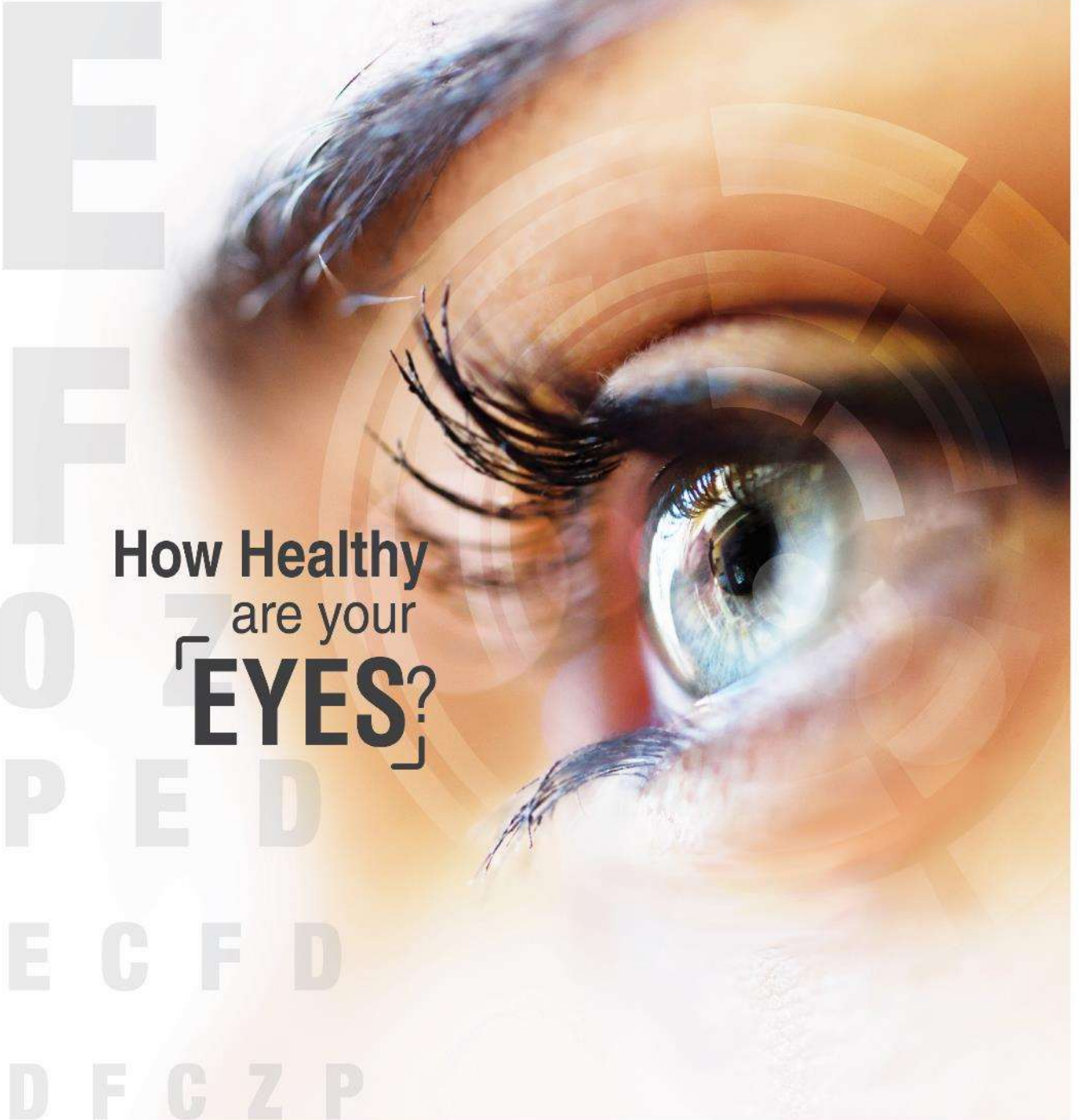


HEALTH MATTERS

VOL. 12



EXCLUSIVELY FOR VIP MEMBER
JUNE 2018



How Healthy
are your
EYES?

vitraplus CABLOC



Weight Markdown!

It's now possible with **Cabloc**, a natural health supplement that blocks carbohydrate absorption which causes weight gain.

The secret is **raspberry ketone**, the ingredient that prevents the breakdown of carbohydrates in the digestive system so that the excess glucose is not stored as fats in your body.



MS 2424:2012
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This is a traditional product advertisement. KKLIU 2035/2017.
This should be taken with a balanced diet and regular exercise.

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TESTIMONIAL

I have always loved eating all sorts of food in regardless of anything. I just can't stop eating and control my diet. My size gradually become bigger as I continue eating more and more, and it once gone up to 105kg.

This is not my first attempt in losing weight. I have actually failed in my previous several trials. Till I met my dietitian, Ms Kelly Gan (from Alpro Pharmacy), things seem to be different.

She gave helpful consultations on my diet, exercise and proper guidance on using the supplement such as Vitraplus Cabloc in facilitating the weight loss. Thank you CABLOC and my dietitian for helping me to reduce my weight, from 105kg to 95.9kg in only 60days. With my new slim figure, I can now wear L size clothes instead of XXL. Now, I feel so much more healthier and confident.

BEFORE
105KG

AFTER
95.9KG

**-9.1KG
IN 2 MONTHS**

Speak to our pharmacist, dietitian and nutritionist today for more information!

DO YOU HAVE DIGITAL EYE STRAIN? 您是否有数码视觉疲劳?

Do you spend hours in front of a computer screen daily? Do you experience eye fatigue or discomfort? Do you suffer from blurred vision or irritated eyes? Chances are you're suffering from dry eye symptoms caused by Digital Eye Strain.

您每天是否长时间盯着电脑屏幕? 是否感觉眼睛疲劳或不适? 感到视力模糊或眼睛刺痛? 很大可能您已遭受数码视觉疲劳症所引起的干眼问题。

TIPS TO PROTECT YOUR OCULAR HEALTH

If you can't avoid prolonged exposure to digital devices, take the necessary steps to take care of your eyes and protect your vision.

保护眼睛健康的小贴士

若您无法避免长时间对着各种数码器件, 您应采取适当的步骤以保护您的双眼与视力。

Give your eyes a break

Remember the 20-20-20 rule - look at something 20 feet away for 20 seconds, every 20 minutes.

让您的双眼休息一下

请记住此定律: 20-20-20 - 每20分钟望向20尺外的事物并持续20秒。



Keep screens at a distance

The further away you are from your digital device, the better it is for your eyes.

与屏幕保持距离

离数码器件的屏幕越远, 对您的双眼越好。



Increase text size

The bigger the text on your digital device, the less strain you'll put on your eyes.

加大字体

加大数码器件屏幕上的字体将能减少对双眼的压力。



Blink more often

Every time you blink, your eyelids spread tears over your eyes, which help moisten them and prevent dryness.

增加眨眼次数

每次眨眼时, 您的眼睑会带动泪液滋润双眼, 帮助湿润及防止双眼干涩。



Don't wait. Hydrate.

Before dry eye symptoms arise, practise a daily eye care regime with eye drops that keep your eyes hydrated.

别耽误, 立刻保湿。

在干眼症状还未发生前, 您应养成每天护理双眼的好习惯, 利用滴眼液帮助眼睛保湿。



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References:
1. The 2014 Digital Eye Strain Report: EyeChampion. The Digital Strain Diemore
2. https://www.researchgate.net/publication/304515138_syndrome_of_digital_eye_strain_treatment
doi: 10.1016/j.ajo.2014.04.011

Do you suffer from any of the following Dry Eye symptoms?*



WATERY



TIRED



DRY



IRRITATED

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Lubricant Eye Drops

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SYSTANE® GEL DROPS
Lubricant Eye Gel

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SYSTANE® BALANCE
Lubricant Eye Drops

Clinically proven formula that helps prevent tear evaporation for lasting dry eye relief.



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* Dry Eye Products IMS Private Sector Sales Malaysia MAT Q4 2015

Find us on Systane Malaysia

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Alpro Pharmacy HQ

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Alpro Pharmacy KTTG

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因为您是 我们的家人



主持人：包语婧
访问及撰文：林慧敏

"近期，大中华举办了第一届氢氧水知识竞赛，把我国顶尖的科技每天直接免费送给每一位大众的“家人”。很多人对其感到好奇，究竟高浓度的氢氧水能做什么呢？"



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Love Our Parents? Give Them the BEST.

By Kwan Lee Kuan
Dietitian
Alpro Pharmacy HQ

"While we are too busy growing up, have we ever realize at the same time our parents are getting older? If we spend some time to look at them closely, we will notice that their hair turned gray, body size getting smaller, eating lesser than usual and clothes getting looser. As they aged, several factors affecting them to get adequate and proper nutrition. Some foods might become difficult to chew and even body is less efficient at absorbing certain key nutrients. So how?!"



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Isn't that how every new parent's pledge to their children?

By Han Wan Chien
Dietitian
Alpro Pharmacy HQ

"Your newborn is basic now, and you're settling into a new daily routine. As a new parent, you are kept busy learning the important steps needed to keep your baby warm and well nourished. However, people often neglect just how important baby skin care is."



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Memory... is the diary that we all carry about with us

Front: Alpro Photographer

"Sweet memory about you and me..."

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BAUSCH+LOMB

“YOU LOOK BETTER WITHOUT GLASSES”

Have your friends ever told you that you look great without glasses? Would you like to dress for a date without worrying about glasses spoiling your look? Interested in trying contact lenses but don't know where to start? If you answered "yes" to any of these questions, we have some pointers for you.

WHICH CONTACT LENSES ARE RIGHT FOR YOU?

1. GOOD VISION.

The contact lenses you choose must address the problem that prompted you to wear them in the first place. They must provide good vision and be comfortable to wear.

2. FIT WELL.

As contact lenses come in different power, diameter and curvature specifications, it is important to seek the advice of an eye care professional to decide on the right lenses for you. Should the lenses cause you any discomfort, they can help you make the required adjustments.

3. SUIT YOUR LIFESTYLE.

Discuss your contact lens requirements with your eye care practitioner to get the best lens options.

CONTACT LENS WEAR AND CARE

Our eyes produce protein and oil deposits that can build up easily on the surface of contact lenses. If lenses are not properly cleaned, these deposits become allergens. To prevent this from happening, you need to choose a multipurpose solution that is gentle yet effective in disinfecting lenses, and contains fewer chemical ingredients.



Step 1

Wash your hands with soap



Step 2

Rub with MPS (20 seconds each side)



Step 3

Rinse with MPS (5 seconds each side)



Step 4

Soak (at least 4 hours)



Out with germs, in with comfort

Gentle care for sensitive eyes



QUIZ



SELECT THE RIGHT ANSWERS FOR BETTER EYE HEALTH WITH YOUR LENSES

- Wash your hands thoroughly before handling your contact lenses.
- Use the recommended B+L multipurpose contact lens solution.
- Use an expired solution or reuse the solution to clean your contact lenses.
- Change your lens case every 3 months.
- Use tap water/mineral water to rinse, clean or store your contact lenses.
- Wear your contact lenses to sleep.
- Swim with your contact lenses on unless you're wearing goggles.
- Clean and dry your lens case every day.
- Store your lens care solution or lens case in the bathroom.
- Go for regular eye checks, once every 6 months or as recommended by your eye care practitioner.

Correct Answers: 1, 2, 4, 5, 7, 8, 9, 10

Relief your

DRY EYES



Take the test!



Do you have excessive tearing?



Do you feel like something gritty is in your eyes?



Do you feel your eyes often burning or turning red easily?



Do you sometimes have blurred vision or tired eyes?



Do your eyes become easily irritated when going on airplanes or working in dry environment?



Ph. Lim Enni
Pharmacist, Alpro Pharmacy

"If you answer YES, in any of the above question, you may have DRY EYES!" Many people do not know that **WATERY EYES** is a common symptom of **DRY EYES**.

Dry eyes are common but often under-treated. This is a condition where the person have no sufficient quality tears to lubricate the eyes, and when leave untreated, it will become chronic eyes and can lead to infections.

Why DRY EYES happens?

1. When tears evaporate too quickly.

Dry air or windy environment can increase tears evaporation

2. When eyes fail to produce tear in adequate amounts.

Advancing age is a risk factor for dry eyes as the tear production declines. It is also found that women have a higher prevalence in developing dry eyes compared to men, especially post-menopause and during pregnancy.

3. When tears composition is imbalance.

Tear films consists of three basic layers: fatty oils, water and mucous. Problems with any of the layers can cause dryness then leading to irritation. For all with regular eye make ups, particles from eye makeup can migrate into the tear film of eyes, exacerbate dry eyes symptoms.

* Disorders such as diabetes, thyroid disorders, and Vitamin A deficiency also associated with dry eyes.

Some medications can cause dry eyes

Antihistamines are commonly prescribed to relieve symptoms of itchiness or runny nose. This medication when taken regularly can cause chronic dry eyes as it reduces tear production. Other medications such as decongestants, antidepressants, certain blood pressure medications can cause dry eyes too.

Hence, it is always good to check with your pharmacist when experiencing sudden episode of chronic dry eyes.

It is important to know that diabetes, thyroid disorders and Vitamin A deficiency also associated with dry eyes.

Having dry eyes?



Take more

Omega-3 Fatty Acids



Yes, dietary supplements can help to improve dry eyes condition. Omega-3 riched food such as salmon, mackerel, chia seeds and walnuts can help to reduce inflammation and assisting tear production.

Besides, vegetables that are full of zeaxanthin and lutein can help with your eyes too. Vitamin A, which can be found in bright orange and yellow vegetables is ideal for improving eye health.



You might not have “blink” enough!

Long screen time is one of the key factors why young ones get serious dry eyes. Prolonged screen time reduces eye blinking. During each blink, your eyes are rest for around 0.3 seconds and this is necessary to replenish moisture by spreading tears across your eyes and clean the surfaces. This condition gets worse in air-cond room as the air is usually dryer.

Not all eye drops are equal

Public commonly self-purchase artificial tear drops to relief discomfort. It is important to note that there is no one-fix-for-all.

Artificial tears come in the form of drops, gels, and ointments. Most available over the counter as the first line therapy, and some are prescription items. Artificial tears provide temporary relief however, there are several things to be looked into... ..

- 1** If you need to apply more than four times a day, or almost every day, choose preparation without preservatives. Products in the form of vial is often for single used and preservative free.
Preservative in eye drops is to minimize contamination, but frequent application can cause irritation and discomfort to eyes.
- 2** If your eye dryness is the result of reduction of oil layer in tears, doctor may recommend drops that contain oil. This preparation can cause blurry vision when first instilled. It is good to remember to give a rest before operating machine or drive after using oily eye medications.
- 3** If you wear contact lenses, make sure to choose eye drops that goes well with contact lenses.

There are conditions where artificial tears preparation is not sufficient to treat dry eyes. Hence, it is a good practice to **visit your ophthalmologist at least once a year** to get your eyes checked.

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DRY EYES
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Lubricates

What could trigger dry eyes?

COMPUTER SCREEN

Prolonged time spent
working on a computer.

AIR CONDITIONING

Direct airflow and lack of
circulation could cause
dryness on eyes.

ENVIRONMENT

Heat from sunlight could
have a drying effect on eyes.

AGING

Fewer tears are produced
with age and eyelids
become less effective at
spreading tears over the
eyes.

HORMONE

Hormone stimulate the
production of tears. Changes
in hormone level can
increase the risk of dry eyes.

CONTACT LENSES

Prolonged wearing of
contact lenses could irritate
eyes causing dryness.

MEDICATION

Certain medications may
have dry eyes listed as a
side effect. Please check
with your doctor to find
out if your medication
could be responsible.



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Q&A: 'Sinus' Problems

Q: My daughter's 'sinus' problems have been worsening. She is 13 years old. I feel so helpless seeing her struggle each morning - uncontrollable sneezing, clearing her runny nose in the bathroom, having a blocked nose which then triggers a headache. She doesn't get a good night's rest and this is affecting her concentration even though she is an intelligent student. We have noticed that dust, cold drinks and the air conditioner triggers her sensitive nose. Why is her nose behaving like this?

A: Most people would blame dust or cold conditions as being the cause of a sensitive nose. The fact is, it is not the environment that is causing the nose to be sensitive but the sufferer's immune system, which is hypersensitive. A nose linked to a hypersensitive immune system hyper reacts to even small amounts of dust or temperature changes in the environment even though the average person would have no problems.

Symptoms then show up as a sneezy, itchy, runny or congested nose. The eyes (itchy, red, teary eyes), ears (feeling of fullness) and throat (dry cough) are also affected as these 'ENT' organs form an interconnected network with the nose. Unfortunately, conventional medicine only help with symptoms of a sensitive nose or 'sinus' as it is commonly called. The root problem of a hypersensitive immune system remains unresolved, which is the why the problem keeps coming back.

Q: We have tried various treatments to help my 15 year-old son overcome his 'sinus' problems - antihistamines, decongestants, nasal rinses, nasal sprays, salt lamps, dehumidifiers and even Chinese medicines. The medicines would provide some relief but when he stops it, the problem starts again. The pharmacist recently recommended a herbal remedy called Lectranal®. Has Lectranal® been proven to work?

A: Lectranal® is an extract from a herb called astragalus. A product resulting from years of research by scientists at the Ruder Boskovic Institute based in Croatia, Europe, Lectranal® works by going to the root of the problem of sensitive noses. Instead of drying up a runny nose like antihistamines or blunting the immune system like nasal steroid sprays, Lectranal® works by tuning a hypersensitive immune system back to a normal-functioning mode. This way, the nose then learns to cope with things like dust and cold temperatures just like any other normal nose.

What can patients expect after taking Lectranal®? After a period of at least 8 weeks, patients should see a reduction in the frequency and severity of their symptoms. Many report improvements in their sense of smell, being able to breathe better and sleep better as their noses are no longer blocked. The recommended dose is one capsule two times a day for at least two months. In the beginning, patients may still require their regular medications to feel comfortable as Lectranal® is not a drug. Over the course of taking Lectranal® patients will notice that they no longer need to rely on their medications as much as their noses become "normal", once again.



“ For the longest time, I watched my daughter struggle with her sensitive nose. After Lectranal, she can now breathe normally and sleep well at night! I am just so relieved. ”

This article is brought to you by the Nuvaceuticals Division of Nuvanta Sdn. Bhd.
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What is Natto? 什么是纳豆?



Natto is a traditional Japanese food produced through a fermentation process and adding *Bacillus natto*, a beneficial bacterium to boiled soybean. Natto has been used in Japanese culture for over 1000 years for its popular taste and as a folk remedy for good health.

纳豆是种日本传统食品。它是由一种在烹煮黄豆过程中所产生的纳豆菌发酵而成的食品。纳豆在日本文化中存在已超过1000年，它不但符合大众口味并被用为维持健康的民间偏方。



Monatto Capsule

MAL12045082TC KKLJU 1060/2016 PHM Pro Health Medics Sdn Bhd Tel: 03-8023 3770



Chua Shu Xing
Dietitian, Alpro Pharmacy KTTG

Food for Vaginal Health?



Eat THIS not THAT

Are you prone to yeast infections or urinary tract infections?

Hi ladies, let's try to make some dietary changes to maintain the proper pH balance, fighting infections, alleviating dryness for the sensitive areas.



**Eat this:
PROBIOTICS!**



A healthy population of "good" bacteria can help keep the bad microorganism that caused vaginal infections such as yeast and bacteria at bay. You can re-establish the healthy flora by eating probiotics foods like plain yogurt, tempeh, kimchi and miso. Lactic acid that produces by good bacteria may keep the pH of vaginal in the acidic range, driving down the risk of yeast and other types of infection.



**Not that:
SUGAR!**



Yeast and bacteria absolutely love sugar! Instead of consuming sugar-packed food such as cookies, cakes and sugary drink, choose foods that contain low or no sugar likes nuts and whole grain foods. Restrict your sugar intake to no more than 5 teaspoons or 20g for adults. Avoid food that contain yeast such as bread and beer which may promote yeast growth.



Eat THIS not THAT



Eat this:



Cranberry contains a compound called proanthocyanidin, which prevents bacteria from binding on urinary tract wall and flush out bacteria to prevent or ease urinary tract infection (UTI). Drink 8 glasses of water a day to flush out waste is important for maintaining a healthy vaginal environment.



Not that:

SWEETENED CRANBERRY JUICE



Choose cranberry products that do not contain added sugar because it will make you more susceptible to infections.



Not that:

FOODS HIGH IN VITAMIN C



Strawberries, oranges, vegetables are high in Vitamin C. It is an important factor to up-lifting the immune system and fight infections. Regular consumption of foods high in Vitamin C can help reducing infection.



Not that:

FOODS HIGH IN REFINED CARBS



Cakes, biscuits, white rice, noodles, crackers, pies are examples of refined carbs. Taking this will spike up your blood glucose and increase risk for bacterial vaginosis and yeast infection.

The Must-Have?



WATER!

Having sufficient water is one of the best things you can do for good vaginal health. Hydration is the key for proper functioning of all cells. Sufficient water intake increases lubrication, it also allows secretions to be released for proper pH balance. Drinking more water can also help to flush out bacteria from the urinary tract, minimizing chances of infection.

Excessive coffee and alcohol can irritate bladder and also causing dehydration. If you are prone to vaginal infection or urinary tract infection, minimize the intake!

If your vagina has a strong or unpleasant odor or discharge, see your doctor or gynaecologist. Avoid frequent douching or harsh soaps or cleansers, this can change the vagina's pH levels, reducing acidity and increasing the bacteria growth that leads to infections.

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For more information, please call **Customer Careline: 1800-22-0822**



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Oat BG22®

5 REASONS Why You Should Choose Biogrow Oat BG22®

1. Made from all natural, Swedish oat bran. Free from artificial ingredients, thickeners & fillers.
2. Provide at least ***3g bioactive oat beta-glucan²** per daily serving.
3. **Very rich in Fiber & High in Protein.**
4. Lab-tested ****low in Glycemic Index (GI < 55)³** and suitable for diabetics.
5. **Good solubility.** The powder dissolves readily in cold or lukewarm water without the use of a shaker.

* Bioactive oat beta-glucans are high in molecular weight and have been scientifically shown to produce good viscosity effect in the gut for optimal cholesterol-lowering effect - *EFSA Journal*
 ** Diets that are of low glycemic index and high in dietary fiber are protective - *WHO Europe Diabetes*.

Message by **Yayasan Jantung Malaysia**
 (The Heart Foundation of Malaysia):



Take 3 g of beta-glucan (soluble fiber) from **Biogrow Oat BG22™** daily, as part of your low fat and low cholesterol diet to help **Reduce Cholesterol.**



References:

1. *EFSA Journal* 2010;8(12):1885 & 2011;9(6):2207
2. Wislevers et al. *Am J Clin Nutr*, 2010.
3. Brunner et al. *Conal Chem* 2012, 89(5):255 - 265.



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A Drug-free Way to Manage Bowel Movement



1 daily sachet (~ 7 g) in cold water provides **Dual Action** :

HELPS IMPROVE BOWEL & GUT FUNCTION*

- ✓ HIGH FIBER from **Oat BG22®** oat bran
- ✓ 1B CFU *B. lactis*, **BB-12®****PROBIOTIC STRAIN
 - The world's best documented *Bifidobacterium* from Denmark
 - Clinically tested to show benefits on defecation & bowel frequency⁴



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Sources:

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 2. *American Journal of Gastroenterology*, 99:750-759, 2014.
 3. *British Journal of Nutrition* (2015), 114, 1638-1646.
 4. MCH, Food (Amendment) (No. 2) Regulations 2012.
- ** *B. lactis* (BB-12™) is an MCH-approved probiotic strain for food products.
 BB-12 is a registered trademark of Chr. Hansen A/S, Denmark.

西澳大利亚 红柳桉蜂蜜

Western Australian EUCALYPTUS HONEY

Opceden嘉拉蜂蜜的好处和性质:

- 微生物活性比其他蜂蜜超逾50%;
- 可直接敷用于伤口或溃疡处以助愈合;
- 有助于对抗导致胃溃疡和口臭的幽门螺旋杆菌;
- 有助于减轻烧伤包括晒伤;
- 减轻溃疡、感冒和口臭;
- 减轻喉咙疼痛;



Health Benefits and Special Features of Opceden Red Gum/ Opceden Jarrah Honey:

- 50% higher anti-microbial activity as compared to other leading honeys;
- Apply directly into the wound or ulcer to aid their healing;
 - Helps to fight the stomach bacteria that causes stomach ulcers and bad breath – Helicobacter Pylori;
 - Useful to aid in the relief of burns including sunburn;
 - Help to improve ulcer, cold sore and bad breath;
 - Consume to ease the pain of a sore throat;

- 低葡萄糖分;
- 高果糖;
- 高抗氧化剂;
- 增强自然免疫力;
- 没有Varoa螨虫病害;
- 不含化学物质;
- 不含防腐剂。

- Low glucose;
- High fructose;
- High in antioxidants;
- Boosts immunity naturally;
- Free from Varoa Mites;
- Free from chemicals;
- Free from preservatives.



「TA10+」 = 「UMF10+」 = MGO 263

「TA15+」 = 「UMF15+」 = MGO 514

「TA20+」 = 「UMF20+」 = MGO 823

液体黄金 — 嘉拉蜂蜜

桉树，通常被称为嘉拉树，嘉拉树是壮观的高大树木，可以长到40米的高度。嘉拉树通常每两年开花一次，从12月到1月份的初夏期。由蜜蜂所收集生产的花蜜水分含量很低。

嘉拉生产一种深黑色、浓厚、口感类似焦糖味道的蜂蜜。由于葡萄糖含量低，果糖含量高，它不如其他蜂蜜那样甜。因此，纯嘉拉蜂蜜不会结晶。

嘉拉蜂蜜被认为具有治疗性，因为它具有非常高的抗微生物特性，TA 10+或更高，这得益于其天然存在的过氧化氢活性。嘉拉蜂蜜因为具有高抗微生物性能，可以外用于治疗伤口、烧伤、晒伤和皮肤感染。



The "Liquid Gold" --Jarrah Honey

Eucalyptus marginata, commonly known as jarrah, Jarrah tree is a magnificent tall timber tree that can grow up to 40 meters in height. Jarrah generally flowers every two years, usually from December through to January in the early summer. The nectar produced has low moisture content and is collected by honeybees.

Jarrah produces a dark, thick, tasty honey with a caramel aftertaste. It is not as sweet as other honeys due to its low glucose and high fructose levels. For this reason, pure Jarrah honey will not candy or crystallize.

Jarrah honey is considered a healing honey because it has unusually high levels of antimicrobial properties measured at TA 10+ or higher which it thanks to its naturally occurring hydrogen peroxide activity. Jarrah honey can be used externally for treating wounds, burns, sunburn and skin infections due to its high antimicrobial properties.



Are you experiencing hair loss?

Biovita Sesame Protein treats your hair from within. Helps to regenerate hair growth, using an organic blend of black sesame and soy protein.



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Apogen 藥精蛋白

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因为您是我们的家人

Because we are

family

HYDROGEN
RICH Water



富(fù)
氢(qīng)
水

主体人物：包彦腾
访问及撰文：林恩妮

近期,大专药剂举办了一共五场富氢水的发布会,把韩国顶尖的科技每天直接免费送给每一位大专的“家人”。很多人都对其感到好奇,究竟葫芦里卖的是什麼梗呢?

 Hydrogen-Rich Water
powered by  

一个空军飞机师学员的小故事



我最风光的时候,就是当人们所说的“精英中的精英,仿佛天下都是属于我们的!”。空军的飞机师学员,最引以为傲就是我们的身体构造比一般人来得更壮,更健康,以便能承受空气中的气压,速度,和极快的协调能力。

越大的荣誉,需要莫大的牺牲。严酷的训练,考验着我的体力和耐力。而残酷的是,我最终还是被退出训练。所谓屋漏偏逢连夜雨,加上当时和女友分开,顿时让我的人生失去了方向。在我最犹豫的时候,我开始躲起来,直到有一天我发觉呼吸非常困难...原来,我居然患上了肺结核(tuberculosis),且需服食药物长达六个月。那时,我醒悟了!若要成就任何的伟业,首先必须要让自己的身体与心理都得健康。而这个道理也是许多现代人为了“钱途”而赔上的代价。

我刚加入大专药剂的第一个项目就是富氢水。氢气是世界上最轻的气体,它让我回忆起空中翱翔的那刻。它能够穿透细胞,有效对抗自由基。氧化过程长生的活性氧(自由基)是老化与发炎的重要主使。自由基通过环境污染,化学物质和辐射影响人们的身体。长期的发炎,加上紧凑的生活步伐以及缺乏运动,让人们身体的健康轻易亮红灯。

最容易让身体获得氢气的方法,就是让水分充分地加入氢气。当氢气遇上活性氧,就会形成水分,轻松把毒素排出体外。富氢水的酸碱值是中性的,适合一家大小每日饮用。

我们往往追求的东西很多;但是,永远记得要善待自己的身体。健康是无价的,且非常珍贵!

而我们,就想把最好的一切,免费天天送给我们的“家人”~ 大专会员!

“SHOW”

出您的大专会员卡,

以RM8优惠价购取价值RM38的

H₂BOTT (特制铝罐)

全天**免费**饮用富氢水!!!



目前,大专药剂一共有5间分店装置了富氢水饮水机,分别在:

- #1 **Alpro Pharmacy Seremban Flagship @**
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70000 Seremban, Negeri Sembilan.
- #2 **Alpro Pharmacy Kuantan Flagship @**
A-401 Taman Sri Kuantan 111, Jalan Besarah,
25300 Kuantan, Pahang.
- #3 **Alpro Pharmacy Port Dickson @**
G-4, Ground Floor Regina Mall, Jalan Pantai,
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- #4 **Alpro Pharmacy Tampin @**
No. 21 & 22, Jalan Besar,
73000 Tampin, Negeri Sembilan.
- #5 **Alpro Pharmacy Taman Flora @**
No. 30 & 30A, Jalan Flora Utama 4,
Taman Flora Utama, 83000 Batu Pahat, Johor.

您只需“SHOW”出您尊贵的大专会员卡,就能每天**对! 是每天!**让自己和家人免费饮用健康的富氢水。特质铝罐能够有效抓牢最轻的氢气,让高浓度的富氢水达至最佳的健康效果。

HYDROGEN[®] Rich Water

*The potent antioxidant that helps the body fight disease development, inflammation and aging by neutralizing their source, oxidative stress.

If you can't measure it, you can't believe it!



Why do we need antioxidants?

Whilst oxygen is essential for sustaining life, 2-3% of the oxygen we inhale ends up turning into oxidizing agents termed as Reactive Oxygen Species (ROS). As we age, our bodies will produce fewer antioxidants and more ROS, gradually moving us towards mental and physical decline.

ROS can be caused by external sources but they are also produced internally as we inhale oxygen every day. Here are some examples of what produces them:

1. **External Sources:** UV light, ionizing radiation, pollutants, & smoke.
2. **Internal Sources:** Metabolism activities, energy production & inflammation.

ROS in small amounts is necessary and has its function in the body. However, in excess, they will cause oxidative stress. Oxidative stress can damage DNA, mitochondria, cell membranes and other mechanisms and structures essential to the cell. This kind of damage is the cause of many diseases, especially of the brain, heart, skin and muscles.

That is why there is a need for antioxidants to fight off excess ROS to prevent or delay damages done to the body.

Common questions about hydrogen rich water

Question: What is hydrogen?

Answer: Hydrogen (H) is the smallest and lightest element in the periodic table accounting for 90% of the entire universe. When 2 hydrogen atoms (H⁺) bind together, they form a hydrogen molecule (H₂) - an inert gas that is odorless, tasteless and is the smallest molecule of all.

When ingested, hydrogen molecules (H₂) travel throughout the bloodstream and - according to a 2013 review published in the journal **Medical Gas Research** - into the mitochondria, the energy centers of a cell, and penetrate the nucleus, where the majority of DNA is stored.

Question: What is inside hydrogen rich water?

Answer: Hydrogen rich water (HRW), a.k.a. "hydrogen-dissolved water," refers to a type of water rich in hydrogen (H₂).

IDROGEN device takes any drinkable water and dissolves hydrogen gas into it. The resultant water will now have an addition of hydrogen molecules, but other characteristics such as taste and pH remain the same.

Question: How can I benefit from drinking hydrogen rich water?

Answer: Besides its antioxidant properties, it is also found to reduce inflammation, slows aging process and metabolic-modifying properties.

Question: How does HRW work?

Answer: Molecular hydrogen in HRW only scavenges the bad ROS and;

- leaves no waste product, has no known toxic effects;
- is the smallest molecule, therefore it can easily enter cells;
- acts as a signaling molecule and increases our body's own antioxidant systems;
- is easily consumed with no additional calories in the form of drinking water.

IDROGEN is available in Alpro Pharmacy



PRISTIN®

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Toxin-Free Fish Oil

PRISTIN®

✓ **HIGHEST** Omega-3 concentrates in a capsule*

✓ **Toxin-free** in Parts per Trillion (PPT)

✓ Fully imported from Europe

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*Total Health Concepts's Omega-3 Supplements: PISCES, PRISTIN®, PRISTIN® MOPL®

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Double Action
Liquid 150ml



Now!!

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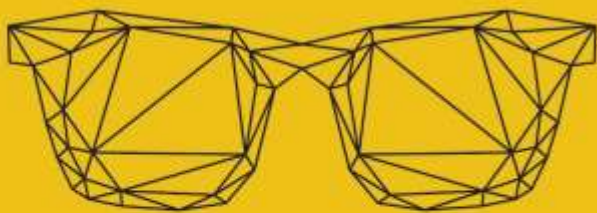
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MAKAN BERLEBIHAN DI BAWAH KAWALAN

Complete relief from
HEARTBURN + INDIGESTION

GAVISCON **DOUBLE ACTION**

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眼睛的天然防晒

虾红素和眼睛

由于眼睛经常受到紫外线直接照射，眼睛表面与内部无可避免会出现氧化损伤。长期曝露在紫外线下可引发白内障、老年性黄斑部病变、视网膜损伤、眼角膜受损，甚至是眼睛部位的癌症。除了太阳眼镜，你还可以从食物中摄取营养来加强保护眼睛。

虾红素能帮助你从体内保护眼睛健康。这独特的抗氧化剂轻易进入眼部血液循环系统，保护眼睛免受氧化损伤影响。眼睛疲劳现象，是长时间使用电脑或智能手机人士最普遍常见的问题之一。研究显示，摄取虾红素能够促进眼睛修复减少疲劳现象。

虾红素对你有益！

哪些食物来源含有虾红素？

由于虾红素源自于海洋生物，你可以从三文鱼、龙虾、螃蟹、虾和部分海藻类获得少量虾红素。萃取自纯净水源微生物藻类 - 雨生红球藻的虾红素成份，是理想的虾红素膳食营养来源。

哪些人应该服用虾红素？

- 执行人员或大部分时间都坐在电脑前的人
- 经常生活在太阳底下
- 运动员和特别热爱运动的人
- 皮肤干燥或面对皮肤问题（例如：暗疮或斑点）
- 经常用眼力的人
- 年长者
- 想要提升脑部功能的人

虾红素的建议摄取量？

大多数人每天只需要2-4mg就能维持虾红素在身体内的生理性有效水平，尤其是关节部位、眼睛、脑部 and 肌肉薄膜的生理利用率。

加强视力，让头脑更清晰灵活！
皮肤更年轻有光泽！

uniquo
look to nature



less Sweet
more Oishir

Morinaga Chil-kid
Improved Formula with
Mild Vanilla Taste &
Reduced Sweetness
Suitable for children
1-7 years old



4+DNA
GOS
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Free Tora Backpack
with purchase of
Morinaga Chil-kid
4 Boxes x 700g



* While stocks last
* Images are for illustration purpose only

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RM 199.20

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Lee Chang Wei

Datuk Wira Lee Chang Wei
Malaysia GoodMorning VHalala Ambassador



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- Protein from NZ Whey and Non-GM Soy
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- Contains inulin to promote healthy digestive system
- All natural colours and flavours
- Sweetened with stevia and sucralose
- Gluten free

LOVE OUR PARENTS? GIVE THEM THE BEST.

While we are too busy growing up, have we ever realize at the same time our parents are getting older? If we spend some time to look at them clearly, we will notice that their hairs turned gray, body size getting smaller, eating lesser than usual and clothes getting looser. As they aged, several factors affecting them to get adequate and proper nutrition. Some foods might become difficult to chew and even body is less efficient at absorbing certain key nutrients. At that point, complete and balance nutrition is important to maintain their good health for better quality of life. What can we do? One of the easiest ways to achieve that is by providing them a quality liquid nutrition supplement.

There are several types of liquid nutrition supplement with different ingredient base such as cow's milk, goat's milk or soy milk for vegetarian. Nowadays, goat's milk liquid nutrition supplement is gaining popularity as it's more favourable in several aspects compare to cow's milk.



TOP 3 reasons

to choose **goat's milk** liquid nutrition supplement for our loved one.

1 Goat's milk is highly digestible than cow's milk¹

Goat's milk has smaller fat globules making them easier and faster for the digestive enzyme to break it down. Apart from that, the amount of medium chain triglycerides (MCT) existing in goat's milk are greater compare to cow's². The majority of fat in our diet is made up of long chain fatty acid which will be stored as fat if not being used up as energy. However, the metabolism of MCT is relatively different due to its shorter chain length of fatty acid. Once ingested, it will be rapidly broken down and used by the body as energy. This is definitely what an elderly needed - a liquid that is gentle to their digestive system and provide quick source of energy.

2 Goat's milk builds stronger bone and prevent anemia

Two of the main health issues an older adult prone to are osteoporosis and anemia. Studies have shown that, consumption of goat's milk has better recovery on anemia and bone demineralization due to its higher bioavailability of iron, calcium, phosphorus and magnesium than cow's milk³.



3 Goat's milk does not contain allergen which possess by cow's milk



Some of us might experience diarrhea, gastro discomfort after consuming cow's milk. This is due to cow's milk contain a major protein component known as A1 beta-casein that promote intestinal inflammation and exacerbated gastrointestinal symptoms^{4,5}. Whereas goat's milk contains mainly A2 beta-casein which does not have such side effect.



TIPS: How to Choose A Quality & Nutritious Goat's Milk?



Choose a product with goat's milk powder as the first ingredient in the **ingredient list**. The first ingredient contribute the largest amount of the content while the last ingredient has the least amount in it. We can find out which product is more pure and real.



YES



Pick a product with **no added sugar**. Goat's milk naturally contains Lactose (a type of sugar but in much lower amount compare to cow's milk). Thus, it will give a mild sweet taste and distinctive flavour. We do not need added sugar which does more harm than good. (Different names of sugar: Sucrose, Maltose, Dextrose, Fructose, Glucose, Galactose, Lactose, High Fructose Corn Syrup (HFCS), Corn Solids, Molasses, Maple Syrup)

Ingredients :
Non-Dairy Creamer, Sugar, Instant Coffee,
Skim Milk, Goat Milk Powder & Maltodextrin

NO



Look out for **additional benefits**. Some goat's milk products enhance their nutrition value by fortified with other ingredients such as probiotics, prebiotics, fibers, vitamins and minerals to ease the consumer needs – one product gives multiple benefits.



Kwan Lee Kuan
Dietitian
Alpro Pharmacy

Providing necessary liquid nutrition supplement for older adult in between their main meal can significantly improve their health status⁶. It's not merely about improving overall health, it's a way to show your love and care to them as well.

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METABOLIC
+gosure
OPTIMAL NUTRITION

Complete balanced nutrition
regain optimal
strength & vitality



Why Gosure milk taste so good?

We have dedicated and modern farm dairies where the milk is immediately chilled and gently handled to provide the highest quality.



Healthy **GUT** is the **Key** to Healthy **GROWTH**



Triple protection all-in-one product:

- ✓ Maintain healthy gut
- ✓ Maintain healthy growth
- ✓ Improve nutrient absorption



A.B. JUNIOR PRE & PRO

is a specially formulated probiotics throughout childhood.



Start now before 'Go, Go, Go become 'Ow, Ow, Ow'!

BIO-LIFE Glucosamine 500mg with Chondroitin Sulphate 400mg supplements the wear and tear of joints by repairing cartilage, reducing joint pain and increase your range of motion.

No more pain. Just more goodness to keep you going!

BIO-LIFE Glucosamine 500mg with Chondroitin Sulphate 400mg

- 2-in-1 joint formula based on clinical study dosage
- Rebuild joint cartilage
- Relieve joint pain and inflammation
- As an adjunctive therapy for osteoarthritis



A MEGA We care Company

This is a medicine product advertisement.

Product is available at all participating pharmacies.

For more information on natural healthcare and medicines, please call BIO-LIFE Customer Care (Weekdays 9am-5pm) at 03-7499 7999
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Enriching Lives, Since 1947

Calcium

Vitamin D3

Magnesium

FruiteX-B® boron complex

Zinc

Manganese

Copper



MAL15065004NCR

Now!!
RM 118.90

Want

STRONGER BONES? Go Beyond Calcium

Nak Tulang Lebih Kuat? Anda Perlu Lebih Daripada Kalsium

想要更强壮的骨骼，您需要的不止钙质

This is a supplement product advertisement - Ini iklan produk suplemen - 此为辅助品广告 - KKLIIU 1416/2017

KKLIU 0773/2015

MX3

NATURAL GARCINIA MANGOSTANA EXOCARP

500mg CAPSULE



Now!!
RM 139.90

EXPERIENCE THE BENEFITS OF MANGOSTEEN IN CAPSULES!

This is a traditional medicine

Email:
admin@malaysia.mx3supplement.com

KKM Number:
MAL13115173TC



THINKING OF QUITTING SMOKING?



Get your
FREE
advice from our certified
smoking cessation specialist.



MA11403500BACZ

MA115045076ARZ

Effective Craving Control with
nicorette[®]
Dual+Support

reference:
1. Fagerstrom KD, Schneider NG, Lunell E. Effectiveness of nicotine patch and nicotine gum as individual versus combined treatments for tobacco withdrawal symptoms. *Psychopharmacology* 1995; 111:271-77. 2. Kornitzer M, Bouhen M, Draznin M, et al. Combined use of nicotine patch and gum in smoking cessation: A placebo-controlled clinical trial. *Prev Med* 1995;24:41-47. 3. Nicorette Icy Mint Gum Package Insert 2014. 4. Nicorette Invisi Transdermal Patch Package Insert 2014.

This is a medicine product advertisement. This product is not suitable for children. Do not use this product if you have serious heart disease, are pregnant or breast feeding. Not to be used by non-smokers. Consult your healthcare professional before use.

K0LJU 0330/2018

EVERY CHILD IS A CHAMPION

"We always hear about gifted autistic children, which only account for 1%. Don't forget that the rest 99% autistic children are also talented, in their own capacity" Chairman of NASOM



Now!!
RM 45⁸⁹

CHAMPS
C Orange
100's+100's+100's
(Buy 2 Free 1) Foc Nasom Gift



Now!!
RM 46⁸⁹

CHAMPS
M Strawberry 100's + 100's

KB1JU 27/06/2016



Flavettes[®] Effervescent

Flavettes Effervescent Glow dengan
GLUTATHIONE
VITAMIN E

Kejelitaan terserlah

LEBIH SINAT, LEBIH ANGGUN



BARU

KB1JU 30/02/2017



Flavettes Effervescent Vit C 1000mg Orange/Passion Fruit 15's

Now!!
RM 18⁸⁹ each

Flavettes Effervescent Glow 15's

Now!!
RM 36⁴⁹

Naturalle

Now!!
RM 81⁸⁹



NATURALLE
Fish Oil
100's+100's+100's

MA11982820X

PROVITON

BE MORE, DO MORE



Now!!
RM 88⁸⁹

Proviton Multivits CoQ10 90's

MA11982820X

KB1JU0811/2017



NOW !!

RM 5¹⁸

MU' MIN
Premium Ekstra Kayu
Sugi 175g Ekstra 25g
With **FREE** Toothpaste



PROMOTION

Valid Until 30 June 2018

BIO-D3
800IU
80's

NOW !!
BEST BUY



MAL13046020M

NOW !!

RM 78⁸⁰



Bitreen Neem
100mg
180's

MAL1115041C

Neurobion
60's

Buy 8 Boxes
FREE Umbrella

NOW !!

RM 35⁹⁰



MAL1108182C

NOW !!

RM 32⁹⁰



FREE
GLASS
BOTTLE

BEE-TRUE
Pure Honey
500ml

* while stock last

MAL100207591C

NOW !!

RM 84⁹⁰



LIVVON
Diabegard
120's



NOW !!

RM 24⁹⁹

SCOTT'S
Emulsion
Orange /
Original
2's x 400ml

MAL1001838C

**BUY 2 REBATE @
RM30**



NOVAMIL
1+ Growing Up Formula / IT /
DHA Growing Up Formula 800g

GENLIFE
Multi Grains With
Black Fungus
20's x 35g



NOW !!

RM 62⁹⁰



VITAHERB
Ivy Leaf 35mg/5ml
Syrup 100ml

NOW !!

RM 11⁹⁰

MAL11040337

BIOCONNEXION
Oat Grain 35
500g

BUY 2
RM 110



NOW !!

RM 10⁸⁹



LACTUL
Solution
100ml

MAL1105040D

NOW !!

RM 10³⁸



MINSYAM
Kapsul Minyak
Habbatus Sauda
Syam 20's

MAL1105040C

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PROMOTION

Valid Until 30 June 2018

NOW !!

RM 52⁹⁰



SPOON HEALTH
Maca Organic
& Gelatinized
Powder 150g

NOW !!

BEST BUY

THOMSON
Activated Ginkgo
Extract 40mg
2x120's with 30's



MAL19070821

LEGALON
140mg
10's x 3

NOW !!

BEST BUY



MAL09054537

WOODS
Herbal Cough Syrup
60ml

NOW !!

RM 8⁴⁹



MAL13100077

NOW !!

RM 87⁹⁰



GENLIFE
Botanical
Beverage
Mix Black Label
30's x 25ml

VITAHERB
Cold and Cough
Syrup 120ml

NOW !!

RM 13⁵⁰



MAL15040077

MAL131151047

VITAHERB
Cold and
Cough
Lozenge
2 x 12's

NOW !!

RM 15²⁰



MAL15090076

HURIXS
Ubat Batuk
Gamat & Madu
Plus Kanak-kanak
60ml

WOW !!

BEST BUY

PUREMED
Vital C
2 x 100's



FREE 40%

PureMed
VITAL C
Fruits of Life

COLOSTRUM
Powder Forte
500g 3's +
FREE GIFT

NOW !!

RM 294



NOW !!

RM 2⁵⁰



FUJI
Alkaline Water
500ml

NOW !!

RM 70⁹⁰ each

CITREX
Circabor / Dandee
400mg 30's



MAL17040087

MAL17040087



MAL04112701X

NOW !!

RM 39⁹⁰

CHEWIES
Multivitamin with
Lysine Strawberry
Vanilla 2 x 60's

UNIQO
Astagold
3 x 30's

NOW !!

RM 184⁸⁹



MAL09050487C

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NOW !!
RM 25⁹⁰
 BIO ESSENCE
 Miracle Bio Water
 300ml

NOW !!
RM 4⁹⁰
 BIO ESSENCE
 Miracle Bio Water
 30ml

PROMOTION
 Valid Until 30 June 2018

WOODS'
 Peppermint Lozenges
 Original
 15 x 6's

NOW !!
RM 22⁵⁰



HAND SOAP
 Range 450ml

BUY 2 @
RM 33⁶⁰



Buy 2 **FREE 1**

POLIDENT
 Adhesive Cream
 60g

NOW !!
RM 16⁸⁸



DEEP HEATING RUB 94.4g

NOW !!
RM 24⁹⁰



ONCE A WEEK
 Deodorant
 3's

NOW !!
RM 9⁹⁹



JOHNSON REMEDY
 Bio Ray Knee Support
 S / M / L

NOW !!
RM 99



TRANZDEM
 Magnesium Oil
 100ml

NOW !!
RM 44⁹⁰



AMMELTZ
 Yoko-yoko
 82ml

NOW !!
RM 15⁸⁹



HISAMITSU
 Salonpas
 20's

NOW !!
RM 8⁴⁹



HS
 Hair & Scalp
 Solution 2 In 1
 2 x 50ml

NOW !!
RM 19⁸⁷



MUSCLESMOOTH
 Herbal Plaster
 5's

NOW !!
RM 11⁸⁹



NUVALECTRANAL
 Activated Astragalus
 Root Extract 335mg
 2 x 60's

NOW !!
RM 185⁹⁰



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**99% Malaysians say
YES to ROSA E!**

*Clinically proven to lighten
skin tone in 6 weeks***



PIGMENTATION?



**Now!!
RM 72⁸⁰**

**Garden of Eden
Rosa E Pigmentation Serum 5ml
& Satin White Day Cream 40gm**



**Raise your game in anti-pigmentation
with 2X Lightening Effect Set**

GARDEN OF EDEN®
Trusted Remedies from Mother Nature

* Based on the results of the Rosa E Challenge, June 2017.
** Based on clinical study and Cosmetic Dermatology Journal, UK (2017): 1-10.
Visible pigmentation reduced with continued use. Individual results may vary.

*Double Plant
Serums Set
Effectively
Relief Scars
Caused by
Insect Bites*



**DON'T SCAR
YOUR LITTLE
ONES!**



FREE
Tea Tree E 10ml
(on pack)
worth **RM32.75**

**Now!!
RM 74⁹⁰**

**Garden of Eden
Natur E Scar Serum 15ml**

GARDEN OF EDEN®
Trusted Remedies from Mother Nature



ABSORBA™
nateen®

MOVE UNINTERRUPTEDLY

NO MORE SUFFERING IN SILENCE

- 😊 Venturing outdoors no longer a limiting factor
- 😊 Restoration of an active lifestyle
- 😊 Improved self-esteem with confidence

OVERCOMING

- ☹️ Feeling of Shame
- ☹️ Isolation
- ☹️ Absence from Work
- ☹️ Psychological Problems
- ☹️ Depression

5 point advantage

- Wetness Indicator
- Ultra Dry Top Layer
- Aloe Vera Gel
- Waterproof Leak Guards
- Odour Control



Product Range	Concept	Absorbency	Size / Waist
ABSORBA™ Nateen® SUPER	Day / Night ADULT PANTS		M / 60 - 120 cm L / 80 - 160 cm XL / 100 - 170cm



For more information,
please contact us or visit our website:

www.turbo-med.com





SALICO™ is well-formulated to clear your skin with these acne-fighting ingredients.



1 ACNE CLEANSER



2 ACNE TONER



3 ACNE OIL-FREE LOTION



4 ACNE ACNE GEL

Salicylic acid

An antibacterial & anti-inflammatory that stop breakouts and relieve redness

Glycolic acid

Improve skin hydration and treat acne scars

Witch Hazel & Aloe Vera

Natural way to fight blemishes, remove excess oil, improve skin hydration and soothe irritated skin



The secret to eternal beauty.

unisex
HENNISON
disposable adult diapers

Color Control
Pengawasan Bau

Ultra Absorbent
Penyerapan Ultra

Superior Protection
Perlindungan Unggul

- LATEX FREE
- DISCREET
- WIDE COVERAGE
- COST-EFFECTIVE

Hair-Fall NO more

STEP 1 **Anti-Hair Fall Oil**
Pre-Wash Nourishment

STEP 2 **Anti-Hair Fall Shampoo**
Cleanse

STEP 3 **Anti-Hair Fall Cream**
All-Day Leave On Protection

STEP 4 **Anti-Hair Loss Cream**
Hair Treatment



✓ **92% Satisfied With Medskin***

MedSkin
medica skin care



89% Reduction of Itchiness

81% Reduction of skin redness

81% Improvement on severity of dermatitis

*Based on a study involving 89 subjects.



3-IN-1 INTENSIVE SKIN CARE SERIES

- ✓ For dry & sensitive skin.
- ✓ Suitable for eczema.

Spot Your Age



“

Aging spots are quite commonly seen amongst my customers with 2 to 3 cases actively consulting me for solution to their problem. The challenge for me is in recommending the right treatment as there is a wide variety of choices but there is a lack of clinical studies to proof the efficacy of the products.

I believe Stimulen Lotion is a good product to treat aging spot and wish there are smaller pack size so that more patients can benefit from the usage of Stimulen Lotion to treat their aging spot.



Pharmacist Teo
Alpro Pharmacy, Muar

”

What You Need to Know

Age spot occur when top layer of skin exposed to harsh environment like continue sun exposure or skin inflammation.

Collagen and Melanin are naturally occurring in our skin. Collagen keep elasticity of skin and Melanin protects skin from harmful UV rays.

Both element for a translucent flawless skin are subject to wear and tear as we age.



Now!!
RM 149 each

Stimulen Lotion

Glycerin in high concentration could maintain moisture, sooth dry epidermis and strengthen skin elasticity. It also help skin to heal, remove dead skin-cell becoming more vibrant / translucent. It does not peel but will slowly improves blemishes by decreasing intensity of melanin effect on the skin.

Modified collagen with a small molecular structure make it easily to penetrate skin. Collagen replenishment are helping to normalize epidermal turnover rate, improve elasticity and firmness.

Stimulen Lotion which contains Modified Collagen plus high concentration of Glycerin have been used to treat aging spot.



Picture 1

Before

After 2 Months

A female customer who have had aging spot for the past 10 years. She had been using Vitamin E to treat the condition, 2 months ago, she started using Stimulen Lotion, applying 2 drops of the lotion once daily at night. The pigmentation on her face have improved as shown in the picture.



Picture 2

Before

After 35 days

A female customer who have had aging spot for 20 years. She had been using other creams / serum to treat the aging spot. Started on Stimulen Lotion for 1 month plus, applying 1 drop twice a day. She finds her aging spot responded well to Stimulen Lotion, getting lighter by the day. This encourages her to keep on using Stimulen Lotion and she will recommend to her friends and relatives.

How to use:

Wash face as routine at night. Use 1-2 drops of Stimulen Lotion on affected area like serum. Leave overnight. Wash away the next day.

For long term effect & youthful look, be sure to wear sun block during the day, maintain basic skin care routine daily and add on Stimulen Lotion to keep a perfect skin tone.

Baby
sebamed[®]
MADE IN GERMANY

All the Love You Need



NOW!!
RM 69⁸⁹



Baby Sebamed Liquid Cleanser 1000ml GWP
Liquid Cleanser 200ml

Mild & Soothing cleansing for delicate baby's skin.

NOW!!
RM 29⁹⁰



Baby Sebamed Starter Pack

Complete Baby Skin Care Set:
Baby Extra Soft Wash,
Baby Lotion &
Baby Diaper Cream

NOW!!
RM 23²⁹



Baby Sebamed Shampoo 250ml

Cleansing of baby's first hair and delicate scalp.

NOW!!
RM 46⁸⁸



Baby Sebamed Wash Extra Soft 400ml

Ultra mild daily cleansing of baby's delicate skin

NOW!!
RM 46⁸⁸



Baby Sebamed Lotion 400ml

Soft, smooth & soothing care for baby's skin

Bigger Pack

Sensez[®]
BEAUTY

Bringing
goodness & wellness
to your family

Long-Lasting
Fragrance

Buy 2 @
RM 19⁹⁰

SENSEZ BEAUTY ESSENTIAL
SHOWER CREAM 1100ML

Paraben
FREE



With
Botanical
Extracts

Buy 3 @
RM 10

SENSEZ BEAUTY
ANTIOXIDANT HAND WASH
475ML

24 Hour
Moisture Care
For Your Daily Use.



MS 2250 Part 1 : 2006
1 028-12/2009

www.facebook.com/sensezbeauty

Customer care line: 603 - 3258 3148 / 3149

enquiry@ecoblsslifesciences.com



Derma Health's SkinLabs

Your Skin Care Solution



Gentle Vitamin E Face and Body Cleanser

Gentle & Mild, Suitable for sensitive skin

Derma Health's SkinLabs Gentle Vitamin E Face & Body Cleanser is specially formulated for sensitive and dry skin people it cleaning skin without stripping off natural protective oil. It is formulated without harsh chemicals such as parabens and chemical SLS. The foaming effect that we used are natural SLS derived from plant which is ECOCERT certified (ECOCERT Standard imposes that a minimum of 95% of the total ingredients come from natural origin). Furthermore, Derma Health's SkinLabs Gentle Vitamin E Face & Body Cleanser is formulated with Vitamin E and γ -Oryzanol, enhanced with natural betaine, using 96.25% naturally derived ingredients. γ -Oryzanol is a powerful antioxidant to improve skin protection and moisture Therefore, Derma Health's SkinLabs Gentle Vitamin E Face & Body Cleanser is non-drying, hypoallergenic and pH balanced and suitable for everyday use.



To protect sensitive skin, there are few processed chemicals to avoid in your body wash or liquid soap detergent:

Sodium Laureth Sulfate

Very drying to skin, they strip away the skin's natural protective oils causing irritation and weakening the skins natural ability to regulate and retain moisture.

Parabens

Phytoestrogens that can mimic estrogen by binding to estrogen receptors on cells

Nitrosamines

Petroleum derived ingredients like DEA (diethanolamine), TEA (triethanolamine) or MEA (monoethanolamine). These chemicals help to create a foam or lather and they can help to adjust the pH of a product. They are also suggested to be hormone disrupters that are readily absorbed through the skin.

Alcohol

Alcohol is very drying, it seriously damages your skin's barrier protection, it can trigger free radical damage and makes oily skin worse (because your skin overcompensates to being stripped of oil). Alcohol also promotes redness and irritation.

Skinlabs Concentrated Vitamin E Cream

Daily Moisturiser enriched with 10,000 i.u. of Concentrated Vitamin E

– Providing comprehensive skin protection & therapeutic efficacy.

Ideal in the treatment of:

- Scar
- Stretch marks
- Dehydrated skin
- Lightens acne and other blemishes
- Sunburn
- Aging skin



PIMPLE? DON'T SQUEEZE! JUST WASH AND APPLY

SUITABLE FOR OILY AND ACNE SKIN



Now!!
RM 14²⁸

WASH AND CLEAN

Tea Tree Oil Facial Cleanser
Removes oil, grime, unclog pores and control skin oiliness to reduce pimples.

Now!!
RM 22²⁹

CLEAN AND APPLY

Tea Tree Oil Purifying Mask
Creamy, cool, wash-off mask that absorbs excess oil and clears toxins for healthier, balanced skin.

Now!!
RM 16⁸⁹

APPLY AND RELAX

Tea Tree Oil Anti-Blemish X-Press
Reduces acne, treats blackheads and whiteheads at the source. Shrinks the pimple overnight and clears skin within 3-4 days.



Vanity Cosmeceutical Sdn. Bhd. 553690-W ☎ 1700 815 495 🌐 www.cosmoderm.com.my 📱 cosmoderm

SUU
balm™

IT'S DIFFERENT! A MUST HAVE FOR ECZEMA SUFFERERS TO CARRY EVERY DAY

Suu Balm is the only cream that kills the urge to scratch in less than five minutes. Others claim itch relief but it often takes days not minutes.

Stop itch
within 5 mins



DERMATOLOGIST DEVELOPED IN
NATIONAL SKIN CENTRE, SINGAPORE

BASED ON NATURAL INGREDIENTS WITHOUT STEROIDS
AND PARABENS TO SUIT VERY SENSITIVE SKIN

Suu Balm contains a specific ingredient to provide rapid itch relief – menthol – which acts by cooling the skin, and triggering receptors in the nerves in the skin, blocking the transmission of itch signals to the brain. At the same time, Ceramides help in restoring the skin's moisture.

A LIGHT & NON-STICKY TEXTURE

The texture is so light, it immediately penetrates the skin, leaving the surface smooth and comfortable.



WHAT OUR CUSTOMER SAYS

"I have used many products to try & relieve my eczema but none worked. Eventually, I resorted to using steroid creams. However, after reading about Suu Balm, I decided to try it and miraculously, it relieves my itching in 5 minutes. It is non-greasy and is easily absorbed into the skin!"

- Haslinah*

Name(s) have been changed to protect the identity of the aforementioned person(s).

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@Suu_Balm

W www.suubalm.com



**The Heart of Gamat Wellness
Through Marine Inspired Innovation**



**1st Aid Kit
For Wound,
Scalding &
Insect Bites**

**Now!!
RM 25⁸⁸**

**Non-steroidal
Moisturizing Cream
Contains a Combination
of Gamat and Snakehead
Fish (Ikan Haruan)**



**Now!!
RM 25⁸⁸**



baby

**MADE BY SKIN EXPERTS
TRUSTED BY MUMS**



BEST BUY

BATHTIME BLISS

Paediatrician*
Recommended

Made In
Europe

0% Colourants
Mineral Oil
Parabens

*Total of 200 dermatologists & paediatricians in Germany surveyed online from Feb to Mar 2015.

SUNPLAY

Your **365** DAYS Sunscreen



RM 31.50 42.90
Sunplay Sport
SPF 120 Sunscreen
Lotion 35g / Body Mist 165ml

RM 33 43.50
Sunplay Ultra
SPF 130 Sunscreen
Lotion 25g / Body Mist 165ml

PIMPLES ??

USE OXY



RM 11.90

OXY
Acne Control Whitening /
Deep Cleansing / Ultimate
Face Wash 100g
Extra 20g (on pack)



MENTHOLATUM® LipCare

Make your lips
Soft & Smooth
naturally



RM 9.90 Mentholatum
Men's Cool Aqua /
Natural Treatment /
Therapy Lip Balm

Selsun blue™

99% claims that Selsun Blue is **EFFECTIVE!**



RM 21.90 SELSUN BLUE
Anti Dandruff Shampoo 120ml Range

DANDRUFF TREATMENT
See Results in 2 WEEKS

*Based on internal survey conducted amongst 100 Malaysian consumers, 2014

Nuby

Comfort™

360 PLUS+™ SILICONE BOTTLE

ANTI-COLIC & ANTI-REFLUX



Nipple flow rate guide

Choose the flow rate that best suits your baby.



Why Comfort™ bottles?

**Superior Dual-Vent
Anti-colic Valves**

Reduces the amount of air your baby ingests & making feeding time more natural and enjoyable



**Weighted straw,
latch & feed in any position**

360° weighted straw follows the milk flow, allowing baby to latch and feed in the most comfortable position



360° "Straw" allows for Upright Feeding to **Reduce Reflux**

Breast-like nipple

SoftFlex easy-latch nipple encourages baby to latch on



Multi-use

When baby has outgrown reflux and colic, simply remove the straw

Available handles to aid in bottle to cup transition

BPA FREE

*Based on a Facebook survey July 2014 of 131 mothers.

Products are available at all participating Alpro pharmacies. For more information, LIKE US on Nuby Malaysia

To my dear baby,

Before you are even entered the world, you were anticipated, loved, cherished and wanted. Now that I can hold you in my arms, those feelings have multiplied tenfold. I look at you with complete wonder, melt with each coo you make, and fall deeper in love every time you rest your tiny head on my chest. You are ours, we promise to take good care of you.

Xoxo, love mommy



Isn't that **how** every **new parent's** pledge to their children?



Han Wan Chien
Dietitian
Alpro Pharmacy

To take good care of them, let's start with the very first step towards
HEALTHY Baby Skin!

Your newborn is home now, and you're settling into a new daily routine. As a new parent, you are busy learning the important steps needed to keep your baby warm and well nourished. However, people often neglect just how important baby skin care is.

The skin of newborns has indispensable functions for their development: it acts as a protective barrier, helps in thermoregulation, exchanges gases,

maintains hydration, and contributes to innate immunity. Chemicals, fragrances, and dyes in clothing, detergents, and baby products can cause newborn skin irritation, dryness, chafing, and rashes. However, there's much you can do to protect your baby from these skin problems.

With newborn skin care, the adage is "less is more." Here are tips to help protect your baby from developing allergies and rashes:



Tips

for mum...



1 Resist the urge to bathe your baby frequently. Except for drool and diaper changes, newborns don't get very dirty. Too-frequent bathing – more than once a day – remove the natural oils that protect baby's skin. That may leave baby's skin vulnerable and dry. It may also aggravate eczema.

2 Keep your baby's skin hydrated by bathing her in warm water ideally 38 degree Celsius and not more than 3 to 5 minutes. Avoid letting your baby sit or play or soak for too long in soapy water.

3 Choose baby cleansing products that do not contain synthetic fragrance and dyes, harsh soap, genetically modified organisms, parabens or nanoparticles which could cause skin irritation.

A good cleaning product for newborns must have a pH close to 5.5 as a baby's skin is slightly acidic. A highly-alkaline pH can damage the protective barrier on the skin resulting in skin dryness due to higher trans-epidermal water loss which allows the entry of potential irritants and allergens.

Giving your baby a bath is one of the many responsibilities that are not only important for health and cleanliness, but also one that can become an enjoyable time for you and your baby.

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THE ORIGINAL VEGEBÈBÈ

+2
extra
stickers

MOMMY,
WHY MY SKIN
FEEL EXTRA SOFT
AND GENTLE?

BECAUSE THE ORIGINAL VEGEBÈBÈ
HAS A LOW ACIDITY AT PH 5.5
AND IT LOCKS MOISTURE
TO PROVIDE LONG
LASTING-NOURISHMENT.



extra soft & gentle to skin

The Original Vegebebe is an extra soft natural amino acid formulation baby wash, low acidity at pH5.5, which is gentle to baby skin. It locks in moisture and provides long lasting nourishment to the skin.

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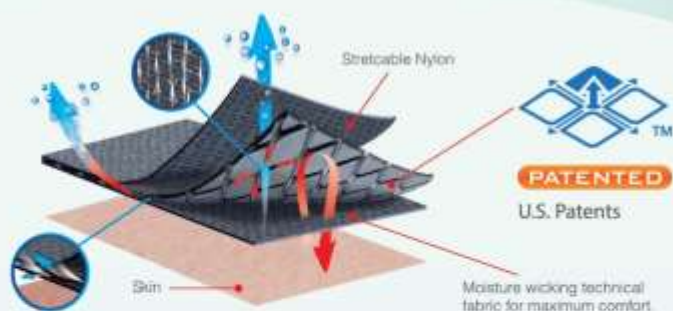
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All about gout: Signs, symptoms and causes

What is gout?

Gout is a very painful condition affecting the joints. It is due to the deposition of uric acid into the joints. It affects men more than women.^{1,2}

Signs and symptoms of gout

An acute gout attack usually occurs suddenly. There is severe pain associated with redness, swelling, warmth and tenderness over the joint. It most commonly affects the big toe and usually occurs suddenly without warning, often in the middle of the night or upon waking up in the morning. It usually affects one joint at a time. Besides the big toe, gout can also affect other joints like the ankles, knees, elbows, wrists and fingers.



Figure 1. Gout of the big toes: Typical place for a gout attack



Figure 2. Gout in finger joint

Gout symptoms occur because uric acid, a by-product of normal metabolic processes in our body, is deposited as needle-like crystals in joints. Lumps, known as tophi can also form under the skin surrounding the joints and this is due to the chalky deposits of uric acid. Uric acid can also form crystals in the kidneys causing kidney stones.³



Figure 3. Tophaceous deposits on elbow

Gout can cause permanent damage to joints and the kidneys. However, this usually occurs after a long period of time, perhaps around 10 years especially when there is no proper treatment.

What causes gout?

Gout is caused by an excess of uric acid in the blood known as hyperuricemia (high uric acid levels). Uric acid is a normal by-product present in our body as it is produced during the breakdown of proteinaceous food, producing purines which are in turn metabolized to uric acid. Purines are found in high concentrations in certain foods like meat, poultry and seafood.

Normally, uric acid is soluble in the blood and is excreted in the urine by the kidneys. However, when there is excessive production or reduced excretion of uric acid, the uric acid would build up to high levels. The uric acid subsequently forms crystals which are deposited at joints, causing pain and inflammation.^{1,2}

Many factors can cause hyperuricemia and therefore gout:

- Age and gender: Men produce more uric acid than women and that is why it is more common in men.
- Genetics: Positive family history of gout increases likelihood of getting gout.⁴
- Lifestyle choices: Alcohol interferes with the excretion of uric acid from the body. A high-purine diet also increases the amount of uric acid in the body.
- Medications: Certain medications can increase the levels of uric acid in the body; these include drugs like diuretics

(often used in the treatment of hypertension) and drugs containing salicylate.⁵

- Weight: Being overweight increases the risk of gout as there is a higher turnover of body tissue, resulting in more production of uric acid.
- Abnormal renal function or renal disease can reduce the body's ability to remove uric acid, leading to elevated uric acid levels.
- Other conditions associated with gout include high blood pressure (hypertension), diabetes and hypothyroidism.⁶

Hyperuricaemia/gout "behave" differently depending on the stage it is at. Hyperuricaemia goes from no symptoms to a severe form of the disease and the characteristics of the transition from no symptoms to severe disease is as below.

Asymptomatic hyperuricemia

It is not uncommon to have hyperuricemia without any symptoms. However, although there are no symptoms, urate crystals are continuously being deposited in tissues of the body.⁷ People with asymptomatic hyperuricemia should take steps to manage factors contributing to the build-up of uric acid.

Acute gout

This stage occurs when the urate crystals are deposited into joints causing intense pain and acute inflammation. This episode is referred to as a "gouty attack" and will normally subside within 3–10 days. "Gouty attacks" can be triggered by a very recent intake of a high protein diet, alcohol intake, dehydration, mild injury to the joint or certain medications.

Interval or inter-critical gout

In-between the acute gouty attacks, although there are no symptoms, urate crystals are still being deposited in tissues. This stage is the interval or inter-critical stage. The interval between attacks can last for several months. However, if not treated the attacks become more frequent and each attack may last longer.

Chronic tophaceous gout

This advanced stage is more likely to occur in longer duration (10 years or more) of hyperuricemia. Constant deposition of uric acid can occur in joint(s), kidney(s) and soft tissue(s). This will result in injury to the body organs, for example, causing joint pain and inflammation, as well as kidney damage. Multiple tophi may form due to constant deposition of uric acid in soft tissues, especially in the tendons and earlobes.

If hyperuricaemia is properly treated, it is less likely that a patient will develop this serious complication.



Figure 4. Tophaceous deposits in ear

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20 December 2016

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This article represents the author's personal and professional views. You must not rely on the information in this article as an alternative to medical advice from an appropriately qualified professional. If you have any specific questions about any medical matter, you should consult a qualified healthcare professional.

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- 1 Hervey C, et al. "Usability Evaluation of a Blood Glucose Monitoring System with a Spill-Resistant Vial, Easier Strip Handling, and Connectivity in a Mobile App: Improvement of Patient Experience and Satisfaction." *J Diabetes Sci Technol*. 2016;10(3):1138-1141.
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1. Lock JP et al. Diabetes Technol Ther 2011;13:1-10.

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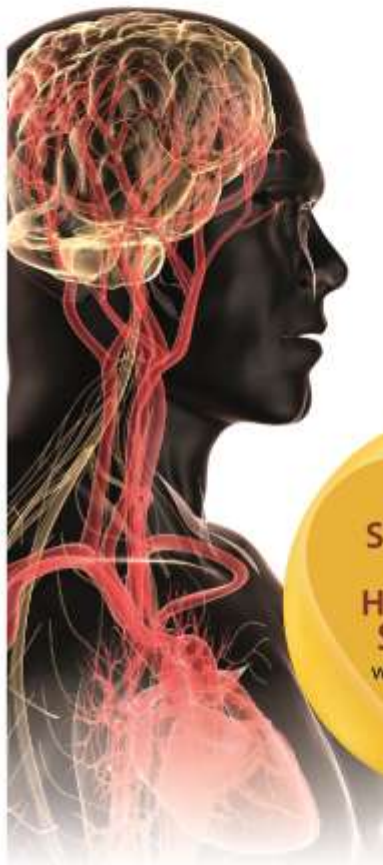


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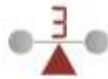
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- 2 x 60 memory spaces with date & time
- Cuff circumferences 22 - 36 cm



THERMO+

INFRARED EAR THERMOMETER TH709L(E)



Accurate
Ear Temperature



Fast 1sec
Measurement



Easy To Use
1-Click Probe

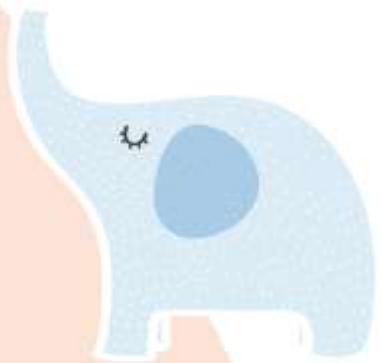


Fits Perfectly
Into Ear



3
YEARS
WARRANTY

Now!!
RM 138.88



GET YOURS TODAY AT ALPRO PHARMACY!

EVENTS 2017 & 2018

NOV / DEC

JAN / APRIL

Memory...

*is the diary
that we all carry about
with us*

NOV



24 Nov 17,

Alpro Corporate Social
Responsibility (CSR)
@ Tunas Sri Teruntum, Kuantan



25 Nov 17,

Health Screening Day(HSD)
@ Alpro Seremban Flagship,
Jalan Dato Bandar Tunggal



28 Nov 17,

Grand Opening
Alpro Pharmacy Setapak,
Kuala Lumpur



3 Dec 17,

Grand Opening
Alpro Physiotherapy Centre,
Seremban 2

DEC

2018 JAN



16 Dec 17,

Health Screening Day (HSD)
@ Alpro Regina Mall,
Port Dickson, Negeri Sembilan



23 Dec 17,

Grand Opening
Alpro Pharmacy Kluang,
Taman Intan, Johor



10 Jan 18,

Grand Opening
Alpro Pharmacy Lukut,
Negeri Sembilan



27 Jan 18,

Health Screening Day (HSD)
@ Alpro Pharmacy Kluang
Jalan Manggis, Johor

FEB

MARCH



4 Feb 18,

Grand Opening
Alpro Pharmacy Malim Jaya,
Melaka



23 Feb 18,

Grand Opening
Alpro Pharmacy Pesta, Muar
Taman Kg. Kenanga
Tun Dr. Ismail, Johor



28 Feb 18,

Grand Opening
Alpro Pharmacy Paka
Taman Gembira, Terengganu



2 March 18,

Hydrogen Rich Water Launching
@ Alpro Seremban Flagship,
Jalan Dato Bandar Tunggal



8 March 18,

Hydrogen Rich Water Launching
@ Alpro Jalan Berserah,
Kuantan



11 Mar 18,

Women Health Camp
@ D' Tempat Country Club,
Bandar Sri Sendayan



23 March 18,

Hydrogen Rich Water Launching
@ Alpro Regina Mall,
Port Dickson, Negeri Sembilan



26 March 18,

Grand Opening
Alpro Pharmacy Tanjung Chat,
Kota Bharu, Kelantan

APR



27 March 18,

Grand Opening
Alpro Pharmacy Kubang Kerian,
Kota Bharu, Kelantan



31 March 18,

Grand Opening
Alpro Physiotherapy Centre,
Kuantan



2 April 18,

Alpro School Talk
@ SJK (C) Chi Ming
Tangkak, Johor



2 April 18,

Health Screening Day (HSD)
@ Hong Leong Bank Berhad,
Petaling Jaya City



3 April 18,

Hydrogen Rich Water Launching
@ Alpro Tampin,
Negeri Sembilan



6 April 18,

Hydrogen Rich Water Launching
@ Alpro Taman Flora,
Batu Pahat, Johor



8 April 18,

Health Screening Day (HSD)
@ Merana Hong Leong,
Bukit Damansara



15 April 18,

Alpro 1 Million Blood Donation
@ Muar Watex Parade,
Johor

May



28 April 18,

Health Screening Day (HSD)
@ Alpro Regina Mall,
Port Dickson, Negeri Sembilan



28 April 18,

Grand Opening
Alpro Pharmacy Yong Peng,
Taman Sembrong Barat, Johor



5 May 18,

Grand Opening
Alpro Pharmacy Lobak,
Seremban



5 May 18,

Alpro 1 Million Blood Donation
@ Mahkota Parade,
Melaka



JOIN US TODAY!

ALPRO PHARMACY LIFETIME VIP MEMBERSHIP



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Jalan Besar Tampin
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Alpro Pharmacy Teluk Kemang
PD Sanggala Gateway
• Tel: 06-882 1922 • HP: 019-333 9010

Alpro Pharmacy Sikamat
Taman Sri Pulai
• Tel: 06-701 4300 • HP: 013-380 9007

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TF Hypermarket PD
• Tel: 06-646 2908 • HP: 019-612 9005

Alpro Pharmacy Mantin
Jalan Besar
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Senomban 2 Garden Homes
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Alpro Pharmacy Taipan Senawang
Taipan Senawang
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S2 Biz Avenue
• Tel: 06-603 6599 • HP: 019-389 1923

Alpro Pharmacy S'ban City Centre
Jalan Dato Sheikh Ahmad
• Tel: 06-762 6509 • HP: 019-214 0939

Alpro Pharmacy Kuala Pilah
Jalan Yam Tuan Raudin
• Tel: 06-481 0160 • HP: 013-647 0304

Alpro Pharmacy Rembau
Jalan Terentang
• Tel: 06-885 2570 • HP: 013-362 3588

Alpro Pharmacy S'ban Flagship
Jalan Dato Bandar Tenggara
• Tel: 06-763 0886 • HP: 019-448 1923

Alpro Pharmacy Rasah Jaya
Taman Rasah Jaya
• Tel: 06-631 3272 • HP: 019-860 1923

Alpro Pharmacy Bahau
Jalan Gurney
• Tel: 06-454 3560 • HP: 019-751 1923

Alpro Pharmacy Jln Mahajaya
Jalan Mahajaya, PD
• Tel: 06-647 3853 • HP: 019-689 9002

Alpro Pharmacy Gemas
Jalan Mahkamah
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Jalan Dato Abdulah, K.Kluwang
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Alpro Pharmacy Ampangan
Bandar Baru Ampangan
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Alpro Pharmacy Nilai
Taman Desa Cempaka
• Tel: 06-850 6023 • HP: 013-286 1923

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Jalan Rasah
• Tel: 06-701 3511 • HP: 019-261 1923

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Jalan Pasar Lukut
• Tel: 06-6519090 • HP: 019-280 1923

Alpro Pharmacy Lobak
Jalan Tan Sri Manickavasagam
• Tel: 06-761 3535 • HP: 019-333 2923

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Alpro Pharmacy Wangsa Maju
Sec 1, Wangsa Maju
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Alpro Pharmacy Bdr Sri Permaisuri
Jalan Sri Permaisuri 9
• Tel: 03-9172 7833 • HP: 019-203 1923

Alpro Pharmacy Setapak
Jalan 1/23F Teratai Mewah
• Tel: 03-23039741 • HP: 018-969 4923

SELANGOR

Alpro Pharmacy Bdr Seri Putra
Jalan Seri Putra 1/4
• Tel: 03-8920 9778 • HP: 019-220 2059

Alpro Pharmacy Bangi
Bandar Baru Bangi
• Tel: 03-8912 5060 • HP: 013-270 1923

Alpro Pharmacy Sri Gombak
Taman Sri Gombak
• Tel: 03-6184 1811 • HP: 013-685 1923

PAHANG

Alpro Pharmacy Kuantan
Jalan Besar
• Tel: 09-505 4890 • HP: 019-967 1923

Alpro Pharmacy Jln Mahkota
Jalan Mahkota, Kuantan
• Tel: 09-513 6188 • HP: 019-215 1923

Alpro Pharmacy Bentong
Jalan Chan Siang Sun
• Tel: 09-222 2933 • HP: 019-252 1923

Alpro Pharmacy Mentakab
Jalan Melayi
• Tel: 09-277 2822 • HP: 019-276 1923

Alpro Pharmacy Taman Tas
Lorong Pandan Damai 2/2
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Alpro Pharmacy Tun Ismail
Jalan Tun Ismail
• Tel: 09-5316018 • HP: 013-986 1923

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Alpro Pharmacy Kemaman
Jalan Soleiman, Bandar Chukai
• Tel: 09-850 2560 • HP: 019-331 1923

Alpro Pharmacy Kuala Terengganu
Jalan Sultan Ismail
• Tel: 09-622 6886 • HP: 019-774 1923

Alpro Pharmacy Dungun
Jalan Yahya Ahmad, Sura Gate
• Tel: 09-844 2690 • HP: 019-713 1923

Alpro Pharmacy Paka
Taman Gemilka, Jalan Besar
• Tel: 019-585 8322

Alpro Pharmacy Kubang Kurus
Kemaman
• Tel: 09-850 5116 • HP: 013-820 2923

MELAKA

Alpro Pharmacy Melaka Flagship
Jalan Merdeka, Plaza Merdeka
• Tel: 06-282 3788 • HP: 019-323 1923

Alpro Pharmacy Mushi Abdullah
Jalan Mushi Abdullah
• Tel: 06-284 7202 • HP: 019-659 1923

Alpro Pharmacy Jasin
Jalan Kesang
• Tel: 06-529 3080 • HP: 010-400 1923

Alpro Pharmacy Masjid Tanah
Jalan Besar Masjid Tanah
• Tel: 06-385 1923 • HP: 013-756 1923

Alpro Pharmacy Malim Jaya
Taman Malim Jaya
• Tel: 06-3323449 • HP: 019-931 1923

JOHOR

Alpro Pharmacy Parit Raja
Susur Jalan Kluang
• Tel: 07-454 6600 • HP: 013-326 1923

Alpro Pharmacy Taman Flora
Jalan Flora Utama 4
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Jalan Maju Timur
• Tel: 07-436 6699 • HP: 013-701 1923

Alpro Pharmacy Simpang Renggam
Taman Kasih
• Tel: 07-750 0000 • HP: 013-512 1923

Alpro Pharmacy Muar
Waters Parade
• Tel: 06-9637526 • HP: 019-512 1923

Alpro Pharmacy Kluang
Jalan Menggajin
• Tel: 07-7909069 • HP: 019-263 1923

Alpro Pharmacy Taman Intan
Taman Intan, Kluang
• Tel: 07-7727007 • HP: 019-591 1923

Alpro Pharmacy Pesta, Muar
Tmn Kg. Kesanga Tun Dr.Jsmael
• HP: 019-462 1923

Alpro Pharmacy Tangkak
Jalan Solok, Tangkak
• Tel: 06-878 8739

Alpro Pharmacy Yong Peng
Taman Sempang Barat
• Tel: 07-4688023 • HP: 0135881923

KELANTAN

Alpro Pharmacy Kubang Kerian
Jln Raja Permaisuan Zainab II
• Tel: 09-7607196 • HP: 013-430 1923

Alpro Pharmacy Tanjung Chat
Jln Long Yunus Kota Bharu
• HP: 013-460 1923



www.alpropharmacy.com
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