sugar in real time, not guess.

Yuwell Anytime CGM your daily partner for a healthier pregnancy.



Track Anytime

Real-time glucose readings, see your body in action.



See Food Impact

Understand how meals affects your sugar.



Smart Alerts

Get notified before it's too high or too low.

MDA registration number: GC4762124-190590. Please consult your healthcare professional for the interpretation of results and diagnosis

Let's hear from our users:

It was surprisingly pain-free, waterproof, and provided real-time glucose readings every minute. Super convenient and insightful! As someone who does intermittent fasting by skipping breakfast, I usually have my first meal around noon. I always thought my morning irritability (which I often blamed on 起床气) was just part of waking up, but now I know it's actually due to hypoglycaemia.

- Review from A.J



I wore the CGM continuously for 2 weeks, including during my pickleball games and 30-minute swimming sessions every other day — and guess what? It never fell off! The adhesive is seriously strong — no worries about it coming loose with an active lifestyle.

- Review from R.C



"Manage your glucose Anytime, Anywhere!"

Check your sugar today before it's too late.



SCAN & BUY NOW



CONTINUOUS MONITORING

24/7 insights, day & night



STAY PROTECTED

RM 1 million insurance coverage for your peace of mind.



BETTER REST

Sleep better knowing your sugar is in control.

With continuous glucose monitoring (CGM), you don't have to guess — stay informed, even while you sleep

TINY TEETH BIG RESPONSIBILITY

A child's oral health journey begins long before their first birthday. Healthy primary teeth are the blueprint for their permanent smile, supporting proper chewing, clear speech, and facial development.

Meet Combi Teteo: Step-by-Step

A newborn's gums need different care than a toddler's teeth. And the Combi Teteo oral care range is thoughtfully designed to support children through different stages of oral development without overwhelming them.

Step 1	Step 2	Step 3	Step 4
<p>Soft silicone bristles Detachable protection shield Ergonomic handle</p> <p>6m+</p>	<p>Ultra-soft nylon bristles Mountain shape Ergonomic handle</p> <p>9m+</p>	<p>Elastic nylon Mountain shape Ergonomic handle</p> <p>12m+</p>	<p>Durable nylon Mountain shape Ergonomic handle</p> <p>18m+</p>
<p>Gentle gum massage for emerging teeth</p> <ul style="list-style-type: none"> Focus on babies' gum stimulation Detachable protection shield - prevent the brush from going too deep into the throat 	<p>Early brushing practice for babies</p> <ul style="list-style-type: none"> Babies begin learning brushing movements with guidance Mountain shape bristles - more easier to reach between small teeth 	<p>Building grip & independence</p> <ul style="list-style-type: none"> Improving babies' hand coordination and brushing confidence Ergonomic handle - easy to grip 	<p>Confident brushing for older toddlers</p> <ul style="list-style-type: none"> Strengthening good teeth brushing habits Durable nylon - clean deep into the grooves of teeth

Best Oral Care Supporter



Teteo Gel Toothpaste
Mild taste & free of colorants, foaming agents & abrasives, gentle cleaning for little ones who can't spit yet.

500ppm Fluoride (Sodium Fluoride) + Xylitol (Natural sweeteners)



Tips for Building Habits

Children don't resist brushing because they dislike clean teeth - **they resist because it feels unfamiliar.** Keep it stress-free like:

- 🎵 Sing a song to keep their brushing time fun.
- 🪞 Use a mirror so they can see what they are doing.
- 👏 Praise small efforts to build confidence.

When oral care is introduced gradually - it becomes normal. And normal, will become a habit.



Confident & happy smiles don't start at the dentist. They start at home.

IS YOUR CHILD LEARNING TO DRINK THE RIGHT WAY?

A Small Habit That Shapes Big Health Outcomes.

Take a moment and think about this:

Your child drinks milk every day. And once solids begin, water follows.

But here's the real question -
Are they learning how to drink properly?

Hydration isn't just about filling a tummy. It's about building oral strength, independence, coordination, and healthy lifelong habits.

And surprisingly, the tool we use every day - the drinking cup - plays a bigger role than most parents realise.

The Hidden Impact of "Just Using Any Cup"

Many toddlers:

- Refuse to drink water
- Spill constantly
- Bite or chew straws
- Struggle with suction

When babies move from bottle feeding to cup drinking, their oral muscles need to adapt. Their tongue control changes. Their coordination improves.

If the cup doesn't support this development, frustration begins — for both parent and child.

“Growth is not always easy. But with the right support, it becomes natural.”

That's where Combi Lakumug quietly makes a difference. Each stage comes with a different drinking top to match your child's development.

4m+



First Straw Mug
Bridge for Nipple Sucking + Straw Design
Providing a smooth transition from breast or bottle feeding to mug drinking.




5m+



First Cup Mug
Leakage-free design & easy-hold handles
To avoid spills and provide easy gripping while drinking. Wide drinking mouth to support baby's development on lip muscle.




6m+



Straw Mug
Special soft straw design
Provide baby enjoyment while drinking and increase their sipping skills.




One piece non-spill valve that is easy for assemble and minimizes mess.

Helping little hands grow stronger, one confident sip at a time.

2 Sachets a Day, Nausea Away!
Gentle, natural relief for
morning sickness & tummy discomfort.

~~RM 35.00~~
RM 29.95



No to Formula? Boost Your Own!
Naturally increase milk,
ease engorgement & stay energised.

~~RM 69.90~~
RM 59.90

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to Baby,



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Use Sudocrem At Every Nappy Change

FROM
RM **34³⁸** / unit



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Healthy Skin Starts from Within

Understanding Eczema, Sensitive Skin & Gentle Nutrition in Babies



Dr. Isa Sim Yin Xuan
Medical Nutrition Liaison,
Kabrita Malaysia

How Common is Eczema in Babies?

In Malaysia, eczema (atopic dermatitis) affects approximately **1 in 5 children**, and even more may experience sensitive or easily irritated skin during early childhood^{1, 2}

Babies with eczema may experience:

- **Dry, rough skin**
- **Redness and itching**
- **Sleep disturbance due to discomfort³**



Did You Know?

Not all babies with skin symptoms have allergies

True cow's milk protein allergy (CMPA) is **uncommon**. Only about **0.1%-3% of infants** have confirmed CMPA⁴



Eczema vs Milk Allergy What's the Difference?

While skin symptoms are often linked to milk allergy, most cases are **not caused by allergy**.

Many babies instead have **mild sensitivity**, which may include:

- **Fussiness after feeding**
- **Bloating or gas**
- **Irregular stools**
- **Sensitive or reactive skin**

The Gut-Skin Connection

Emerging research shows that the gut and skin are linked through the immune system.

- **The gut microbiota plays a role in immune regulation^{5,6}**
- **Imbalance in gut bacteria has been observed in children with eczema⁵**

This relationship is known as the **gut-skin axis**.

Why Digestive Tolerance Matters

In early life, a baby's digestive system is still developing.

When feeding is not well tolerated:

- **The gut may become more sensitive**
- **The immune system may react more easily**
- **This can contribute to overall discomfort**

Supporting digestive comfort is one of the ways to support a baby's wellbeing.

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A Gentle Approach to Feeding



Dr. Isa Sim Yin Xuan
Medical Nutrition Liaison,
Kabrita Malaysia



Every baby is different. For those with mild sensitivity, choosing nutrition that supports easy digestion and comfort may make a difference in daily wellbeing.

Why Parents Trust Kabrita?

Kabrita is a premium goat milk-based formula crafted in the Netherlands, produced in accordance with strict European quality standards and compliant with international regulations (EFSA and the U.S. FDA), with natural characteristics that may support digestive comfort, including:

- **Naturally containing 99.99% A2-type β -casein protein, known to form softer curds in the stomach, contributing to better digestibility and comfort¹**
- **Smaller fat globules², which may be easier to digest**

Thoughtfully Formulated for Digestive Wellbeing

Building on these natural properties, Kabrita is thoughtfully formulated with ingredients that support digestive wellbeing:

- **Probiotic BB-12**
Supports digestive function, skin health and contributes to immune health^{3, 4, 5}
- **Prebiotic (Human Milk Oligosaccharide, 2'-FL)**
Supports gut health and immune function^{6, 7}
- **β -palmitate**
Associated with softer stools and improved fat absorption^{8, 9}

Supporting Everyday Comfort

When feeding is well tolerated:

- **Babies may feel more settled**
- **Digestive discomfort may be reduced**
- **Feeding becomes a more comfortable experience**

Who May Benefit from Kabrita?

This approach may be considered for babies who:

- **Experience mild feeding discomfort**
- **Are occasionally fussy or reflux after feeding**
- **Have irregular stool patterns**
- **Show signs of sensitivity (but not diagnosed allergy)**

Not all skin concerns are due to allergy.

For many babies, supporting digestive comfort is one of the ways to support overall wellbeing, inside and out.



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Fasa berpantang:

Bila Otot Lemah menjadi punca sakit yang tidak disedari...

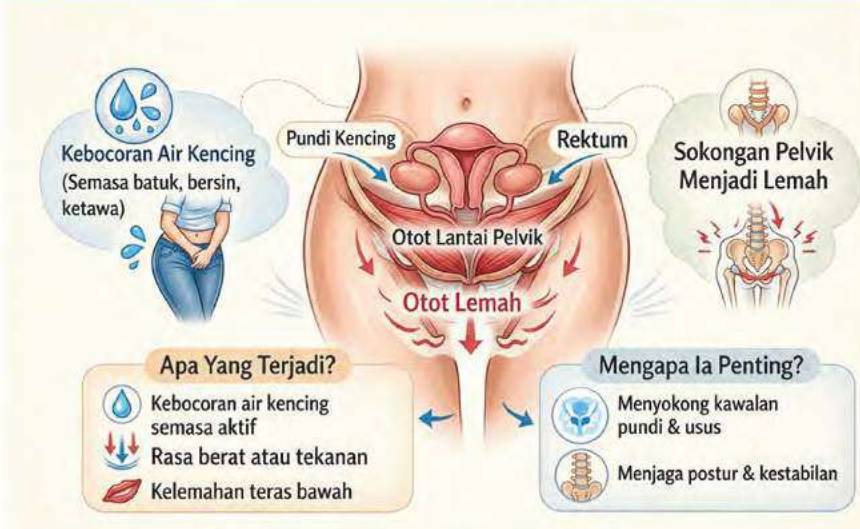
Memahami kelemahan otot lantai pelvis, *diastasis recti* (Pemisahan Otot Perut), sakit belakang dan kesihatan tulang selepas bersalin.

Selepas melalui proses kehamilan dan kelahiran, tubuh wanita mengalami pelbagai perubahan fizikal. Antara masalah kesihatan yang sering berlaku selepas bersalin ialah kelemahan otot lantai pelvis, *diastasis recti* (pemisahan otot perut), sakit belakang (*pinggang*), dan penurunan kepadatan tulang yang boleh meningkatkan risiko osteoporosis.



Kajian perubatan menunjukkan perubahan hormon, tekanan pada otot dan tulang semasa kehamilan, serta proses kelahiran boleh mempengaruhi sistem otot dan rangka badan wanita (Yoseph et al., 2025).

KELEMAHAN OTOT LANTAI PELVIS



Otot lantai pelvis ialah sekumpulan otot yang terletak di bahagian bawah pelvis dan berfungsi menyokong organ penting seperti pundi kencing, rahim dan usus.

Semasa kehamilan, berat bayi yang semakin meningkat memberi tekanan berterusan kepada otot lantai pelvis. Selain itu, proses kelahiran, terutamanya kelahiran normal, boleh menyebabkan otot ini menjadi regang, lemah atau mengalami **kecederaan kecil**.

LATIHAN KEGEL



Ketatkan otot seolah-olah menahan kencing selama **5 saat** dan ulang sebanyak **15 kali** bagi setiap sesi. Dilakukan sekurang-kurangnya **tiga kali sehari**.
(Beamish et al., 2025).

Mengurangkan risiko kebocoran air kencing sehingga

~37%

DIASTASIS RECTI (Pemisahan Otot Perut)

Diastasis recti abdominis ialah keadaan apabila dua bahagian otot perut utama yang dipanggil rectus abdominis terpisah akibat tekanan daripada rahim yang membesar semasa kehamilan.

Selepas bersalin, pemisahan ini boleh kekal jika otot tidak pulih dengan baik.

Tanda-tanda:

- Perut masih kelihatan buncit
- Kelemahan otot perut
- Sakit belakang

Bagi mengatasi masalah ini, senaman yang menumpukan kepada pengaktifan otot teras secara mendalam seperti teknik "draw-in" (menarik perut ke dalam), pelvic tilt, serta latihan seperti heel slide dan marching adalah sangat digalakkan (Fei et al., 2021).

Senaman Pengaktifan Otot Teras

Kajian oleh Fei et al. (2021)



Amalkan Senaman Ini Untuk Kuatkan Otot Teras Anda!

SAKIT BELAKANG SELEPAS BERSALIN

Sakit belakang di bahagian pinggang merupakan antara masalah yang sering dialami oleh wanita semasa dan selepas kehamilan.

Lebih daripada separuh wanita mengalami sakit belakang ketika hamil, dan bagi sesetengah, kesakitan ini berterusan selepas bersalin.

Untuk mengurangkan sakit belakang...

Senaman seperti bridging, bird-dog, serta regangan otot hamstring dan bahagian bawah belakang adalah sangat berkesan. (Chunmei et al., 2025).

Senaman Untuk Mengurangkan Sakit Belakang

Kajian oleh Chunmei et al. (2025)



PENCEGAHAN OSTEOPOROSIS AWAL

Semasa kehamilan dan penyusuan, tubuh ibu memerlukan pengambilan kalsium yang tinggi. Jika pengambilan kalsium tidak mencukupi, tubuh akan mengambil kalsium daripada tulang ibu.

Kajian menunjukkan bahawa wanita mengalami penurunan kepadatan tulang semasa kehamilan dan penyusuan (Moller et al., 2012). Dalam kebanyakan kes, kepadatan tulang akan pulih selepas tempoh penyusuan.

Selain pengambilan kalsium dan vitamin D, senaman jenis beban seperti berjalan, squat ringan dan step-up sangat digalakkan (Moller et al., 2012). Aktiviti fizikal ini memainkan peranan penting dalam mengekalkan dan meningkatkan kepadatan tulang.



Kehamilan menyebabkan perubahan besar pada tubuh wanita, termasuk kelemahan otot, sakit belakang dan penurunan kepadatan tulang. Dapatkan rawatan fisioterapi, jaga postur dan pemakanan untuk pemulihan yang lebih baik. Kebanyakan wanita mampu pulih dan kembali sihat dengan penjagaan yang betul.



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YOUR SKIN AFTER 35

Why dryness, texture changes, and visible pores start showing up differently.

85% of women notice visible skin changes after their mid-30's — and for some women, this may also mark the beginning of perimenopause.



Nt. Peveena Devi
Community Nutritionist
Alpro Pharmacy Taman Gaya

01 Want Healthier Looking Skin? Read This First.

What Women Notice After 35



The skin may feel drier.



Pores may appear more visible.



Fine lines become easier to notice.



That natural "glow" somehow feels harder to maintain.

At first, many people blame skincare products or aging alone. But sometimes, these changes may also be linked to the early phase of **perimenopause**.

For some women, perimenopause can begin as early as the mid-30s. During this phase, hormone levels, especially estrogen, start fluctuating gradually.

Estrogen helps support collagen, skin elasticity, hydration, and skin repair. When hormone levels begin changing, the skin barrier may also slowly change.

Think of your skin like a mattress.

When the support underneath weakens, the surface no longer looks as smooth and firm as before.

STRONG
Support



Surface looks smooth and firm.

VS

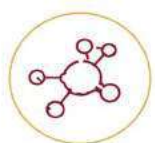
WEAK
Support



Surface no longer looks as smooth and firm as before.

What's Really Happening

Hormonal shifts after 35 may contribute to:



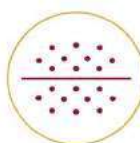
Hormone Changes



Reduced Collagen Support



Lower Skin Elasticity



Dryness & Visible Texture Changes

“

You can still care for your skin externally... but healthy skin also reflects what is happening within the body.

”

Skin After 35 = Hormones + Nutrition + Lifestyle

02

Sugar & Skin: The Hidden Connection?



Many people focus heavily on skincare... but forget what excessive sugar may do underneath.

High sugar intake may contribute to a process called **glycation**, where **sugar attaches to collagen proteins and weakens their structure** over time.

Collagen is important because it helps keep skin firm and smooth. When collagen support weakens, skin may gradually appear:

- *Less elastic*
- *Rougher*
- *More tired-looking*
- *With more visible fine lines*

This doesn't mean you must stop enjoying desserts completely. But **balance** matters.



Too much sugar may slowly "STRESS" your collagen.

03

Low Ferritin = Low Glow

Feeling tired lately... and your skin looks dull too?

Low ferritin may be one commonly overlooked factor in women after 35.

Ferritin reflects the **body's iron storage**. When ferritin levels are low, some women may experience:



Tired-looking skin



Hair fall



Low energy



Brittle nails



Pale appearance

Sometimes, the issue isn't only skincare. The body may simply be lacking the nutrients needed to support healthy skin and hair renewal.



Women with **heavy menstrual flow** or **poor dietary iron intake** may have a **higher risk of low ferritin**.

Think of ferritin like your body's "IRON POWER BANK."

When the storage is low, your energy and appearance may reflect it too.



04

Evening Primrose Oil (EPO): Why It Becomes More Relevant After 35

As women enter their mid-30s and early perimenopause phase, many start noticing:

- *Drier skin*
- *Rougher texture*
- *Less "glow"*
- *More visible pores*
- *Skin that feels less comfortable than before*

This is why Evening Primrose Oil (EPO) continues to gain attention in women's wellness.



EPO contains *Gamma-Linolenic Acid (GLA)*, an important fatty acid that helps **support skin hydration and skin barrier** function.

Your skin barrier acts like a protective shield. When the barrier becomes weaker, moisture escapes more easily. Skin may then feel: *Dry, Sensitive, Rough, Less smooth and radiant.*

Healthy fats play an important role in maintaining that barrier.

This is also why many women during hormonal transition phases choose EPO as part of their self-care routine.

"Think of EPO as nutritional support for skin that is gradually losing moisture and elasticity."

Some women use EPO to support:

- *Skin hydration*
- *Smoother-looking skin texture*
- *Skin comfort during hormonal fluctuations*
- *Overall women's wellness during perimenopause*

EPO is not an overnight beauty fix. But when combined with better sleep, balanced nutrition, stress management, and lower excessive sugar intake, it may help support healthier - looking skin from within.

PRACTICAL ACTION: Keep it simple



Reduce excessive sugar intake

(your collagen will thank you)



Get enough sleep

(your skin repairs while you rest)



Check your ferritin levels if always tired

(low iron can affect appearance too)



Support healthy fats intake

(balance matters)



Consider nutritional support like Evening Primrose Oil (EPO)

(to help support skin hydration and barrier function)

Your skin reflects how you care for your body. Support your skin journey from within through nutrition.



If you'd like more guidance, visit your nearest outlet and speak to a **NUTRITIONIST OR DIETITIAN** for personalised advice.

Scan here for more details



Turning 40...

but feeling different?

Understanding the Early Signs of Perimenopause

Many women think menopause starts when periods stop, but hormonal changes can begin in your 40s — even when cycles are still regular.

This phase is called **perimenopause**, where estrogen (female hormone) starts to fluctuate.

You're not menopausal yet — but something feels off? — this could be the reason.

Common Early Signs of Perimenopause:



Irregular or changing periods



Skin dryness



Mood changes & irritability



Sleep disturbances



Hot flashes or night sweats



The Role of Evening Primrose Oil

Evening primrose oil (EPO) is derived from the seeds of evening primrose flowers. It provides gamma-linolenic acid (GLA), an essential omega-6 fatty acids renowned for its potent anti-inflammatory properties. Traditionally used to support women's wellness, especially during hormonal changes.

How Evening Primrose Oil Helps



Supports hormonal balance



Helps reduce inflammation



Supports skin & mood

Contains GLA (essential omega-6)

How to choose a quality Evening Primrose Oil?

- ✓ Clinically supported formulation
- ✓ Sourced from Rigel seed for consistent quality
- ✓ Strong research background

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Always Tired?

It Could Be Low Iron.

Do you often feel tired the moment you wake up?
Low energy throughout the day?

Many women assume it's due to stress or lack of rest. But in reality, it could be a sign of low iron levels, one of the most common nutritional deficiencies.

Iron helps your body carry oxygen. When iron is low:

- Less oxygen reaches your cells
- Your energy production drops
- You feel tired — even without doing much



Nt. Goh Chai Xiang
Nutritionist Powerlife
Malaysia

That's why iron deficiency fatigue feels deeper and doesn't improve with rest alone.

6

COMMON SIGNS OF LOW IRON

Pale skin

Dizziness

Low energy

Shortness of breath

Poor concentration

Cold hands and feet

If you experience 2 of these signs, it may be time to check your iron level.

Women have higher iron deficiency risk due to:

- Monthly menstrual blood loss
- Pregnancy and breastfeeding needs
- Diets that may lack iron-rich foods

Even mild iron deficiency can already affect how you feel daily.

You can improve iron levels by:

- Eating iron-rich foods (red meat, spinach, beans, lentils)
 - Pairing with vitamin C for better absorption
- However, for many women, diet alone may not be enough.

Choosing the right iron supplement

Iron supplements can help restore healthy iron levels, but many people avoid them due to **metallic taste, constipation and stomach discomfort.**

A better iron option — Lipofer™ is a microencapsulated source of iron that does not taste metallic. It is available in iron pyrophosphate, designed to enhance tolerability and reduce the common unpleasant taste associated with traditional iron supplements.

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Screens, Stress & Beauty

The Modern Woman's Eye Health

Modern women spend over **7 hours daily** on screens, and nearly **65%** experience symptoms of digital eye strain.

Are your eyes paying The price?



From early-morning emails to late-night scrolling, screens have become a constant companion in modern life. Many women balance demanding careers, social connections, and beauty routines—all while spending hours in front of digital devices. Studies suggest adults now spend over seven hours a day on screens, and **nearly 65%** report symptoms of digital eye strain. While technology and beauty trends make life more convenient, they can also place unexpected stress on our eyes. From screen fatigue to cosmetic-related irritation, understanding how daily habits affect eye health is key to maintaining both **clear vision and natural beauty.**

BLINKING: THE DIFFERENCE

Blinking helps keep your eyes moist and comfortable.

NORMAL BLINK RATE

WHILE USING SCREENS

15-20

times per minute

5-7

times per minute



Blinking drops while staring at screens, causing the eyes to dry out faster.

01 When Screens Start to Strain Your Eyes

Whether for work or leisure, smartphones, laptops, and tablets dominate daily routines. Research shows that **up to 90%** of people who use digital devices for more than three hours daily experience some level of eye discomfort.

Prolonged exposure can lead to **Computer Vision Syndrome**, commonly known as digital eye strain.

Common Signs Include:

- Dry or irritated eyes
- Headaches
- Blurred vision
- Neck and shoulder discomfort

QUICK EYE - CARE TIPS



20-20-20 RULE

Every 20 minutes, look 20 feet away for 20 seconds.



ADJUST & REDUCE

Adjust screen brightness and reduce glare.



GOOD LIGHTING

Ensure good lighting at your workstation.



BLUE-LIGHT GLASSES

Consider blue-light filtering glasses if recommended by an eye care professional.

02 Beauty Trends and Eye Hygiene



Eyelash extensions and eye makeup can enhance appearance, but poor hygiene may lead to irritation or infections. Adhesives, bacteria buildup, or blocked oil glands can sometimes trigger **Blepharitis**, an inflammation of the eyelids.



Beauty should enhance your look not compromise your eye health.

Protect Your Eyes:

- Choose certified and experienced lash technicians
- Clean eyelids gently and regularly
- Avoid rubbing the eyes
- Never share eye makeup or beauty tools

03 Contact Lenses: Convenience with Care



Contact lenses are popular for both vision correction and cosmetic appeal. However, poor hygiene can increase the risk of infections such as **Keratitis**, an inflammation of the cornea that may threaten vision if untreated.



Small hygiene habits can prevent major eye problems.

Healthy Lens Habits:

- Wash hands before handling lenses
- Replace contact lens cases regularly
- Use fresh disinfecting solution daily
- Never rinse lenses with tap water

04 Blue Light and Sleep Disruption



Digital devices emit high-energy visible (HEV) blue light, which may contribute to eye fatigue and disturbed sleep. Late-night screen exposure can suppress **Melatonin**, the hormone that regulates the body's sleep cycle.



Better sleep often means healthier eyes.

Reduce Blue-Light Strain:

- Activate night mode on devices
- Limit screen use one hour before bedtime
- Keep screens about an arm's length away
- Take frequent visual breaks throughout the day

05 Makeup Matters: Cosmetic Care



Mascara, eyeliner, and eyeshadow are everyday beauty staples, but expired or poorly applied products can irritate the sensitive eye area.



Good cosmetic hygiene helps protect both your eyes and your skin.

Smart Cosmetic Habits:

- Replace mascara and liquid eye makeup every three months
- Avoid applying eyeliner on the inner eyelid margin (*waterline*)
- Always remove makeup before sleeping
- Choose products labeled hypoallergenic or ophthalmologist-tested

06 Nourishing Your Eyes from Within

Eye health isn't just about external care—nutrition plays a vital role too. **Antioxidants such as Lutein and Zeaxanthin** help protect the retina and filter harmful blue light.

You Can Find These Nutrients In:



Spinach & Kale



Eggs



Corn



Orange



colored fruits and vegetables

For people who spend long hours on screens, supplements containing these nutrients along with vitamins A, C, E, and omega-3 fatty acids may help support long-term eye health when taken under professional guidance.

Clear vision starts with care—prioritise regular eye checks at OptiSaver to protect your eyes for a healthier, more confident life.

OptiSaver
by alpro

For more guidance, visit your nearest outlet and speak to our **OPTOMETRIST OR OPTICIAN** for personalised advice.

Scan here for more details



Modern lifestyles combine screens, beauty routines, and busy schedules, but eye health should never be overlooked. By practicing healthy screen habits, maintaining cosmetic hygiene, caring for contact lenses properly, and supporting your eyes with good nutrition, you can keep your vision clear and comfortable.

Healthy eyes do more than enhance beauty, they support productivity, confidence, and overall wellbeing.

Tackling Acid Reflux, Heartburn and Indigestion

Whether it's the burning of heartburn or the bloating of indigestion, digestive upsets can affect anyone—busy professionals, new parents, or the elderly. These symptoms can disturb sleep, focus, and overall wellbeing. Fortunately, modern treatments now offer Double Action relief, tackling both problems at once. But what does "Double Action" really mean—and how does it work?



The Science of Discomfort

Acid reflux, heartburn and indigestion are often grouped together but can have slightly different triggers and symptoms. These issues can be occasional or persistent. Triggers range from rich meals and stress to pregnancy, certain medications, or underlying conditions.



Heartburn & Acid Reflux

Heartburn is caused by acid reflux, when stomach acid flows back into the esophagus, creating a burning feeling in chest or throat



Indigestion

Indigestion (or dyspepsia) often feels like bloating, discomfort, or fullness during or after eating, and it may or may not involve reflux

What Is Double Action Relief?

Product that provides double action relief usually contains 500mg of sodium alginate, 213mg of sodium bicarbonate, and 325mg of calcium carbonate. They are formulated to tackle both acid-related discomfort and reflux at the same time. This is achieved through two complementary actions:



Neutralize Stomach Acid

The antacid components of calcium carbonate and sodium bicarbonate effectively neutralize excess stomach acid and help to quickly relieve burning pain and



Prevent Acid Reflux

The sodium alginate forms a protective barrier over the stomach contents to prevent acid reflux and help soothe the burning sensation in your chest or

Safe For Use In Pregnancy



Heartburn and acid reflux are common during pregnancy. That's because as the baby grows, they take up more space and press against the stomach. This can slow things down and lead to uncomfortable symptoms like bloating, indigestion, and a burning feeling in your chest. Sodium alginate, calcium carbonate and sodium bicarbonate are safe to be used during pregnancy and breastfeeding to provide double action relief.

Reference 1: K G Mandel 1, B P Dagg, D A Brodie, H I Jacoby:L. Review article: alginate-raft formulations in the treatment of heartburn and acid reflux, 2000 Jun;14(6):669-90.

Reference 2: Pontip Meterattanapit, Vorapong Phupong: Efficacy of alginate-based reflux suppressant and magnesium-aluminium antacid gel for treatment of heartburn in pregnancy: a randomized double-blind controlled trial 2017 Mar 20;7:44830

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Website : winwamedical.com | Tel : 604-5079784 | Fax : 604-5079652 | E-mail : info@winwamedical.com

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HEARTBURN & **INDIGESTION**



*Only For Double Action Liquid (Bottle & Sachet)



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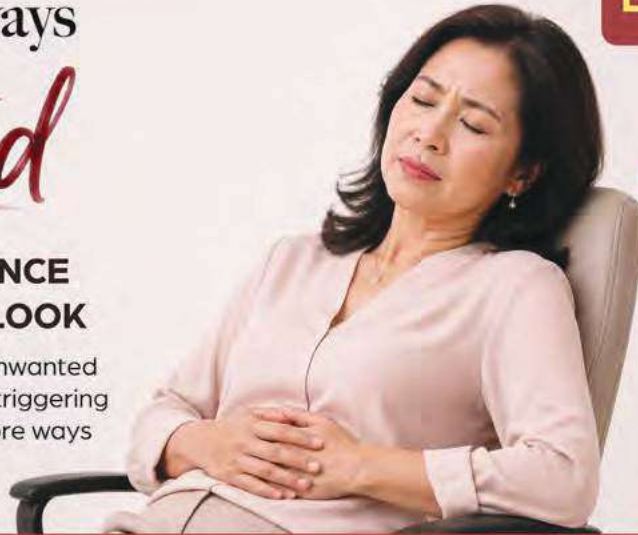
*The symptoms may vary between individuals. If symptoms persist, please consult your healthcare professional.

This is a promotional advertisement. MAL/REVIEW/11/12/2025

Why Am I Always Bloated

THE HIDDEN IMBALANCE MANY PEOPLE OVERLOOK

When your gut barrier weakens, unwanted particles can leak into your body—triggering inflammation that shows up in more ways than you think.

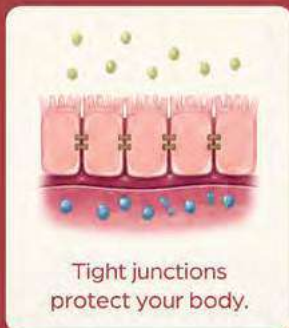


“ You have been taking probiotics... so why are you still bloated all the time? ”

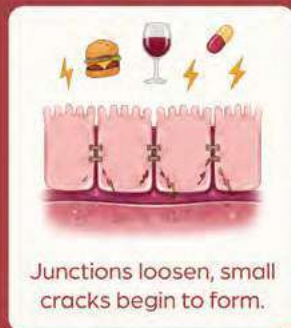
WHAT HAPPENS WHEN YOUR GUT BARRIER WEAKENS?



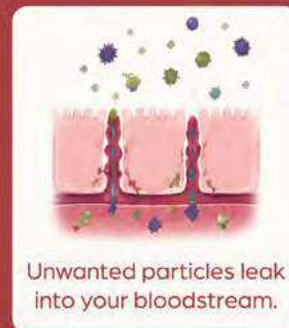
Strong gut barrier lets nutrients in and keeps harmful substances out.



Stress, poor diet, medications, toxins & lack of sleep can weaken the gut lining.



Gaps in the lining allow toxins, bacteria and undigested food to pass through.



Your immune system triggers inflammation, affecting many areas of your health.

- Skin breakouts, dullness
- Weaker immunity
- Mood changes, brain fog
- Low energy



Support The Root Strengthen Your Gut

Gattokoso focuses on where gut imbalance begins, helping you build a stronger foundation from within.



Supports Digestion



Gut Bacteria Balance



Strengthens Gut Barrier

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SCAN & BUY



Polycystic Ovary Syndrome (PCOS)

Evidence-based management

PCOS is driven by insulin resistance

hormonal imbalance

inflammation

irregular ovulation

Do's for PCOS



Blood Sugar Control

- Follow Healthy Plate (¼ protein, ¼ carbs, ½ veggies)
- Choose low GI carbs (brown rice, oats, quinoa)



Hormone Balance

- Maintain consistent eating schedule
- Include anti-androgen foods (spearmint tea, flaxseed)



Inflammation Control

- Eat antioxidant-rich foods (berries, pomegranate)
- Ensure enough healthy fats (omega-3)



Stress & Cortisol Management

- Keep moderate exercise (even 10 minutes count)
- Get quality sleep (7-8 hours)

Don't's for PCOS



High sugar & refined carbs (bubble tea, desserts)

Tips: Continuous Glucose Monitoring (CGM) can help you see real-time sugar spikes and personalise your diet.



Over-restrict calories & skip meals



Processed food & fried food



High caffeine dependency



Did you know?

Myo-inositol is highly effective for PCOS weight loss by improving insulin sensitivity, reducing cravings, and regulating hormones.

Supporting your daily balance

A functional and refreshing pomegranate-flavoured beverage, specially formulated for women.

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- Pomegranate Extract (280mg)
- Wheat Dextrin

Speak to Alpro pharmacist to learn more.



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Why do I keep falling sick... and feeling low?

The “*silent*” Vitamin D deficiency many working women overlook.

“I thought I was just stressed.”

Many working women today are constantly pushing through life.

- *Wake up early.*
- *Rush to work.*
- *Eat irregularly.*
- *Sleep late.*
- *Reply messages at night.*
- *Wake up tired again tomorrow.*

So when symptoms start appearing, most women relate them to stress, workload, aging, or burnout.

But what if the body is actually missing something important? For many women, the issue may be low Vitamin D, and because the symptoms are subtle, it is often overlooked for years.

More than

60%






of Malaysian adults have low Vitamin D levels.

That's nearly **3 out of 5 women.**

Source: NHMS 2019

Vitamin D Is Not Only For Bones.

Many people still think Vitamin D is only important for bones. Actually, Vitamin D works more like a hormone regulator inside the body. It supports:

					
Immune system function	Muscle strength	Emotional well-being	Mood regulation	Mental clarity	Overall body recovery

This is why low Vitamin D may affect women in ways that don't immediately look like a “*vitamin problem.*”

Low Vitamin D May Feel Like:

			
			
Falling sick more often Repeated flu, cough, sore throat, or slower recovery.	Feeling emotionally “heavy” Low mood, emotional swings, feeling mentally drained.	Constant tiredness Even after a full night's sleep	Body weakness Low stamina and slower recovery

Why Vitamin D Matters More Than You Think

- **Immune System Support**
Vitamin D helps support immune regulation. Low levels may affect how the body responds and recovers.
- **Mood & Emotional Well-being**
Some women with low Vitamin D describe:
 - lower mood
 - emotional fatigue
 - lower motivation
 - reduced mental clarity
- **Muscle Strength & Recovery**
Vitamin D supports muscle and physical performance. Low levels may contribute to body weakness or slower recovery.

Why Working Women Are At Higher Risk



Indoor lifestyle

Many women spend most of the day indoors — office, meetings, laptop, traffic, shopping mall, home. Sunlight exposure becomes extremely limited.



Sunscreen & cosmetics

Daily sunscreen is important for skin protection. However, it may also reduce Vitamin D production on the skin. Even makeup products often contain SPF.



Stress & poor recovery

Long-term stress, irregular sleep, and mental exhaustion may affect how the body functions and recovers.



Less outdoor activity

Modern lifestyle means:

- more screens
- less walking outdoors
- less morning sunlight



Darker skin tone or covered clothes

Women with darker skin or with covered clothes naturally require more sunlight exposure to produce adequate Vitamin D.



“I Thought I Was Just Introvert”

One of the most overlooked parts of Vitamin D deficiency is mood. Some women describe:

- *Feeling emotionally flat*
- *Losing motivation*
- *Feeling “off” for months*
- *Becoming more irritable*
- *Feeling overwhelmed more easily*

This does NOT mean Vitamin D is the only cause of depression or mood disorders. But Vitamin D does play a role in brain and mood regulation.

Sometimes, low Vitamin D quietly adds to the emotional burden women are already carrying.

PHARMACIST TIP:

Don't Guess. Get Checked.

Vitamin D deficiency is called a “silent deficiency” because symptoms are often mistaken as stress, burnout, or emotional exhaustion.

Many women assume:
 “I’m probably okay.”
 “I do get some sunlight.”
 “I’m just stressed from work.”

But blood tests often show otherwise.

What Is A Healthy Vitamin D Level?

Vitamin D is commonly measured using blood level of 25(OH)D. General reference:



A blood test helps you understand your current level more clearly. Because symptoms alone may not tell the full story.

Real Stories From Women

“I kept getting flu almost every month. I tried all supplements and exercise but remain the same.”
 She thought it was office stress and lack of sleep. After screening, she discovered her Vitamin D level was <10 nmol/L.
 -Hana, Female executive, 31

“I thought I was being sensitive and easily triggered. It affects my sleep until I got my Vitamin D tested.”
 She described low mood, irritability, and feeling mentally drained daily. Her screening later showed insufficient Vitamin D levels.
 -Saras, Working mother, 45

“I have hyperthyroidism and didn’t realise Vitamin D was low too.”
 She thought her tiredness and body weakness were entirely due to thyroid issues. Later, she discovered her Vitamin D level was also low.
 -Fadhina, Fresh Graduate, 23

“I am breastfeeding, my baby’s source of Vitamin D is from me, but I did not know my Vitamin D is so low.”
 During breastfeeding, she was educated that Vitamin D is important for brain development and immunity for babies. What she did not realise is that her Vitamin D level was only 22 ng/mL.
 -S. Wen, Teacher, 29

One Size Doesn’t Fit All

Not every woman needs the same supplement approach. Your needs may differ based on:

- *Indoor working hours*
- *Stress levels*
- *Skin tone*
- *Lifestyle*
- *Sleep quality*
- *Existing medical conditions*

A healthcare professional may help you:

- *Understand your vitamin d status*
- *Assess your risk factors*
- *Recommend suitable next steps*

“Sometimes, the body isn’t simply “tired.” Sometimes, it keeps falling sick, feeling emotionally drained, and struggling to recover... because it is quietly lacking something important underneath.”



Ask yourself one simple question: “When was the last time I checked my Vitamin D level?”, visit your nearest outlet and speak to our **PHARMACIST** for personalised advice.

Scan here for more details





Always tired? Not lazy —
JUST LOW IN D.

Over 60% of Malaysians are
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Vitamin D helps you feel **awake & focused.**

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Ph. Lee Hua Loon
Community Pharmacist &
Project Coordinator,
pro.Genome

It's not just about how she looks. It's about how different she *feels inside.*



Why don't I feel like *myself* anymore?

You may still have regular cycles. Everything may look "fine" on the surface. But internally, something feels different. Your energy is not the same. Your mood feels harder to stabilise. Sleep becomes lighter, less restorative. And the most frustrating part? You can't clearly explain why.

IS IT STRESS... OR SOMETHING MORE?

- You feel more tired than before.
- Mood becomes harder to stabilise.
- Sleep is no longer deep or consistent.

These are often dismissed as stress or lifestyle.

But in many cases, your body is already processing support differently than before.

WHAT'S ACTUALLY CHANGING?

As your body transitions, it may:

- Use Vitamin D less efficiently → affects moods & resilience.
- Respond differently to stress signals → impacts energy & sleep.
- Process nutrients like Magnesium & Omega-3 differently.

This is why:

- What used to work... no longer feels effective
- General advice feels inconsistent

HOW PRO.GENOME HELPS

- Respond to nutrients
- Process hormones & stress
- Support mood, sleep & energy

Then translates it into:

- Personalised nutrients insights
- Clear explanation of your symptoms
- Targeted supplement & lifestyle guidance
- Targeted supplement & lifestyle guidance

“ For many women, the hardest part is not the symptoms — it is the uncertainty. ”



What you can do:

- 1** **RECOGNISE THE CHANGE**
Your body may already be responding differently.
- 2** **UNDERSTAND YOUR PATTERN**
Not all women experience this the same way.
- 3** **ACT WITH CLARITY**
Targeted support works better than trial-and-error.

70 Trillion Genomics by AGTC

pro.Genome

Understand your body – before the confusion grows. Advanced nutrigenomic testing that helps you make personalised, informed decisions for your health.



Stop guessing. Start understanding your body now.



Vist Alpro Pharmacy or Alpro Clinic for guide consultation



Scan to explore your personalised profile

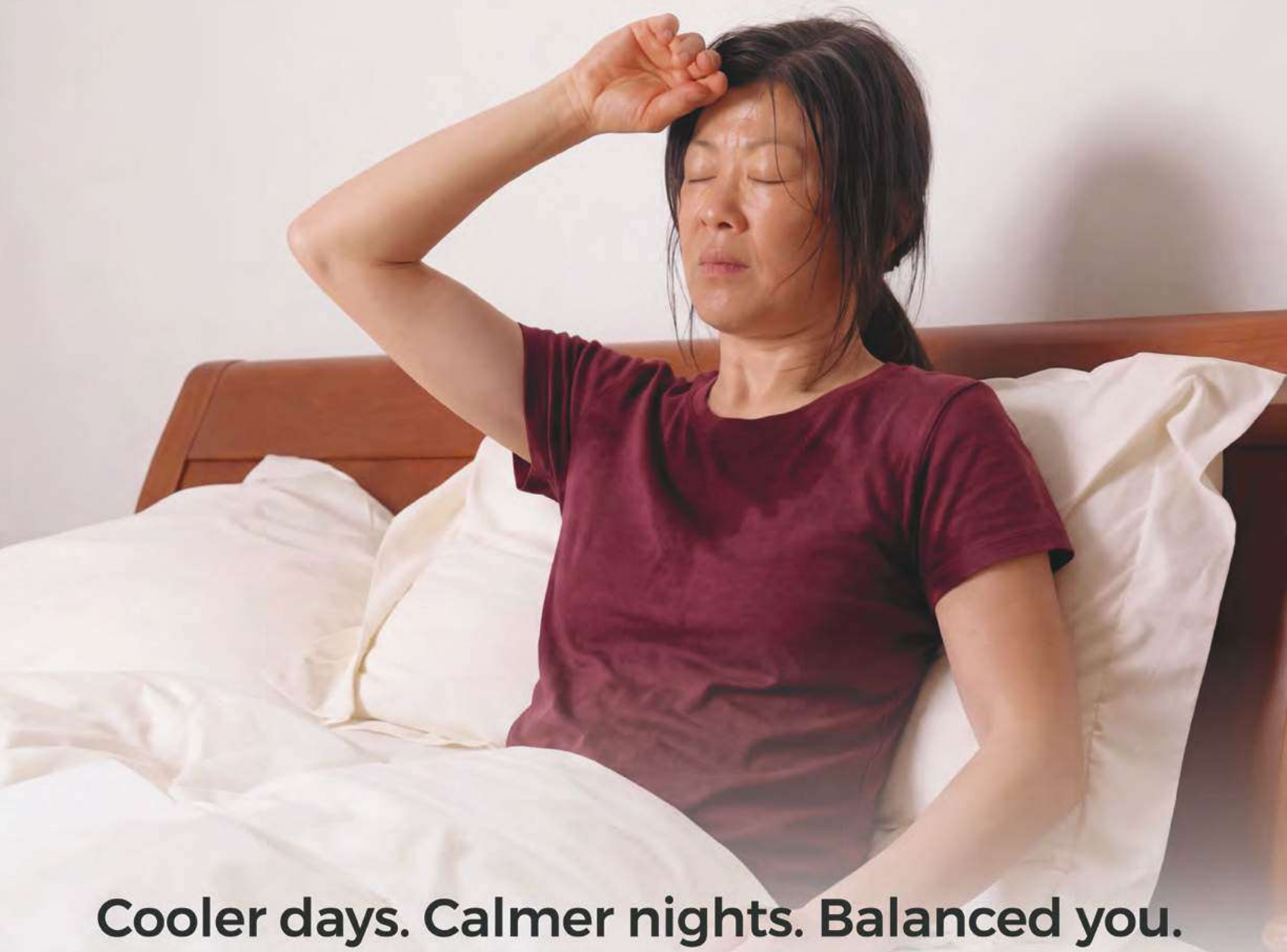


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I thought everything was fine.



My dog was still eating, still wagging his tail, so I told myself there was nothing to worry about.



One day, he suddenly lost balance and fell into a pond. After a vet check-up, I realised he had actually been unwell for a long time. Looking back, the signs were already there: lower energy, panting easily after walks, and tiredness I had quietly overlooked.



That moment stayed with me. As a pharmacist, I kept asking myself, "What could I have done earlier? And how can I help other pet parents notice sooner?" That question became the heart of KOKORO Pet, a gentle daily wellness support created to help our fur kids receive care before illness appears.

Dione
Founder of KokoroPet.

The Small Signs We Often Overlook

1 in 3 pet owners may miss important conversations about preventive care and early health screening for their pets.

pet owners may miss important conversations about preventive care and early health screening for their pets.

Source: The Vetiverse / Zoetis preventive care insights report (2023).

Small Daily Changes That May Matter



Lower energy or less playful than before



Panting more easily during walks



Dull coat or increased shedding



Changes in litter box habits



Bad breath or unhealthy gums

When noticed early, small signs can lead to better care and healthier tomorrows.

Daily Preventive Care, Inspired by Love

KokoroPet supplements are thoughtfully developed with gentle, science-informed preventive nutrition to support the long-term health and wellbeing of cats and dogs.

Our approach to daily pet care



JAPAN FORMULATED

Inspired by gentle Japanese wellness philosophy and daily preventive care



GENTLE FOR DAILY USE

Carefully selected ingredients suitable for long-term daily support



TRANSPARENT INGREDIENTS

Clearly stated active ingredients with purposeful formulation



EASY TO GIVE

Made to fit naturally into your fur kid's daily routine.

Targeted support from whitin



ORAL CARE
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GUT HEALTH
Daily digestive balance



SKIN & FUR
Shiny coat & skin nourishment



URINARY HEALTH
Bladder & urinary wellness

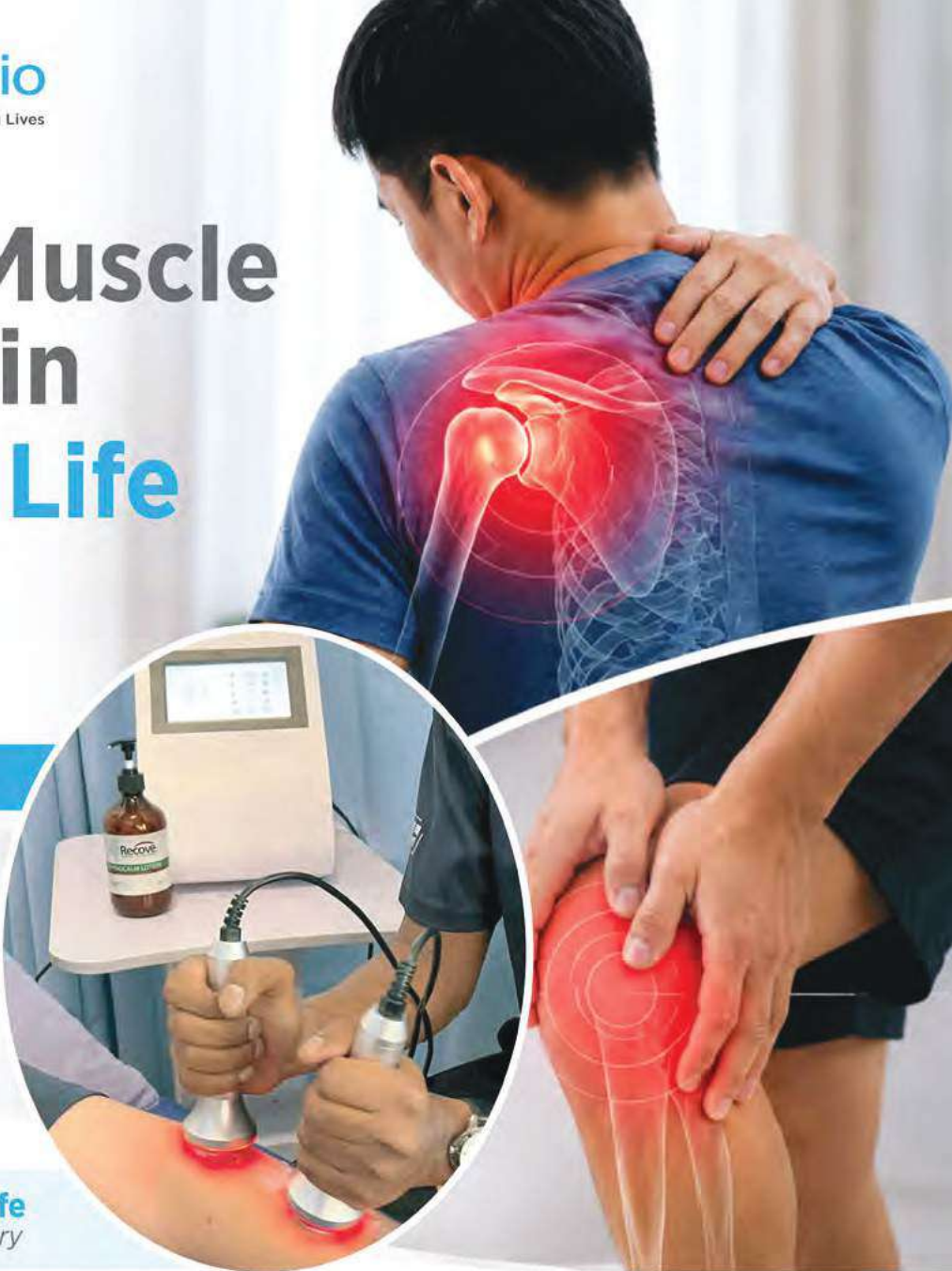


Because prevention is one of the greatest forms of love... Start your fur kid's wellness journey with KOKORO today!

Scan for more details

Don't Let Muscle & Joint Pain Limit Your Life

Pain can slow you down. Understanding your body is the first step to moving better.



DISCOVER EMA



What is EMA?

Electro Magnaric Accupressure.

EMA is a gentle, non-invasive therapy that uses low-frequency electro-magnetic pulses and accupressure stimulation to help support muscle activity, circulation and your body's natural recovery process.



Non-invasive | Gentle | Safe
Designed to support your recovery

How EMA Can Support You



Relieve Discomfort

Helps reduce muscle stiffness and tension.



Activate Muscles

Supports weak muscles and improves function.



Improve Circulation

Enhances blood flow and aids recovery.



Gentle & Comfortable

Suitable for most people with a non-invasive approach.

Real People, Real Experiences



I had severe knee pain for months, even walking was painful. After 2 EMA sessions, the pain reduced significantly and I can move comfortably again. Highly recommended!

★★★★★

-Shawn



I was skeptical at first, but EMA really works. My shoulder pain improved after the first session, and within 3 visits, I regained full movement without discomfort.

★★★★★

-Melissa

Ask our physiotherapist if EMA is suitable for you!

“Treat it today—don't let it become chronic.”

Start your recovery with a Physiotherapist for better results.

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STOP LETTING LEG PAIN CONTROL YOUR DAY

Upgrade your comfort. Upgrade your life.



BEFORE

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- Low energy & focus



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Words from our warriors

“OncoHelp gave me strength when I needed it most. Now I can enjoy every little moment with my family again.”
~ *Saraswathy, 52*

“I thought cancer would stop my life completely. With OncoHelp, I found hope, support, and courage to move forward.”
~ *Daniel, 39*

“Every check-up used to fill me with fear. Today, I face tomorrow with confidence and peace of mind.”
~ *Nurul Huda, 61*

To every cancer warrior: You are not alone.
Your fight is our fight.


致每一位癌症勇士：你并不孤单。
你的战斗，也是我们的战斗。

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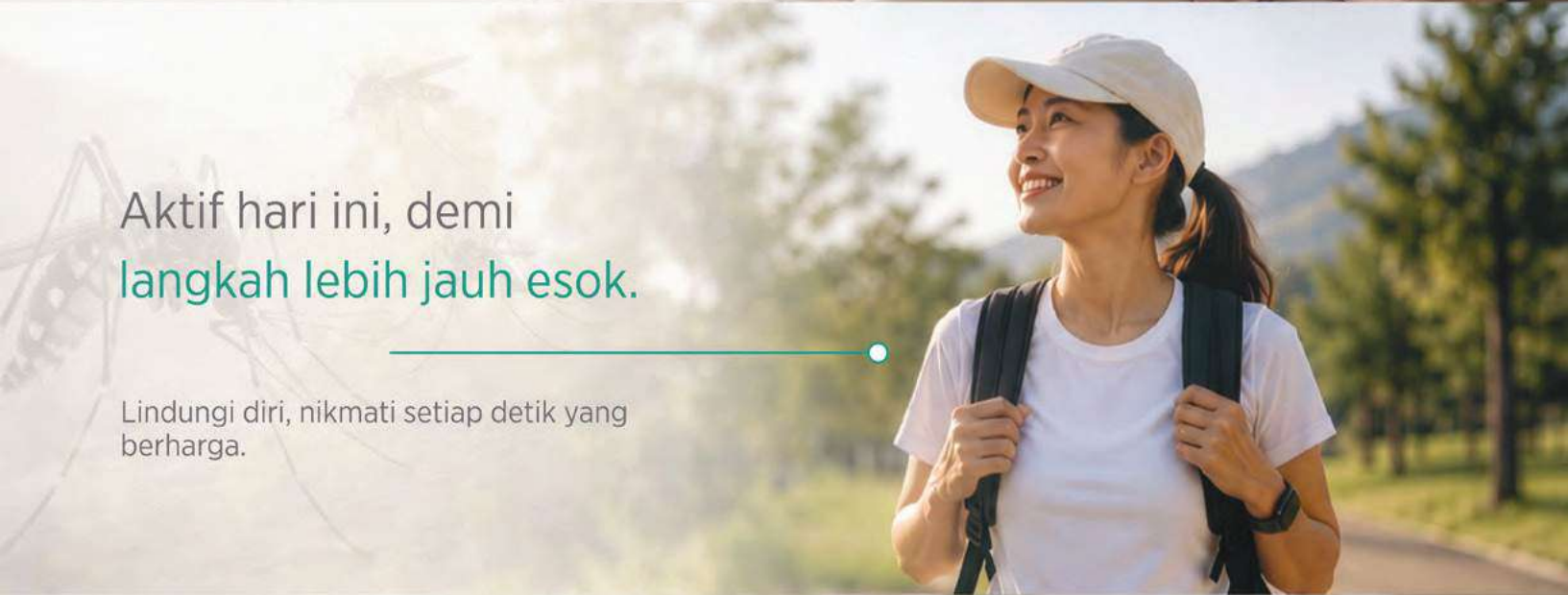


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Lindungi **dua nyawa**,
cinta yang tak ternilai.

Jaga diri, jaga si kecil. Kerana setiap
pelukan bermula dengan perlindungan.



Aktif hari ini, demi
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Lindungi diri, nikmati setiap detik yang
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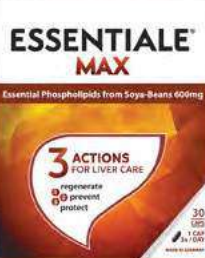
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TRIPLE CARE ACTION



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Insights

from a Audiologist



Aud. Nur Elya Shafira
Community Audiologist
Alpro Audiologi

She hears everyone...

But who Hears her?

The hidden health risk many women overlook and why it matters more than you think.

Women are often the emotional anchors of the family, always listening, supporting, and staying present for others. But hearing plays a bigger role than many realise.

Hearing loss is not just an ear issue – it affects brain function, emotional health, and daily connection.

When hearing fades, connection slowly follows.

DID YOU KNOW?

Women are more likely to delay hearing care, which can increase long-term cognitive and emotional risks.

Key Facts You Shouldn't Ignore



Modifiable Risk Factor for Dementia. Hearing loss contributes to ~8% of global dementia cases. *(The Lancet Commission)*

Adults over 60 years old experience hearing loss *(National Institute on Deafness and Other Communication Disorders - NIDCD)*



2x Higher Risk of Depression 11.4% vs 5.9% in individuals with hearing loss *(NIDCD)*

430 Million People Worldwide, currently living with hearing loss, and rising *(World Health Organization)*



Increased Brain Fatigue & Memory Strain. The brain works harder to process unclear sound *(American Speech - Language - Hearing Association - ASHA)*



Protect Your Hearing, Protect Your Life



Go for regular hearing checks

Especially after age 40 or when you notice early signs



Manage earwax safely

Use ear drops or seek professional care, avoid cotton buds



Protect your ears from loud noise

Reduce exposure or use proper ear protection



Address symptoms early

Tinnitus, ear blockage, or difficulty hearing should not be ignored

Because your family doesn't just need you to listen...
They need you to stay present, engaged, and truly connected.



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Dr. Ng Ming Lee
Family Doctor cum
Medical Director of Alpro Clinic

45-60 is not the end of vitality it's a new chapter.

Menopause brings hormonal changes that may affect your sleep, mood, energy, and overall health. With the right knowledge and support, women can continue to live confidently and vibrantly.

What Is Menopause?

Menopause happens when the ovaries gradually produce less estrogen and progesterone.

Menopause usually occurs between: **45-60 Years Old**

Before Menopause Begins...

Many women first experience **perimenopause**, a transition phase where hormone levels start fluctuating. This stage may begin as early as the late 30s or early 40s.

“
Why do I suddenly feel so different?
”

Menopause Affects More Than Just Periods

Many people think menopause only affects menstruation. Actually, estrogen influences multiple systems in the body.



This is why menopause may affect both physical and emotional well-being.

As estrogen levels decline, the body gradually changes too. Some women notice:



Body aches



Lower stamina



Weaker recovery



Poorer concentration



Reduced confidence in their own body

Every woman experiences menopause differently. Some notice mild symptoms. Others experience major lifestyle disruption.

Healthy aging begins with understanding your body better, not ignoring the changes.

Top 3 Issues Women Often Experience

01 Poor Sleep & Night Sweats



Many women wake up multiple times due to:

- Hot flashes
- Sweating
- Lighter sleep quality

Poor sleep then affects:



Energy



Focus



Mood



Daily productivity

02 Mood Changes & Emotional Exhaustion



Some women describe:

- Irritability
- Emotional swings
- Anxiety
- Feeling mentally overwhelmed

Hormonal fluctuations, stress, and poor sleep may all contribute.

03 Weight Gain & Body Changes



Many women notice:

- Slower metabolism
- Increased abdominal fat
- Lower muscle tone

Even when eating habits remain similar. Hormones influence more than people realise.



When Should You See A Doctor?

- Heavy bleeding after menopause
- Bleeding between periods
- Severe hot flashes affecting daily life
- Persistent low mood or emotional distress
- Pain during intercourse
- Unusual discharge or pelvic pain
- Sudden major body changes causing concern

Important Health Checks After 40

Menopause is also a reminder to prioritise preventive health. Some health risks increase quietly after menopause — often before symptoms appear.



Pap Smear (To check cervical health)

Pap Smear helps screen for abnormal cervical cell changes before they become serious.

Many women delay screening because they are afraid of pain or embarrassed or too busy.

At Alpro Clinic: Women may seek female-friendly consultation and Pap Smear screening support.



Vitamin D Test (To support bones, muscles, mood, and immunity.)

After menopause, lower estrogen increases bone loss risk.

Vitamin D helps support:

- calcium absorption
- muscle strength
- bone health
- immunity

Low Vitamin D may relate to:

- body aches
- low mood
- muscle weakness
- poorer recovery

At Alpro Pharmacy & Alpro Clinic:

Women may receive Vitamin D screening and guidance on suitable nutritional support.



Bone Health Screening (To detect osteoporosis risk early)

Osteoporosis is often called a "silent disease."

Many women only discover it after:

- fractures
- posture changes
- chronic pain
- reduced mobility

Why it matters: Strong bones protect independence and quality of life during aging.

At Alpro Physio:

Women may receive:

- posture assessment
- strengthening support
- mobility guidance
- fall-risk support



Full Blood Test (To support heart and metabolic health To detect osteoporosis risk early)

After menopause, metabolism may slow down, estrogen impacts multiple hormone in the body that affects metabolism.

Risk of:

- diabetes
- high cholesterol
- high blood pressure

may gradually increase.

Why it matters:

Heart disease risk increases after menopause, even in previously healthy women.

WHAT WOMEN CAN DO NOW



Prioritise Movement

Muscle strength becomes increasingly important after menopause.



Prioritise Sleep

Better sleep supports hormones, mood, and recovery.



Eat For Healthy Aging

Focus on:

- Calcium
- Vitamin D
- Protein
- Fibre
- Healthy fats



Seek Support Early

You do not need to "just tolerate" symptoms silently.

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Speak to **YOUR TRUSTED FAMILY CLINIC DOCTORS** for guidance and support.

Scan here for more details →



When you no longer feel Young

Aging should not scares you. As women move through midlife, many begin to notice small changes. They may feel less energetic, wake up tired, become fatigued more easily, or notice more visible signs of aging on the skin.

Aging happens from within

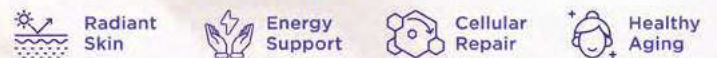


What Your Body Needs Now

Healthy aging does not mean giving up on feeling your best. It means supporting your body from within, so you can stay active, feel well, and look vibrant at every stage of life.

That is why, from the mid-30s onward, NMN becomes more relevant. It acts as a building block for NAD+, helping the body restore what naturally declines with age and supporting healthy aging from within.

Support More Than Skin



With NMN, you support more than healthy skin; from cellular repair to healthy aging, so you can feel great again, just like the good old days.

Support Healthy Aging from within

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- Nourishes your body for energy and glow
- Promotes cellular repair and daily vitality



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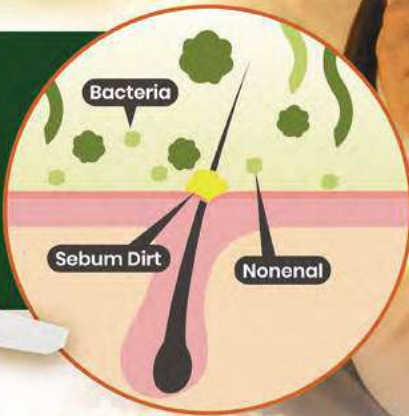
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Insights

from a Family Doctor



Dr. Chong Kar Wen
Family Doctor
Alpro Clinic Bandar Prima Senawang

40岁： 身体的小信号， 你注意到了吗？



围绝经期，其实是女性重新认识自己的开始

围绝经期 (Perimenopause) 是女性从生育阶段逐渐迈向绝经前的自然过渡期，通常开始于40岁前后，但有些女性在30多岁后期也可能悄悄出现早期变化。这个阶段并不是疾病，而是随着卵巢功能逐渐改变，体内雌激素与荷尔蒙开始波动，身体因此慢慢出现各种生理与情绪上的变化。围绝经期可能持续数年，直到正式绝经（连续12个月没有月经）。重要的是，这并不代表衰老或失去什么，而是女性身体进入人生另一阶段、重新认识并更懂得照顾自己的开始。

20多岁时，我们总觉得自己还年轻。到了30到40岁，生活越来越忙，也常常忘了关心自己。其实，在这段过程中，身体与荷尔蒙也正悄悄变化。这些改变不是提醒你失去什么，而是时候更温柔地照顾自己。

从30到40岁，女性身体的7个“小信号”



容易累了

有些人会发现，以前能忙一整天？现在可能一下午就想休息。即使睡眠时间差不多，但精神好像没以前那么充足。



月经不规律

有的人周期变长，有的人变短，经量有时多、有时少。这些都可能是身体慢慢进入围绝经期的早期信号。



情绪小波动

有时候容易烦躁，或者情绪起伏比较明显。很多女性会以为只是压力大，其实荷尔蒙变化也可能是原因之一。



体重容易增加

很多女性在接近40岁时会发现，体重开始比较容易上升，尤其是腹部脂肪，比以前更难控制了。这和年龄、代谢速度以及荷尔蒙变化都有关系。



睡眠质量下降

有些人会比较难入睡，或者半夜容易醒来，睡眠不像以前那么深。



皮肤状态变化

干燥、弹性下降，小细纹悄悄出现。



头发变薄或掉发

洗头时掉发比以前多，发质可能变细。

其实，这些变化并不代表身体出现问题，而是女性人生阶段自然的一部分。

在忙着照顾家人和工作的同时，也别忘了多关心自己。
40岁，不只是年龄的数字，也是学会更了解自己身体的一个阶段。

小贴士：

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规律运动

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留意身体信号

定期健康检查，关注月经、睡眠、情绪、皮肤变化，及时调整生活方式或咨询医生。



30岁以后，也别忘了和家庭医生一起照顾自己：

- **血压检查**
关注心脏与血管健康。
- **血糖与胆固醇检查**
了解代谢变化。
- **子宫颈抹片 (Pap Smear)**
定期守护子宫颈健康。
- **HPV预防**
和家庭医生讨论适合自己的保护方式。
- **乳房健康**
平时留意变化，必要时及时检查。
- **月经、睡眠与情绪变化**
别忽略身体发出的信号。
- **骨骼与维生素D**
为未来健康提前准备。
- **铁蛋白 (Ferritin) 检查**
关注铁质储备，了解疲倦或贫血风险。
- **体重、睡眠与情绪管理**
健康不只看数字，也包括你每天的状态。

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References: 1. Smartson online survey, Sweden 2017, 352 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 tests strips. Survey funded by Ascensia Diabetes Care. 2. Klaff L et al. Accuracy and User Performance of a New Blood Glucose Monitoring System [published online ahead of print, 2020 Nov 26]. J Diabetes Sci Technol. 2020; https://doi.org/10.1177/1932296820974348. 3. Richardson JM et al. Clinical Relevance of Reapplication of Blood Samples During Blood Glucose Testing. Poster presented at the 20th Annual Diabetes Technology Meeting (DTM); November 12-14, 2020. 4. Stumr A and Pardo S. Impact of Real-World Use of the CONTOUR® DIABETES App on Glycemic Control and Testing Frequency. Poster presented at the Diabetes Technology Meeting (DTM), November 8-10, 2018, North Bethesda, Maryland, USA. 5. Pardo S et al. Changes in Blood Glucose Excursions After at Least 180 Days Real-world Use of a New Smartphone Application for Blood Glucose Monitoring. Poster presented at the 12th International Conference on Advanced Technologies & Treatments For Diabetes (ATTD); February 20- 23, 2019; Berlin, Germany.

*This analysis was conducted with the CONTOUR®NEXT ONE system. Results may vary with other Blood Glucose Monitoring Systems.

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MDA advertisement approval number: MDAMD 0180/2023



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chengeunice7248 just tried this and i was skeptical at the beginning, but it works. this will help parents not to worry about their kid's gut health while trying every possible way to let them eat vegetable. kudos to inveigible.

myinitialEC Bought it frm healthlane pharmacy nearby my residence last month.. Both of my kids dont mind drinking it everyday. Thanks to this product as it makes daily consumption of vegetable for my kids go easy :) been looking for this kinda product., worry no more! #roadtobuysecondbox #happymom

SCC5c8247 妈妈的教星喝下去完全没有味道很适合挑食的孩子我的孩子每天都在喝解决了妈妈的烦恼

mrpandaenfuego Wow! It's just easy to eat veggies

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References:

- i. Odutayo A et al. (2016), "Atrial fibrillation and risks of cardiovascular and renal disease," BMJ 354
 - ii. Camm AJ et al. (2012), "ESC Guidelines for managing atrial fibrillation," Europace 14:1385-1413
 - iii. Hart RG et al. (1999), "Antithrombotic therapy to prevent stroke in AF," Ann Intern Med 131:492-501
- *Based on an independent survey by MIMS in May 2025 on 465 doctors in India, Indonesia, Philippines

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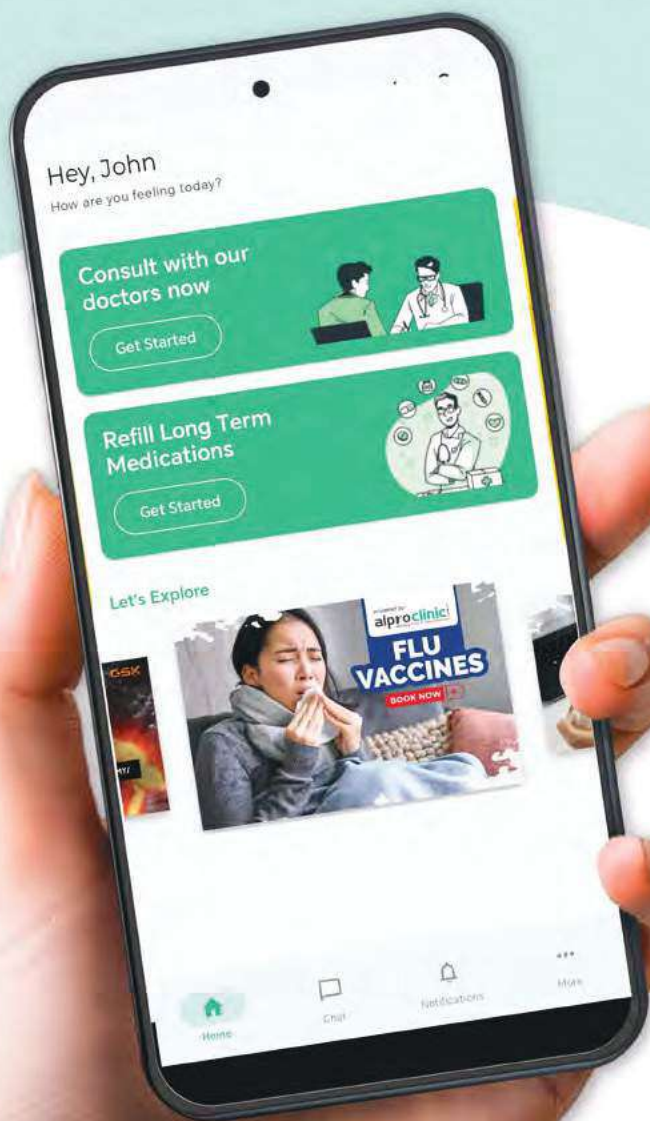


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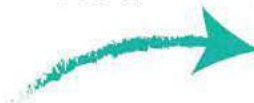


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THE WONDERWALL TIMES

alpro foundation
Bringing hope, Changing lives.

Report • 2025 in Review

SMALL ACTIONS. LASTING IMPACT.

Transforming Lives Through Care, Education and Community

At Alpro Foundation, we believe that healthcare goes beyond treatment, it is about care, compassion, and community. Every initiative we undertake is driven by a simple purpose: **to make essential support more accessible to those who need it most.**

In 2025, our efforts continued to grow in scale and impact, reaching individuals across Malaysia through education support, environmental responsibility, and patient care programs.



METABOLIC BASIC SPONSORSHIP PROGRAM

Restoring Strength, Supporting Recovery

For many patients, especially those requiring tube feeding or specialized nutritional support, access to proper nutrition can be a daily challenge, particularly for families facing financial constraints.

The **Metabolic Basic Sponsorship Program** was established to bridge this gap by **providing essential oral nutrition support to patients in need.**

Since its inception in 2019, the program has:

- Supported more than 400 patients
- Distributed over 22,000 packets of Metabolic Basic nutritional products

Each packet represents more than nutrition, it represents strength, recovery, and dignity for patients and their families.

If you know someone from a low-income family who requires nutritional support, we encourage you to visit any Alpro Pharmacy to learn more and apply. Our team will be ready to assist.

SAFE MEDICATION DISPOSAL AWARDS 2025

Protecting Our Future, Responsibly

Safe medication disposal is a critical yet often overlooked aspect of public health. Improper disposal of unused or expired medicines can lead to environmental contamination, accidental ingestion, and misuse.



Through our **Safe Medication Disposal (SMD)** initiative, Alpro Foundation has been advocating for safer practices while providing accessible collection points for the community.



In 2025, we proudly hosted the **Safe Medication Disposal Awards**, recognising partners and organisations who have shown outstanding commitment to environmental stewardship and public safety.

The event brought together healthcare partners, industry leaders, and community stakeholders in a shared mission **to build a safer and more sustainable future.** A particularly meaningful highlight was the involvement of young children in presenting awards, symbolising our responsibility to protect the next generation.

The SMD Awards serve not only as recognition, but also as a call to action for continued collaboration in safeguarding our environment.

On top of that, we collaborated with **Metal Brain Studio** and produced a **6 episode Oko Lele series on Safe Medication Disposal** to share awareness to the young ones on the importance and how disposing unwanted medications the right way can protect our environment.



2025 IN REVIEW: A YEAR OF MEANINGFUL PROGRESS

The year 2025 marked a significant step forward for the Alpro Foundation. Across our initiatives, we have:

- Expanded educational support through the Growing Stars Project
- Strengthened environmental advocacy via Safe Medication Disposal efforts
- Improved patient care accessibility through nutritional sponsorship programs
- Worked with Metal Brain Studio's Oko Lele animation series on Safe Medication Disposal.

Behind every number is a story—a child staying in school, a safer community environment, a patient regaining strength.

None of this would have been possible without the unwavering support of our partners, donors, and the wider community. Your trust and contribution continue to fuel our mission.

304 Students Supported Across Malaysia (2025)

51 Students Progressed from Primary to Secondary Education

500 Students Targeted in 2026 — Expanding Our Impact

NURTURING DREAMS, ONE CHILD AT A TIME

The Growing Stars Project is Alpro Foundation's flagship education initiative, created to support children from underprivileged backgrounds with the resources they need to stay in school and pursue their dreams. In 2025, we provided continuous support to students across Malaysia, offering monthly assistance to ease schooling expenses. Beyond financial aid, the project represents hope ensuring that no child is left behind due to circumstances beyond their control. We are especially encouraged to see many students successfully transition into the next stage of their education. This milestone is more than a progression, it is a testament to resilience, consistency, and the collective support of our community. As we move forward, more students are stepping forward to seek support. Our commitment continues to grow as we expand our reach and strengthen long-term educational impact.

REAL DREAMS. REAL FUTURES.

MY BEGINNING
Airman, 14 years, from broken family.

MY PASSION
Storytelling + Animation.

MY SAFE PLACE
Writing.

MY DREAM
Book publishing.

MY PURPOSE
From curious hands to life-changing innovations.

MY BEGINNING
Arif, 11 years old, comes from a single-parent family
Older sibling with responsibility

MY PASSION
Curious hands + problem-solving mindset
Enjoys understanding how things work

MY SAFE PLACE
Finds joy in fixing things
Loves solving puzzles

MY DREAM
Dreams to become an engineer

STILL SEARCHING, NEVER STOPPING

MY BEGINNING
Caven, 16 years old
Science stream student
Still figuring out his life path

MY PASSION
Determined mindset
Strong interest in science & helping people

MY SAFE PLACE
Focused on studies
Exploring direction through learning

MY DREAM
To become a doctor
Pursue Form 6 (STPM)

FROM VOICE TO PURPOSE
ONE HEART, ONE FUTURE.

MY BEGINNING
Dini, 12 years old
Youngest of four siblings

MY PASSION
Talkative, bright, full of energy
Loves guiding and connecting with others

MY SAFE PLACE
Finds comfort in learning & school
Slowly opens up through education

MY DREAM
A small voice today, a guiding light tomorrow.
To become an Ustadzah
Guide others with faith & kindness

QUIET NOW, BUT SHAPING VOICES OF TOMORROW.

MY BEGINNING
Nathia, 9 years old
Shy and quiet personality

MY PASSION
Loves English
Enjoys learning and understanding

MY SAFE PLACE
Finds comfort in learning & school
Slowly opens up through education

MY DREAM
To become a teacher
Guide others like her teachers guide her

CREATE TODAY, FREEDOM TOMORROW.

MY BEGINNING
QiQi, 10 years old
Lost her parents, faced life's hardships with strength

MY PASSION
Loves art and drawing
Expresses her feelings, turns imagination into hope

MY SAFE PLACE
Finds comfort in drawing and creating
Art helps her heal and stay strong

MY DREAM
A small dream today, a colorful future tomorrow.
To become an artist
To ride through life with freedom, joy and purpose



IF YOU KNOW A STUDENT WHO MAY BENEFIT FROM THIS PROGRAM, WE WARMLY INVITE YOU TO CONNECT WITH US.

HOW YOU CAN SUPPORT US

Buy our **RM2 for 2 Charity Water** at any Alpro Pharmacy outlet. Every bottle you purchase helps brighten a child's future.

Donate directly to Pemegang Amanah Alpro Foundation

CIMB 8009866609

YOUR SUPPORT = THEIR SUCCESS.

If you would like to be part of this journey, your contribution can make a meaningful difference. All donations to Alpro Foundation are income tax deductible.

WhatsApp your slip to **+6019 388 1923** for a tax exemption receipt

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