

HEALTH MATTERS

VOL. 15



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Tea-ing for
Good Health

INOVASI TERBARU DALAM
PENGAWALAN DIABETES

sugO365™

TIDAK DAPAT

MENIKMATI

MAKANAN KERANA KENCING MANIS?

Jangan risau, biar saya kongsi tips untuk anda mengawal paras gula dalam makanan anda!

Kongsikanlah kepada ibu bapa dan sahabat anda!

YANG PALING PENTING : KETAHUILAH INDEKS GLISEMIK (IG)

Ramai yang rasa keliru, adakah pesakit kencing manis tidak boleh makan nasi dan pisang?

Tidak semestinya. Selain daripada khasiat pemakanan, indeks glisemik harus diutamakan juga.

Secara ringkasnya,

Makanan yang mudah diserap dan ditukar jadi glukosa – Tinggi IG

Makanan yang susah diserap dan lambat ditukarkan ke glukosa – Rendah IG

Lebih tinggi IG, lebih cepat paras gula akan naik.



IG	BACAAN	CONTOH MAKANAN
RENDAH	≤55	EPAL, KELEDEK, KACANG PANGGANG, YOGURT, TELUR, SPAGETI
SEDERHANA	56-69	ROTI GANDUM, LABU, UBI, PISANG, MANGGA, BIJIRIN, BETIK, NASI BASMATI, ROTI KERING
TINGGI	≥70	NASI PUTIH, MEE, BISKUT, KEK, ROTI, PULUT, TEMBIKAI, SIRAP, BIHUN GORENG, TEH TARIK, ROTI CANAI, DONAT

TIPS PENGAWALAN GULA 1

TAMBAH SEDIKIT JUS LIMAU ATAS MAKANAN

Apabila makanan ditambah dengan cuka ataupun jus limau, ia akan memperlambatkan kadar penyerapan gula. Maka, paras gula boleh dikurangkan selepas pengambilan makanan.

TIPS PENGAWALAN GULA 2

MAKAN MAKANAN YANG SEGAR

Semasa buah sudah masak, kandungan IG akan meningkat. Contohnya, pisang yang belum masak, IG adalah 30. Tetapi, apabila sudah sangat ranum, ia akan setinggi 50.

Pilihlah buah-buahan yang segar.

TIPS PENGAWALAN GULA 3

PILIH ROTI GANDUM BERBANDING ROTI PUTIH ATAUPUN KEK

Semakin banyak proses yang dilalui, semakin rendah kandungan serat yang ada dan khasiat semakin tinggi juga IG. Amalkan lebih banyak sayur-sayuran atas pinggan anda.

GAYA MODEN SIHAT DENGAN MAKANAN RENDAH IG

Kunci kepada pengawalan gula ialah keseimbangan dan kuantiti pemakanan.

Jangan tergesa-gesa semasa mengunyah makanan. Semasa makan, jangan mengamalkan tabiat untuk menonton televisyen kerana ini akan mengakibatkan kita terlebih makan secara tidak langsung.

Bagi Pesakit Diabetes
**JALANKAN SMBG
(SELF-MONITORING
OF BLOOD GLUCOSE)**

Banyak laporan dan kajian menyarankan ujian glukosa darah dalam pengawalan penyakit kronik diabetes.

Melalui ujian yang konsisten, anda boleh mengetahui apakah makanan ataupun keadaan yang menyebabkan kenaikan ataupun penurunan paras gula dalam badan secara mendadak.

Justeru, ia dapat meringankan beban badan untuk memproses glukosa yang berlebihan dalam badan ataupun mengelakkan peristiwa hipoglisemia (paras gula terlalu rendah).

STRIP UJIAN TERLALU MAHAL?

where life gets sweeter

**JOM, SERTAILAH
SUGO365™**

SugO365 adalah satu program baru yang amat bermakna dan boleh membantu semua pesakit diabetes untuk mengawal paras gula mereka. Isu yang membimbangkan di Malaysia ialah 1 daripada 4 orang dewasa adalah pesakit diabetes.

Dengan kadar serendah "RM 0.99", anda boleh meneruskan kehidupan anda dengan penuh kebahagiaan dan keceriaan. Penyakit diabetes bukannya sesuatu yang menghalang anda daripada menikmati kehidupan.

Pengawalan paras gula yang optima bukan sahaja mengawal keadaan diabetes, ia juga penyumbang utama untuk melindungi fungsi buah pinggang, mata dan saraf anda.

Kelly Gan Wen Xin
Pegawai Dietetik Farmasi Alpro

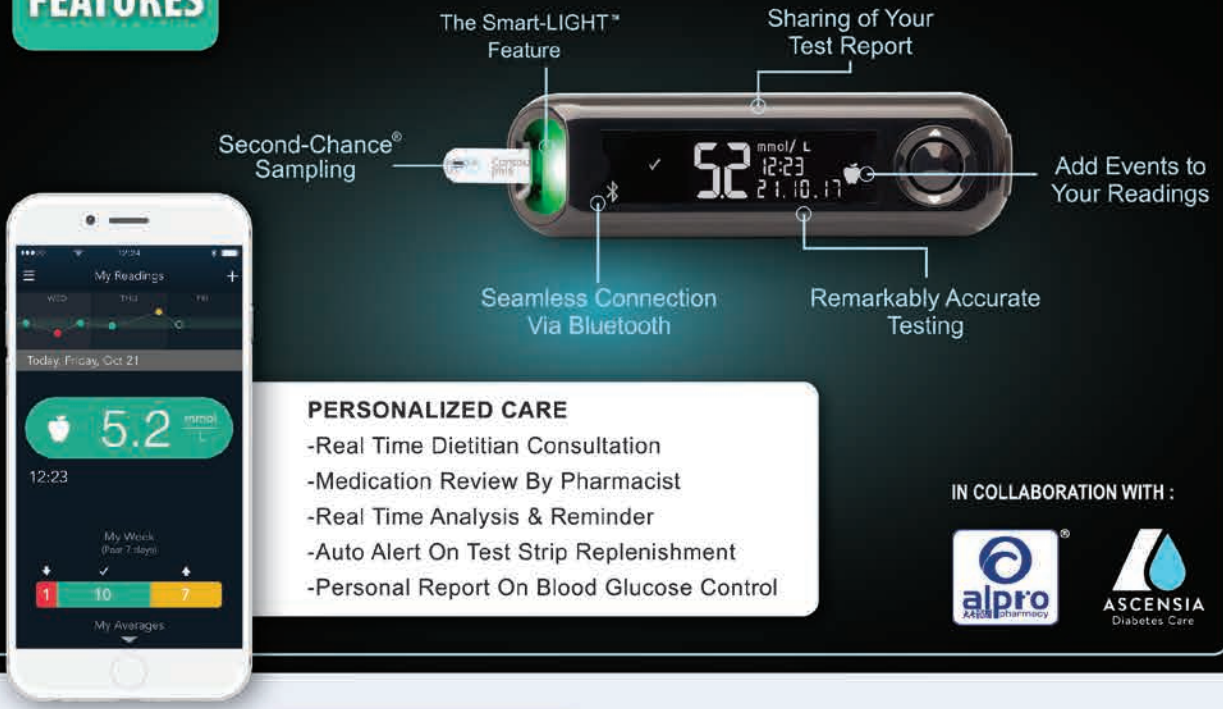
SugO365 kini meliputi semua cawangan farmasi Alpro di Malaysia (lebih daripada 85 cawangan).

Dalam program ini, anda juga dapat menikmati konsultasi daripada ahli dietetik ataupun ahli nutrisi yang professional.

Anda boleh mengubah segala cerita dalam pengawalan diabetes.



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Ph. Lee Yin Chen

*Branding, Promotion & Trade
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Alpro Pharmacy

FROM THE EDITOR

**Welcome to the 15th edition of Alpro Pharmacy Health Matters,
the December edition for the year of 2019.**

This year, **Alpro Pharmacy** has achieved a significant milestone in contributing to the community. We manage to identify the difficulties faced by our community and to help them in tackling these issues.

Firstly, we notice that the prevalence of diabetes is increasing everywhere. This is indeed a worrying the condition for everyone. In an effort to tackle this alarming issue, an effective self-management can definitely help to improve the diabetes outcome. We have officially partnered with the world's leading diabetes care solutions provider, Ascensia to launch the first and only self-management of blood glucose subscription program, **sugO365**. As low as RM0.99 per day, you can now manage your sugar level effectively. If you wish to have a better understanding on **sugO365**, kindly refer to the health article written by Alpro Pharmacy's dietitian, Kelly Gan Wei Xin.

On top of that, we realize as well that community starts to have difficulties in getting their rehabilitation products where price has been a huge obstacle. Which is why, we are now providing **rental service for hospital beds, oxygen concentrator/ tanks and wheelchairs**. Our rental service will be able to cover most areas in Malaysia and we hope that we can play a pivotal role in our patients' recovery process. Besides being able to access to rehab products at an affordable price, our **AMC home care service** is ready to provide elderly care assistance. We have setup a team of dedicated home care professionals where we can provide nursing care and home physio service. So please do not hesitate to reach us.

Moving forward, we would like to plead all our esteemed customers to help us in making the **"Growing Stars"** project a success. To all our valued readers, all of you can definitely take part in this project. As long as you purchase any of the charity water in Alpro Pharmacy, partial of the fund will be channeled to **Alpro Foundation** where the funding will be used to support and sustain projects of the Growing Stars. The projects launched focus to support school children so that they can continue with their education.

On behalf of all Alproeans,

We would like to express our deepest gratitude for your continuous support. We strongly believe with all these initiatives, we are one step ahead to create a healthy and vibrant community.

Let us hold our hands together and to move towards a

HEALTHIER AND VIRANT WORLD

Terima Kasih, Xie Xie Ni.

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Alpro Events 2019

1st WINNER



TEW WAN TENG: "It is a smile of a baby that makes life worth living."



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Vibrant shot

Just snap a cool picture. Send it to vibrant365@alpropharmacy.com with less than 50 words caption.



GOOD LUCK

RUNNER-UP



CHEOK IRIS: "In all this world there is nothing so beautiful as a happy child."

RUNNER-UP:
RM300+
 FREE GIFT+CASH VOUCHER



VIBRANT 365
 Photo Gallery



KENJI LOO:
 "Yenz is a cheerful Gemini baby with the nick name of Little Fishball, she grows healthy day by day!"



NOOR HASSIEMAH BINTI MOHD HALIM:
 "This cheeky little girl is clever, so active and love outdoors activities"

Join now!
 Photo Contest

THEME: HAPPY, VIBRANT, HEALTHY PERIOD: FROM 1 FEBRUARY - 30 APRIL, EVERY YEAR | FROM 1 JULY - 30 SEPTEMBER, EVERY YEAR · Submit images that are 300dpi and 1MB in size (minimum half A4 pa per size) · Each entry must include name, address, phone number and complete caption (< 50 words) and send to: vibrant365@alpropharmacy.com · Each participant certifies the work as his or her own · The participant allows Alpro Pharmacy to reproduce the material posted for purposes related to photo contest (including but not limited to: inclusion in the catalog, the website and social pages) · Judges decision is final · Entries are automatically disqualified if they do not meet our criteria and stated T&C · Winners will be notified via e-mail when the prize is ready to be sent out · Prizes cannot be exchanged for cash.



Protect your family from worm infection

Camping or outdoor activities are fun but may put the whole family at higher risk of worm infection. You and your family may be exposed to unclean water, contaminated food and poor hygiene. It is important to take an effective deworming medicine such as albendazole and mebendazole to protect the whole family after spending time outdoors.

Risk factors you should know

Factors that may put you at higher risk of worm infection include:

- **Poor hygiene** - infrequent washing and bathing increase the risk of accidental transfer of contaminated matter into your mouth.
- **Eating raw or undercooked food** - improper cooking may fail to kill worm eggs and larvae contained in contaminated meat or fish (e.g. salmon).
- **Drinking dirty water** - drinking water may be in contact with bits of poo of infected person or animal in area with poor sewage disposal.
- **Contaminated soil** - playing in playground, camping or outdoor activity may have risk of coming into contact with eggs of worm.
- **Contact with animals** - this is especially problematic in areas where animals or pets are infected and the faeces are not disposed properly.

References: (1) Mayo Clinic (15 December 2017) Tapeworm Infection. Retrieved from: <https://www.mayoclinic.org/diseases-conditions/tapeworm/symptoms-causes/syc-20378174>
 (2) National Health Service, NHS (26 May 2017) Tapeworms. Retrieved from: <https://www.nhs.uk/conditions/tapeworms/#>
 (3) WebMD (8 September 2017) Tapeworms in Humans. Retrieved from: <https://www.webmd.com/digestive-disorders/tapeworms-in-humans#1>
 (4) Medical News Today (30 November 2017) Everything You Need to Know About Tapeworms. Retrieved from: <https://www.medicalnewstoday.com/articles/170461.php>

Self care tips when you are outdoor

You can further reduce your risk of worm infection by following the tips below:

- Wash hands with soap and water before handling food, before eating, after using the toilet and after close contact with animals.
- Wash fruits and vegetables with clean water before eating them.
- Avoid eating raw or undercooked meat or fish.
- Cook meat and fish thoroughly and all the way through.
- Avoid drinking unclean or contaminated water.

Talk to your pharmacist now to find out the right deworming medicine for your whole family.



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C 30mg Blackcurrant
100's x 2

NOW !!
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SUPER DEAL



DON'T



USE THEM TO BABYSIT!!!

1 in 4 Children Have Vision Problems

According to the American Optometric Association, 1 in 4 school children in the classroom have undetected vision problems. This could lead to impaired learning ability as up to 80% of a child's learning in school is through vision.

Refractive errors such as myopia (short - sightedness), astigmatism (a form of blurry vision) and amblyopia (lazy eye) are the common eye problems among Malaysian children. The Segamat Paediatric Eye Disease Study found that 1 in 10 children in Malaysia (aged 4 to 6 years) had an undiagnosed vision problem that could lead to chronic headaches and learning difficulties.

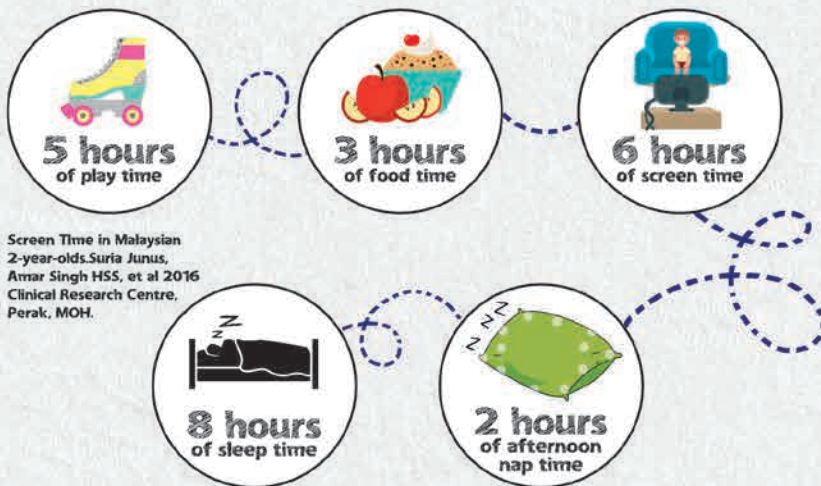


Check Your Child's Screen Time

Controlling a child's screen time can be challenging. To complicate matters, some parents use screen time as a reward or revoke it as punishment to control a child's behaviour, especially during weekends, which can lead to additional 20 minutes spent in a day on sedentary screen time, be it on a smartphone, tablet, computer or in front of the television.

1. **Infants less than one year old should have ZERO screen time.**
2. **Toddlers 2-4 years olds-not more than 1 hour per day.**
3. **Children more than 5 years old-not more than 2 hours per day.**

“A child in Malaysia spends averagely SIX (6) hours on screens E.V.E.R.Y.D.A.Y!”



One's normal visual development is rapid during the first six months of life, then continued through the first decade. As the visual system of young children is not fully developed yet, sitting for hours in front of a computer screen put on more stresses and can strain their eyes a lot more than reading a book. This is because the computer forces the child's vision system to maintain focus on computer-generated images than on printed images. The blue light emitted from the screens will stimulate the production of free radicals, which further induce macular degeneration.

Look Out for Warning Signs!

- Frequent eye rubbing or blinking
- Having excessive watery eyes
- Squinting or tilting the head to see better
- Skipping words or lines when reading
- Closing one eye to read or watch TV in order to see better
- Sitting very close to the TV or holding reading materials close to their faces
- Complaining about blurred or double vision or having unexplained headaches
- Easily lose their concentration while reading or using a finger to guide his eyes when reading



Children are not aware of what is normal and abnormal. Any abnormality will be treated as normal as they assume everybody "sees" the same thing. Thus, parents play an important role to detect a vision problem and provide nutrients needed for a good vision.

Astaxanthin & Anthocyanins-Powerful Antioxidant for Eye Healthy

As child's vision development is continued for the first decade, providing strong antioxidants and essential nutrients needed can sharpen their vision. Generally, orange and yellow coloured food such as carrot, pumpkin and papaya are rich in vitamin A and beta carotene, which prevents night blindness and other eye problems. When it comes to antioxidant for eye protection, astaxanthin being the most clinical studied powerful antioxidant should be included for eye health.

Furthermore, anthocyanins are natural pigments responsible for red, purple and blue colours in fruits and vegetables. Berries, blackcurrants and black prunes are some examples of foods high in anthocyanins content, which have strong antioxidant properties. They protect against free radicals (ROS) in the body, including those ROS induced by blue light from the screens of 3C products.



References:

1. Chew, F. et al. Visual Impairment and Amblyopia in Malaysian Pre-School Children-The SEGPAEDS Study. The Medical Journal of Malaysia 2018, 73.
2. Lee, S.T.; Wong, J.E.; Shanita, S.N.; Ismail, M.N.; Deurenberg, P.; Poh, B.K. Daily Physical Activity and Screen Time, but Not Other Sedentary Activities, Are Associated with Measures of Obesity during Childhood. Int. J. Environ. Res. Public Health 2015, 12, 146-161



Goh Chai Xiang
Nutritionist
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**DO YOU
KNOW?**

1 out of 4*

school age children have vision problems that can affect their learning ability.



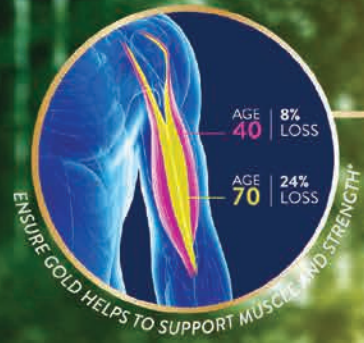
***48% of parents with children under 12 have never taken their child to an eye care professional**

*American Optometric Association, Canadian Optometric Association



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WEEKS^{1-2**}



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- Fenugreek works on repairing stomach lining and preventing stomach ulcer, while polydextrose and bifidobacterium longum work synergistically to improve the environment for digestion.
- Drink 1 to 2 servings of Active Soymilk Plus everyday to see a great improvement on digestive problem.



你的食物「爆糖」吗？

升糖指数GI，全称为血糖生成指数，它反映某种食物与葡萄糖相比升高血糖的速度和能力。碳水化合物在消化道被分解后，最终会成为葡萄糖进入血液中，血糖便随即上升。

- 迅速吸收与释放到循环系统的糖类-高GI
- 缓慢分解成葡萄糖并逐渐释放到循环系统的糖类-低GI

食物中所含的糖类种类与分量不同，转化成葡萄糖的速度亦有不同，所以有不同的升糖指数。做为对比标准的葡萄糖的升糖指数定为100，相比之下：

分类	GI值范围	食物例子
高升糖指数(高GI)	70-99	白面包、白米饭、馒头、白糖、糯米饭、粥、米粉、拉茶、马铃薯、西瓜、荔枝、榴莲、龙眼
中等升糖指数	56-69	糙米饭、番薯、芋头、乌冬面、南瓜、木瓜、芒果、葡萄、凤梨、麦片、快熟燕麦
低升糖指数(低GI)	低于55	黑米、全麦面包、全麦面、藜麦、通心粉、意粉、蔬菜类、番石榴、杨桃、奇异果、苹果、橙

营养代餐 Meal Replacement

什么是营养代餐？

代餐，顾名思义就是用营养代餐食品取代部分或全部正餐食物，能够为人体提供能量与必需营养物质。代餐最主要的优点在于，它非常便捷、节省时间、冲泡后即可食用。由于代餐所含的热量比一般普通餐更少，所以用代餐食品取代每日的1至2餐普通餐，就能帮助服食者逐渐达到控制体重的目的。

你适合代餐吗？

营养代餐适用于各种人群，尤其是那些没有时间运动又有瘦身要求的人。因为这类人运动少，基本上需要靠控制饮食来达到瘦身效果。同时，因工作繁忙导致三餐不规律的人士也非常适合食用营养代餐，因为代餐快速方便，又富含了多种人体所需的营养素。没时间做饭？来份代餐也行。

代餐 = 不用吃饭？

对于要控制体重的人士，我们会建议把一天之中份量吃得较多的那餐转用喝代餐来取代。这么一来，不仅可以帮助控制体重，在计算个人营养需求方面也方便许多。但是，在多数情况下，我们不会建议只单靠喝代餐来满足个人所有营养需求，所以，代餐并不建议用来当三餐服食。均衡健康的饮食再配合运动才是长效控制体重的不二法则。



别被包装骗到了!

现今的代餐种类繁多,大多具有高纤维、低热量、易饱腹等特点,该如何选择?一份健康的营养代餐必须具备以下几点特点:

1 包含碳水化合物

蛋白质与脂肪,有些代餐标榜“0脂肪”或者蛋白质含量非常低,这些代餐都不算是“营养均衡”的代餐。

2 富含纤维:

纤维帮助维持肠胃健康与提升饱腹感,一份高纤代餐必须含有至少6公克的纤维/100公克代餐粉。

3 包含各种维生素和矿物质:

寻找包含至少24种维生素和矿物质的配方,以满足人体的营养需求。

4 含有单一与多元不饱和脂肪:

单一与多元不饱和脂肪是所谓“好的脂肪”,对于维护心血管健康相当重要,适量服用亦能帮助控制体重。

黄秀栎-营养师



“

一份营养代餐所带来的营养益处肯定远远大过于杯面、快熟面、纯燕麦片等,它不止能帮助平衡与增加营养摄取,更是控制卡路里的简单方法,大大减少暴食乱食的机会。

但是,营养代餐并不能用来全面取代一天中所有正餐,用对方法、选对产品、了解个人营养需求才是关键。

在选择与考虑开始服用营养代餐前,还是先询问专业医疗保健业人员的意见吧~

”

**METABOLIC
+SAUVER**
COMPLETE NUTRITION

STEADY IS EXCITING

✓ Contains Cinnulin MS® for blood glucose stabilisation

✓ Oxi-shield® formulation to deliver full spectrum of natural antioxidants



The **Lowest GI** diabetes-specific formula in Malaysia!

REDEEM
FREE
SAMPLE



www.asiatrmetabolic.com



NO.1 Multi-Grains Beverage Brand In Malaysia

According to the research study by Providence Strategic Partners Sdn Bhd

Drink for
HEALTHY EYES!

**Bamboo
Ginger
is spicier!**

NOW !!

RM **55⁸⁸** each

SUPER DEAL

BUY 2nd @

RM **35⁸⁰** each

SUPER DEAL



- ✓ High in Calcium
- ✓ High in Protein
- ✓ Cholesterol Free
- ✓ No Preservatives
- ✓ Source of Dietary Fibre
- ✓ Source of Iron
- ✓ No Artificial Colouring



Largest Multi-Grain Based Product Company



GoodMorning Global

www.goodmorning.com.my

Dale & Cecil

NOW !!
RM 73⁸⁰ each
SUPER DEAL

SMART KIDS WITH
MIWAKO
 MILK

VEGAN

LACTOSE FREE

GLUTEN FREE

NON GMO

PESTICIDE FREE

HERBICIDE FREE

CHEMICAL FREE

KOREA

* Terms & Conditions Apply

Active Growth Plus

MORE FOR YOUR CHILD

Free

* Collect all 3 designs

a Moo Moo Coin Bank with **purchase** of
3 x Morinaga Chil-kid 900g or 4 x Morinaga Chil-kid 700g

Promotion period from November 2019 onwards, while stocks last.

[KeluargaMorinagaMalaysia](#)

[MorinagaMilkMalaysia](#)

www.morinagamilk.com.my

Sole Distributor: **OZ MARKETING SDN BHD** (Co.No.214165-D)
 Wisma OZ, No.11-3, Jalan Kuchai Maju 5, Kuchai Entrepreneur's Park, Jalan Kuchai Lama, 58200 Kuala Lumpur, W.P.Malaysia. Tel: 603-7982 5299 | Fax: 603-7987 1941

Feeling **PINK** Today!

A study by Stockholm University discovered that if you don't get your beauty sleep, then you literally become less...well, beautiful. They studied 25 people, 14 of which were allowed limited sleep for 48 hours whilst the remaining participants were granted a full night's sleep for 2 days. They were then photographed and scored by 122 random people on how friendly and attractive they looked. Interestingly, these people were less inclined to mingle with those who had lesser sleep, and described them as looking unhealthy. Harsh.

Ladies yearn to have a silky smooth and supple skin. Routine use of facial cleanser and lotion moisturises only the skin's outermost layer, hardly penetrates the inner skin structures. Beauty from the inside out is what we're aiming for with a healthy lifestyle. Aside from having adequate beauty sleep and proper sunscreen protection, take a look in your kitchen, you might be surprised how foods could affect your skin and hair!



Biogreen Pink Lady Oatmilk Dull Skin Fix: Get the Look of Rosy Skin



INULIN FIBRE
Serves as prebiotic to feed the good bacteria in your gut

10 TYPES OF NATURAL UNREFINED GRAINS, BEANS & NUTS
Premium plant protein and antioxidant vitamins to keep your skin youthful

BETROOT
Good source of iron & folic acid to give your skin a natural blush



O'KID OVERNIGHT OATS

with Active Enzymes



🕒 Preparation Time: 10 minutes
 🕒 Cooking Time: -
 👤 Serves: 1

Ingredients:

½ cup instant oats
 2 tbsp Biogreen O'Kid Oatmilk
 1 tbsp Biogreen O'Soy Plus Soya Milk Powder (Cane Sugar Free)
 1 tbsp raw honey
 1 tsp organic, unfiltered apple cider vinegar
 1 small-sized banana, peeled
 1 tbsp chia seeds
 300ml purified water



Directions:

- To a mason jar or small bowl, add oatmilk, honey, vinegar and water and stir with a spoon to combine.
- Stir in oats and chia seeds and stir a few more times.
- Cover securely with a lid or plastic wrap and set in the refrigerator overnight.
- The next day, open and enjoy as it is or dust with some brown sugar or nuts as preferred.

Nutrition Facts (Per Serving):

Calories: 302 kcal | Carbohydrate: 46.6g | Protein: 12.9g | Fat: 8.3g | Fibre: 5.3g | Sodium: 90mg

🕒 Preparation Time: 10 minutes
 🕒 Cooking Time: -
 👤 Serves: 1-2

Ingredients:

1 Granny Smith apple, cored and chunked
 2 tbsp Biogreen Pink Lady Oatmilk
 1 tbsp Biogreen O'Soy Plus Soya Milk Powder (Cane Sugar Free)
 1 tsp organic flaxseed oil
 ½ tsp freshly grated ginger
 250ml plain water
 4 ice cubes (optional)



Directions:

- Place all ingredients into a blender and blend until smooth.
- Ready to serve.

Nutrition Facts (Per Serving):

Calories: 213 kcal | Carbohydrate: 25.8g | Protein: 9.4g | Fat: 9.0g | Fibre: 4.4g | Sodium: 115mg

PINK LADY

Rosy Milkshake



PureMed®

LiviCare

Love & Protect Your Liver!

Benefits of Livicare:

- Synergistic 4 in 1 formulation to promote healthy liver.
- Natural Ayurvedic remedies used as liver tonic.
- Standardized extract of all ingredients for improving benefits.
- Plant origin, suitable for vegetarian.



MAL16100030TC

Distributed by:
Pure Medicines (M) Sdn Bhd (1005004-X)
 B-5-8, Plaza Mont Kiara, Mont Kiara, 50480 Kuala Lumpur, Malaysia.
 Email: puremedisciences@gmail.com

KKLIU 1325/2017

OHMS PROBIOTICS GOLD

YOUR **MULTI-YEAR FERMENTED** PROBIOTICS FROM JAPAN.

8 STRAINS
 OF LIVE LACTIC ACID BACTERIA



NOW !!
 RM **178**²⁰ each
SUPER DEAL

WHY FERMENTATION?

Dr. Ichihiro Ohhira strongly believes in a natural multi-year fermentation process to ensure the bioavailability of lactic acid bacteria.



PRO HEALTH MEDICS SDN BHD (681876-T) MAL18036126NR KKLIU0043/2019 TEL:03-8023 2292

CellLabs®

ProbiDefendum®

Protect your family
Improves Health

✓ With ProbiDefendum®, Folic acid, Vitamin D3 & Vitamin B12

✓ Only 1 sachet a day



This is supplement product advertisement
 KKLIU : 0494/2019



in

PLACENTA INDUSTRY

CellLabs® was established in the year 2004 and launched numerous of its own health and beauty supplements with flagship products that include Sheep & Deer Placenta.

Continuous research and findings have shown that Sheep & Deer Placenta contain essential bioactive nutrients to provide a wide range of health applications. They help to revitalise existing cells, repair damaged cells and regenerate new healthy cells.



Achievements:



SME 100
 Award 2014
 FAST MOVING COMPANIES™



MAL1505501BXC

- Fresh **DEER PLACENTA 2000mg**
- **Extraction Ratio 20:1**
- **12 in 1 Ingredients**
- **Suitable to improve vitality & endurance**



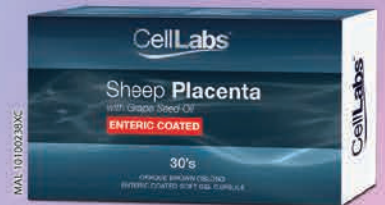
MAL10103057X

- Fresh **SHEEP PLACENTA 30000mg**
- **Extraction Ratio 50:1**
- **3 in 1 Ingredients**



MAL12115024XC

- Fresh **SHEEP PLACENTA 15000mg**
- **Extraction Ratio 50:1**
- **4 in 1 Ingredients**



MAL10100238XC

- Fresh **SHEEP PLACENTA 6000mg**
- **Extraction Ratio 20:1**
- **2 in 1 Ingredients**

This is a supplement product advertisement. KKLIU: 2098/2019

Customer Careline :

1800-22-0822

www.cellLabs2u.com



Gain Back Crystal clear skin tone from inside out



Benefits:

- ✓ Free Radical Defense
- ✓ UV-Protectant



MAL20032499XR
K.K.LIU17902018



Pynocare provides:



French Maritime
Pine Bark Extract



Vitamin C



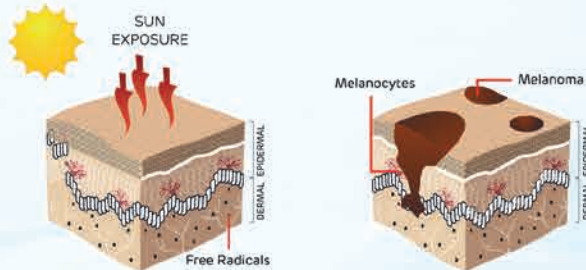
D. Salina Extract



Vitamin E

What is Melanin?

Melanin Formation Process



- **Melanin** is the pigment that gives colour to our skin and is produced by melanocytes. The production of melanin happens deep down in the skin with the help of various enzymes. The melanocytes then distribute the melanin to the upper layers of the skin, which is the skin colour that we get.
- **Dark spots & uneven skin tone** is due to overproduction of melanin in the sun exposed areas mainly cheeks, upper lips, nose and chin.

Causes of Skin Problems

- 01 **Sun Exposure:** major factor
 - 02 **Hormonal Changes:** pregnancy, oral contraceptives
 - 03 **Endocrine Disorders:** Thyroid, ovarian
 - 05 **Phototoxic cosmetics:** mercury, salicylic acid
 - 06 **Phototoxic medications:** antibiotics, anti-inflammatory drugs
- Aggravated by sun exposure

Visit Alpro Pharmacy outlet to get **RM10 instant rebate** for Pynocare now!
Period: 1st December 2019 - 15th January 2020.
*T&C apply.



Product is available at all participating pharmacies.

For enquiry, please call our Customer Care (Mon-Fri, 8am-5pm) at 03-7499 7999
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We Care for Human Wellness



BLACKMORES
AUSTRALIA • SINCE 1932



Be sure of
better health today,
and tomorrow.

BE THE TOP SPENDER & WIN

1st Prize



2nd Prize



3rd Prize



Contest period:
NOW till

31 December 2019



Over 80 years
of expertise in
natural health



Stringent
quality control



Begin
Better
Every
:Day

#ReachForBetter

f BlackmoresMalaysia

* Terms & Condition Apply.

* With purchases of RM200 and above, you will be entitled to join this contest.

* This contest is open only to Alpro VIP members. Non-members are required to sign up for a membership.

Clinically tested probiotic *L. reuteri* for colic and gut health throughout childhood



MAL06091463XC



KKLIU 1316/2018

Good health throughout childhood and adulthood



* 4 - 18 years old

* Adults

KKLIU 2441/2017



MAL07010905XCR

BioGaia[®]
Clinically Tested Probiotics
SWEDEN

Centrum

ENERGY
B-Vitamins and Minerals
Plus Vitamin C & E



NEW



Centrum
ENERGY
B-Vitamins and Minerals
Plus Vitamin C & E



60
TABLETS

ENERGIZE YOUR THINK TANK!

Centrum Energy
60s / 60s x 2

NOW !!

RM **41**⁹⁰ each | RM **74**⁹⁰ each

SUPER DEAL


From the same maker of the World's No. 1 Multivitamin Brand

This is a supplement product advertisement. MAL19026078N
K.K.L.U.1779/2019. CEN/CON/33/MY/19.Jul.2019

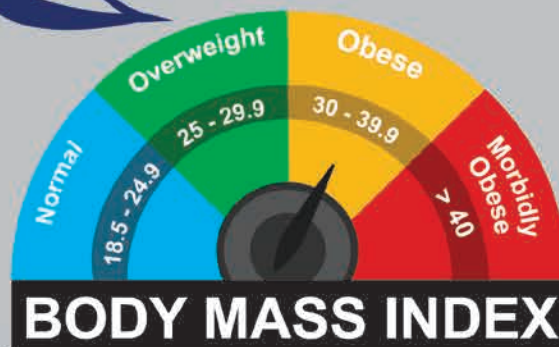
BMI ISN'T EVERYTHING.

You're probably familiar with the concept of body mass index, BMI.

CALCULATION

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$


If you're 90kg and 1.7m tall, then your BMI is 31.14, which makes you obese based on the BMI table.



BODY MASS INDEX

SOME REALLY FIT PEOPLE CAN STILL HAVE AN OBESE OR OVERWEIGHT BMI.

Recently, more studies are pointing to the fact that BMI is **not an accurate indicator of health and can be misleading** – you may think you are overweight when you are not.

BMI is not specifically affected by factors such as age, gender and ethnicity. When you grow older, your fat deposition increases while your muscle mass reduces – but your recommended BMI range doesn't change.

IS THERE A BETTER ALTERNATIVE?

Comprehensive body composition analysis– it measures the inner workings of your body including how much water, protein, fat mass, visceral and bone or mineral are present.

These days, thanks to the marvels of technology, we have sophisticated body composition analysers to do all the measuring for us which uses the **bio-electrical impedance analysis technology** for more accurate assessment.



Are you "skinny-fat"?

■ The key to effective weight loss is losing excessive body fat, not over-all body weight.

■ Instead of tracking how heavy you are, use body composition analysis to track how healthy you are.



MUSCLE MASS

To check your total muscle mass in whole body as well as each segment



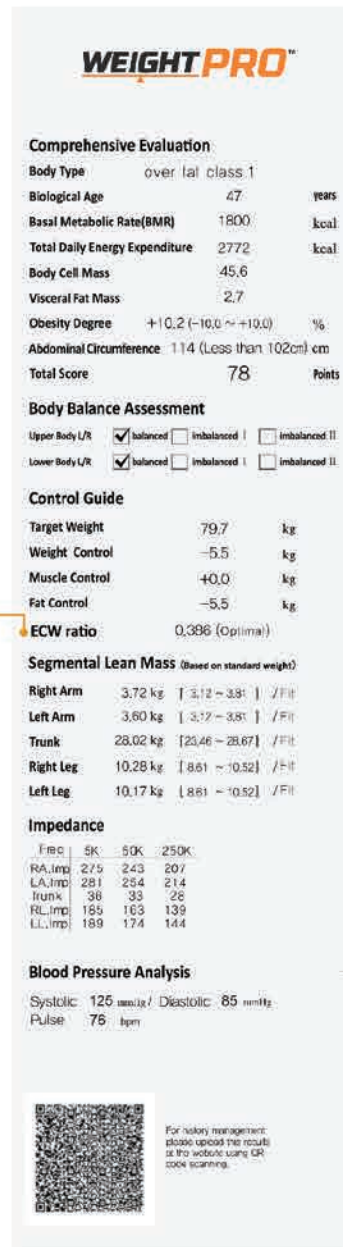
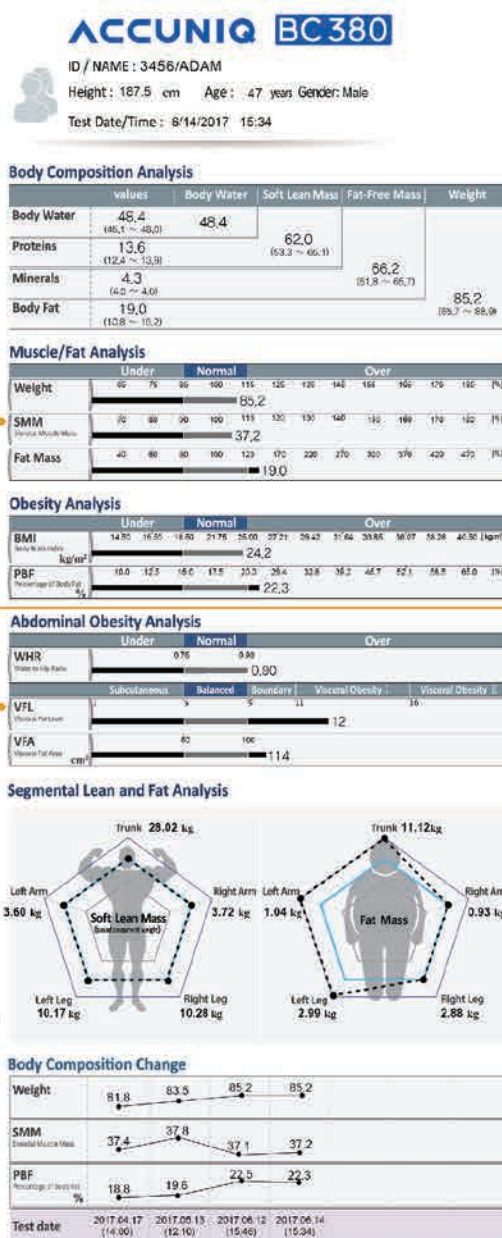
BODY WATER

To check your muscle hydration and water retention status



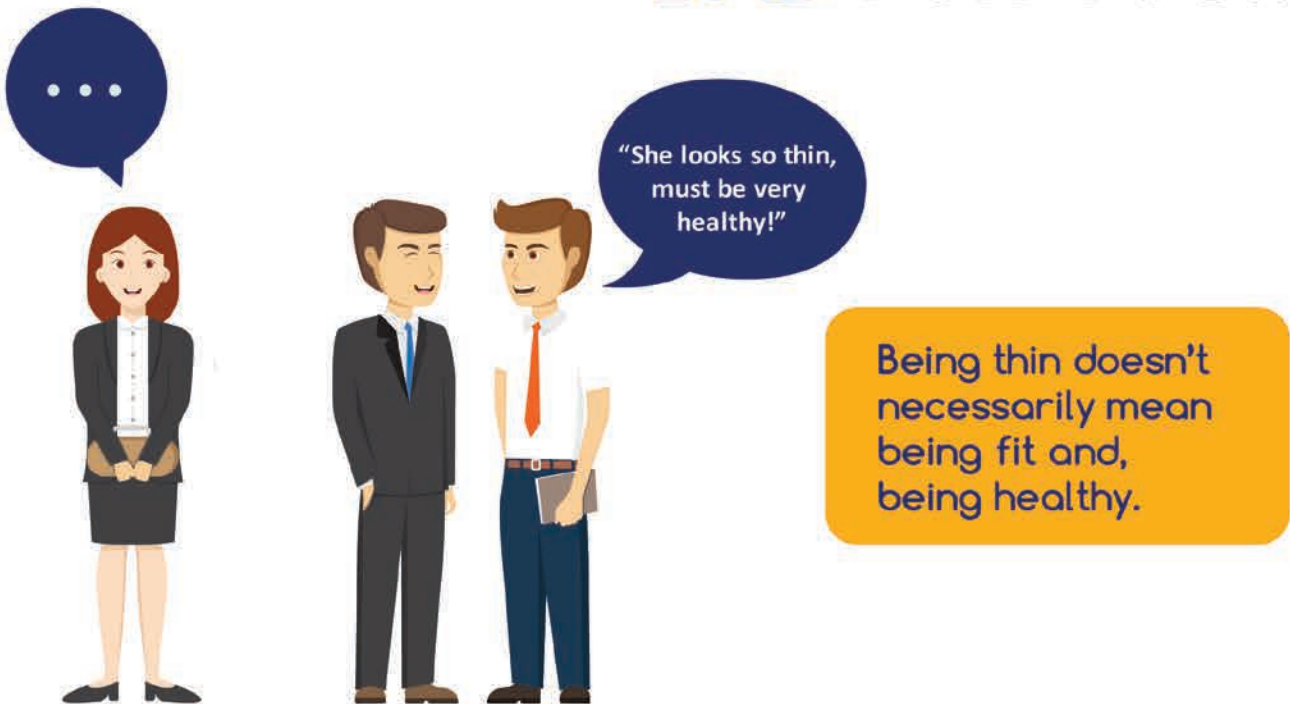
VISCERAL FAT

To check how much dangerous fat you're carrying in your belly



Visceral Fat

WHY IT'S SO BAD FOR YOU?!



All fat is not created equal Not all fat gets stored under the skin.

Fat that people can see (e.g. in arms and legs) is referred to as subcutaneous fat, but there's a second type visceral fat - and it's the worse of the two.

Visceral fat is dangerous! It is a type of body fat that develops and locates within the abdominal cavity. It's usually wrapped around several vital organs, including the liver, kidneys stomach, and intestines. It can also build up in the arteries. Visceral fat is sometimes referred to as "active fat" because it can actively increase the risk of serious health problems.

These include:

- Heart diseases
- Hypercholesterolemia (high cholesterol)
- Insulin resistance, leading to type 2 diabetes
- Loss of cognitive function, leading to Alzheimer's disease
- Lower bone density



SOUNDS INTERESTING!

But then.... HOW TO CHECK MY VISCERAL FAT?

We got you covered! Have you heard about the ACCUNIQ BC380 Body Composition Analyser?

- ✓ 1-minute instant result to discover your body visceral fat, muscle, body water, minerals and more.
- ✓ Uses latest patented and cutting-edge technology to provide you with the most accurate body composition result
- ✓ Result compatible to gold standard measurement - Dual-Energy X-ray Absorptiometry (DEXA) scan.
- ✓ Fast, accurate and non-invasive.



WEIGHT PRO™

Visit our WeightPro Nutritionist & Dietitian to get your FREE* visceral fat & body composition check now!



Dietitian
Jayne Luah

Alpro Pharmacy
Seremban Flagship
019-4481923



Nutritionist
Deva

Alpro Pharmacy
Biz Avenue S2
019-3891923



Dietitian
Muhd Razani

Alpro Pharmacy
Kemaman
019-3311923



Dietitian
Chua Kai Jia

Alpro Pharmacy
Nilai
013-2861923



Nutritionist
Chong Su Pei

Alpro Pharmacy
7th Miles
019-9843923



Dietitian
Norhanafiza

Alpro Pharmacy
Bangi
013-2701923



Dietitian
Nor Anieza

Alpro Pharmacy
Bayan Indah
013-5983923



Dietitian
Fatin Nadhirah

Alpro Pharmacy
Kuantan
019-9871923

PRESENTED AT 2nd GLOBAL WOUND CONFERENCE • 18th-20th OCTOBER, 2019

Epigran Protein For Patients With Chronic Wound

Prof. Dr. Harikrishna K. R. Nair

President Malaysian Society of Wound Care Professional

Epigran Protein contains ingredients recognized scientifically to provide benefit in helping wound recovery. In addition to that, Edible birds nest (EBN) were added into the sachet powder drink. EBN has epidermal growth factor EGF like activity that will aid skin & tissue regeneration.

Epigran Protein ingredient Arginine is heavily researched and proven to bring about benefit in polytrauma, wound healing and pressure injury. It increases collagen deposition and is a metabolic substrate for the synthesis of Nitric Oxide which helps in vasodilatation & improving blood flow. Glutamine protects against inflammatory injury by inducing expression of heat shock proteins, providing cellular protection in inflammation, injury and stress. Branch Chain Amino Acid (Leucine, Isoleucine & Valine) prevents the breakdown of muscle proteins that occur after trauma or severe stress. Correct traces of Vitamin A, Vitamin C, Vitamin E, Zinc, Copper, Selenium balance is pivotal for wound healing. Edible Birds Nest (EBN) ingredient N-acetylneuraminic acid (sialic acid) is a food rich in glyconutrients such as collagen and amino acids that was proven in 1980s to have epidermal growth factor (EGF)-like activity.

A pilot study of 6 patients with chronic wounds ranging from 4 months to 2.5 years, given Epigran Protein for 4 weeks was conducted in Hospital Kuala Lumpur. All 6 patients had an increase in their albumin levels after 4 weeks of supplementation with Epigran Protein. The percentage of increase ranged from 30 to 61% which is a very good marker as protein is the building block in the wound healing process. In addition, the wound size which was measured routinely in terms of length and width also showed improvement. There was no side effects or untoward reactions in all cases. Patients reported an increase in the appetite. Patients were satisfied with the product especially its taste. They found it palatable.

Conclusion

The Epigran Protein which consists of all essential wound healing micronutrients a good supplementation to be used with concurrent dressings as per standard of care. One of the hurdle that wound patient face in recovery is enough uptake of essential nutrition. A weak patient is unable to have appetite to have enough food intake to generate sufficient energy and nutrient for wound heal. Thus, Epigran Protein drinks is there to add on to daily diet to provide the energy, fluid, various vitamin minerals, essential micronutrient of Arginine, Glutamine branch chain amino acid (Leucine) and EBD to aid in wound healing process.

EPIGRAN PRO#EIN Essential Nutrients For Patients With Poor Dietary Intake

For patients who are NOT EATING WELL, making them at risk of being malnourished. Malnutrition has deleterious consequences on the body's ability to regenerate muscle tissue and cellular structures.



Pisane Pea Protein Isolate

- Rapid Digestion
- Low Flatulence
- Soy & Dairy Free



Oat Protein with Beta Glucan



Fortified Key Micro Nutrients for Healing

- Arginine - 30g sachet Epigran Protein contains 862mg of Arginine
- Glutamine - 30g sachet Epigran Protein contains 1148mg of Glutamine
- Leucine, Isoleucine & Valine (Branch Chain Amino Acid - BCAAs) - 30g Sachet of Epigran Protein contains 1074mg of BCAAs



Vitamin-minerals

- It also contain balance amount of trace element Vitamin A, Vitamin C, Vitamin E, Zinc, Copper, Selenium balance is pivotal for healing.



Japan Oryza Bird's Nest Extract

- Aid skin & tissue regeneration



Fibruline[®] Inulin

- A prebiotic fibre for digestive health



Marketed Exclusively by: **Soza Healthcare Sdn Bhd** (1001759-X)
Suite 102, E111 Block E, Phileo Damansara 1, No.9, Jalan 16/11, Off Jalan Damansara, 46350 Petaling Jaya, Selangor Darul Ehsan, Malaysia.
Tel: 03-7493 5176 Fax: 03-7493 5100 Web: www.soza.com.my

Neurobion[®]
VITAMIN B1, B6, B12

Helping True Heroes

By nourishing nerves

Relieves
Numbness

Relieves
Tingling
Sensation

No. 1
WORLDWIDE



*Neurobion has been the market leader of vitamin B complex product/vitamin B combination products for the last two-year period on a combined market of 74 countries worldwide. Source: Internal calculations based on IGVIA MIDAS sales for MAT 09/16 through MAT 09/17.

Results may vary from person to person. Consult your healthcare professional for more information. Merck Sdn Bhd (178145-V) For enquiries, please email to chmyhmml.in@pg.com or visit www.neurobion.com.my for more information.

KKLIU: 1477/2018 MYS-NEU-1806-0118 This is a medicine product advertisement.

Sangobion[®]



No. 1
IRON COMBINATION
HIGHEST SALES

BREAK FREE FROM ANEMIA AND WIN YOUR DAY!

Sangobion Complete helps increase red blood cells that carry oxygen in the body to fight anaemia, so you can perform at your best throughout the day.



Consult your healthcare professional for more information. Merck Sdn Bhd (178145-V) www.sangobion.com.my This is a medicine product advertisement. KKLIU: 1083/2018 MYS-SAN-1804-0083

*Sangobion is the No. 1 Iron combinations brand in SEA. Source: QuintilesIMS Data MAT Q4/2015 - Q4/2016 (ATC4 B3A2 Iron Combination Products; SEA comprised of Indonesia, Philippines, Singapore, Malaysia, Vietnam, Thailand).



Traditional Charity vs Corporate Social Responsibility

Aren't they the same? No. They are not. Charity is the act of giving something for nothing in return and usually turns into more giving by the giver/donor, as this act of giving results in the beneficiaries being dependent on others. CSR on the other hand gives for something in return which in turn is given to others in need. When repeated the outreach is wider and the momentum creates a sustainable cycle as the source is not depleted.

What does that mean?

Simple, ever heard of the age old saying "Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime"? Here, the giver is a vehicle, sharing knowledge as when one learns how to fish, they no longer need to depend on the giver in order to survive. This way the giver can then move on to teaching others how to fish instead of spending his time fishing for them, creating a wider impact when more and more people learn how to fish and are able to survive on their own. While the source which is knowledge, is never depleted as it passes on from one to another creating a better world where everybody wins.

Alpro Foundation: Bring Hope, Changing Lives

Alpro Foundation practises sustainability with a mission to improve the lives of school going children within the poverty group, breaking them out of the poverty cycle through continuous education.

A glimpse into our sustainability model, the Charity Water. For every sale of charity water at RM1.00, RM0.50 will be channelled to Alpro Foundation to sustain projects such as the Growing Stars Project. This helps sustain the foundation while allowing more school going children access to education that would support their future. On top of that, the foundation also benefits from the recycling efforts at Alpro Pharmacy via the sale of papers and cardboards. This effort enables staff to practise recycling, building an environmentally friendly waste management habit.



Drink to make a change



In every school there is always a student in need

“THE GROWING **STARS** PROJECT”

In MALAYSIA, school dropout is highly due to poverty. Your contribution can help to support these children to continue their education so they can break out of their poverty cycle.

OUR CHARITY WATER quenching thirst, supporting the community.

Through your contribution, we can support children to continue their education and provide resources to help them.



“ Education is the key to opportunity. It’s a ticket out of poverty ”





LOURI MAC



Perfect Gift for this *Christmas*



Yes, WE'RE **HIRING**

So where do you place yourself ?

You decide where you want to be in Alpro. We are always by your side for all the support and opportunities that you need. YOU decide where your future lies.

While there are numerous potential futures ahead of us, we all hope for the better one - **for a healthy and vibrant world.**

Every little step of each and everyone of you counts. If you share the same passion as us, let's talk.

Together we figure it all.

mycareer@alpropharmacy.com

019-987 3923



PROVITON
DAILY MULTIVITAMINS




BE A PRO
Hafiz Syahrin
MotoGP Racer

MAL13025031N



Proviton
Multivits CoQ10 Plus
90s

NOW !!
RM **87.89**
each
SUPER DEAL

MAL14095003N



Proviton
100s with 30s


NOW !!
RM **86.89**
each
SUPER DEAL

“ **PROVITON Multivits CoQ10 Plus** keeps me active in my race and training sessions all day long ”

This is a supplement product advertisement | KKLIIU 0508/2019

HISYAM HAMID MAWAR RASHID

TO CAPTAIN



9 DISEMBER 2019, ISNIN - KHAMIS, 10 MALAM

astro RIA astro RIA

Dibawakan oleh

Flavettes[®]
Effervescent

MAL17076023N



Flavettes
Effervescent
Glow 15s

NOW !!
RM **33.88**
each
SUPER DEAL

MAL17076023N



Flavettes
Effervescent
Glow 30s

NOW !!
RM **52.88**
each
SUPER DEAL

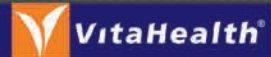
PERCUMA

Flavettes selendang 1pc dengan pembelian produk Flavettes Effervescent Glow 30s
Sementara stok masih ada.



Ini adalah iklan suplemen kesihatan | KKLIIU 0745/2019





GLOW FROM WITHIN

SKIN REJUVENATION

Illuminates skin complexion | Protects from photo-ageing | Improves skin tone

Asta-Glutathione Plus

Made in USA



MAL15045174NCR

NOW!! 2 x 30s
RM 199⁹⁰ each
SUPER DEAL

VitaHealth Asta-Glutathione Plus shields your skin from UV rays for a fair, radiant complexion.

- Features 300mg L-glutathione
- Enriched with N-acetyl-L-cysteine (NAC), astaxanthin, alpha lipoic acid, vitamin C and zinc
- In vegetable capsules



This is a supplement product advertisement.
Available at all leading pharmacies
VitaHealth Malaysia Sdn. Bhd. (934481-V) | Toll-Free No.: 1800-18-3288



KKLIU 1293/2019

KKLIU 1231/2018



BrefWell

益肺多



I choose.....

Always

Cough

sinusitis
nasal
congestion



1 300 88 8466



MAL 070614877

Ini klan produk tradisional

Produk bermutu



tiada daripada



Diabetea[®] Teh Campuran Herba Herbal Mixture Tea

PWP
@
RM8.90

Suitable for
Diabetic
Patient



Diabetea 6's
Normal Price: RM11.50



MS1500: 2009
1040-05/2017

NOW AVAILABLE IN ALPRO

Nature's Way

Vita Gummies

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DECEMBER 2019

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Lisa and 99% of women agree that **Cetaphil gently cleans and moisturises***



Soap-free



Fragrance-free



Trusted by dermatologists



For all skin types



Lisa Surihani
Actress

3 Tips for healthy, beautiful skin

- ✓ **Avoid soap and foam**
A cleanser that produces a lot of foam usually has a high soap content, which can strip your skin of its natural oils, leaving your skin feeling very dry.
- ✓ **Heavily scented cleansers are a no-no**
Heavily scented skincare products may cause negative skin reactions as the 'fragrance' you love could contain multiple scent additives which could trigger an allergic reaction to those with sensitive skin.
- ✓ **Choose a gentle cleanser**
Using a harsh cleanser can impair your skin's natural barrier function, allowing bacteria and irritants to enter the skin more easily. Choose Cetaphil Gentle Skin Cleanser to gently clean whilst moisturizing your skin.



*Survey conducted by Home Tester Club between 17/5/18 and 7/7/19. 800 members have received and home tested Cetaphil Gentle Skin Cleanser.



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Perfectly Clean
Moist Skin



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Ideal for
pH 5.5
healthy skin



The Best Protection from
the Very First Day



- 100% soap and alkali free
- with the pH value of 5.5, Baby SebaMed is clinically proven to promote the development of the acid mantle
- Extra mild cleanser for gentle cleansing action without dehydrating
- Soft controlled foaming
- The herbal extract of the medicinal plant chamomile known for its regenerative properties soothes and protects the skin
- Natural moisturizing agents soothe, hydrate and protect the delicate skin
- For the whole body cleansing of the delicate baby skin

Baby SebaMed Liquid Cleanser 1000ml
GWP 200ml FREE Children Shampoo
20ml + Diaper Cream 10ml (on pack)



Baby SebaMed Wash Extra Soft
200ml FREE Diaper Cream
10ml (on pack)

Gentle cleanser formulated
closely to newborn's
protective vernix



A daily moisturiser & care
of babies delicate skin

Baby SebaMed Lotion 200ml
FREE Wash Extra Soft 20ml
(on pack)



Baby SebaMed Starter Pack

Give your baby the best protection from the first day with **Baby SebaMed Starter Pack** - the basic needs in a convenient pack to develop baby's skin biological protective acid mantle at a pH of 5.5.

Baby Wash Extra Soft with Vitasqualene is a gentle cleanser formulated closely to newborn's protective vernix.

Remember to safeguard your baby's skin against dryness with **Baby Lotion** containing Allantoin and Chamomile extract.

Baby Diaper Cream with Titanium Dioxide forms a protective layer on the skin against harmful contact with excrement and aggressive substances which causes skin inflammation.

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*while stock last

Science for Healthy Skin

clinically
pH 5.5
tested®
seba med



NOW !!
RM 26⁷⁰ /pack
SUPER DEAL

- 100 % soap and alkali-free
- Naturally cooling and calming
- Daily body care tones the skin and refreshes its appearance
- A highly effective moisturizing complex assures a sustained, natural moisture balance

Sebamed Moisturizing Body Lotion 200ml FREE Olive Liquid Face & Body Wash 20ml (on pack)



NOW !!
RM 29⁹⁰ /pack
SUPER DEAL

- 100 % soap and alkali-free
- pH value of 3.8 supports the ecological balance of the natural micro-flora, to support the physiological protection against genital infections and odour formation
- Skin care formula with bisabolol, the active ingredient of chamomile helps soothe sensitive skin

Sebamed Feminine Intimate Wash 200ml FREE 20ml (on pack)



NOW !!
RM 12⁸⁰ /pack
SUPER DEAL

- Against the irritating, drying effects of environmental influences
- Regenerates dry and chapped lips quickly and effectively, alleviating irritation and inflammation with a care complex containing vitamin E and bisabolol active component of chamomile
- Ideal care for dry, chapped lips
- Dermatologically tested

Sebamed Lip Defense SPF30 4.8g



NOW !!
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SUPER DEAL

- 100 % soap and alkali-free
- Gentle pore deep cleansing
- Mild formula with allantoin and Pentavitin® leave skin soft and smooth
- Care complex with panthenol supports the skin regeneration
- Unique after-wash-feeling – skin feels clean, soft and supple
- Mild and thorough cleansing for sensitive and problem skin

Sebamed Liquid Face & Body Wash 1000ml GWP 200ml FREE Lotion 15ml + Anti-Hairloss Shampoo 20ml (on pack)



*while stock last

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I LOVE MY SKIN

HELLO VITAMIN E FAREWELL SCARS!

Achieve a brighter scar-free skin with Vitamin E Series. With the formulation of Vitamin E and rosehip oil. Plus powerful anti-oxidants, minus fragrance! It helps to effectively fade scars and renew skin cells.

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SPECIALLY FOR SENSITIVE SKIN



IN MINUTES NOT DAYS!

FOR THE SCALP



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- Ceramides to replenish scalp
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450 sprays in each bottle!



9/10 Find it relieves itch within 5 minutes*



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RM 35⁹⁰ each - RM 89⁹⁰ each
SUPER DEAL

FORMULATED BY THE NATIONAL SKIN CENTRE, SINGAPORE

Natural Remedies for Extra Skin Brightening and Anti-aging



Hyperpigmentation

A common skin problem facing a lot of women is the appearance of dark patches and uneven skin tone or hyperpigmentation. Usually women with pigmentation also experience the appearance of fine lines and wrinkles. The skin takes on a dull and lack luster complexion. This can happen as early as one's late twenties and is more visible in fair-skinned people.

Can we avoid or reduce pigmentation and signs of early aging?

Causes of Hyperpigmentation

Understanding how pigmentation occurs can help us better to avoid or reduce it and to select the right skincare to maintain a flawless translucent skin, the desire of many women.

The main cause of pigmentation is over exposure to the sun's harmful UVA and UVB rays. Sun exposure stimulates the skin's melanocyte cells to over produce melanin, a dark substance that causes dark patches and uneven skin tone. This does not happen overnight. Hyperpigmentation is the result of long-term sun exposure on unprotected skin. The longer the skin is exposed to the sun, the thicker the melanin deposits that usually appear as uneven dark patches. They are harmless but aesthetically unattractive.

Fine Lines and Wrinkles

The bad news is sun UV rays do not only cause melanin deposits which cause hyperpigmentation and coarse-looking skin but they also harm the skin's collagen and elastin, the substance that keeps our skin firm and smooth. UV rays generate a compound called free radicals in our body which attack and damage skin cells causing early skin aging. Unprotected skin collagen is easily damaged by free radicals triggered by harmful UV rays and environmental stress.

Remedies for Hyperpigmentation and Early Aging

Now that we have established the main cause of hyperpigmentation, the natural solution for brighter youthful skin is sun protection against excessive melanin deposits and healthy skin regeneration to reduce it.

There are many remedies for hyperpigmentation. Instant remedies include chemical peels and laser treatments that must be done by qualified professionals but there may be some risks including skin sensitivity and scarring.

Go the Natural Way – Clinically Proven Rosa E Pigmentation Serum

Garden of Eden offers natural and effective remedies to discerning customers who care about what they put on their skin. **Garden of Eden Rosa E Pigmentation Serum** is a 100% plant-based pigmentation serum which has been clinically proven to work on reducing pigmentation and improving skin tone while firming it. In a Rosa E Challenge conducted, 99% of Malaysian users said they saw visible improvements in skin brightness and skin tone within 6 weeks of regular use.

The secret of Rosa E Serum's efficacy lies in its highly concentrated and fast absorption formula. It contains Rosehip Seed Oil (Rosa Moschata) blended with powerful natural antioxidants to protect the skin against harmful effects of UV radiation. The unique and natural form of Vitamin A in Rosa E has a natural lightening effect on skin pigmentation and uneven skin tone. All that natural goodness is carefully harnessed in a non-greasy formula to deliver active ingredients deep into the skin's inner layers to help repair and renew damaged skin cells.



Protect and Prevent Hyperpigmentation and Early Skin Aging – Grape E Serum Slows Signs of Aging

Garden of Eden Grape E Anti-aging Serum serves as an excellent complement to Rosa E Serum. This all-natural serum is packed with anti-aging antioxidants d-alpha tocopherol (Natural Vitamin E) and proanthocyanidins (from Grape Seed) which has 20 times more antioxidant power than Vitamin C and 50 times more than Vitamin E. These two powerful antioxidants work in different ways protecting the integrity of the skin collagen against free radical attack. Consequently, they also strengthen the skin and firm it to reduce the appearance of fine lines.



Sunscreen Protection – Satin White Day Cream is a Must for Long-term Skin Protection and Anti-aging

Skincare experts say wearing a good sunscreen slows down the aging process. In some countries it is mandatory for parents to apply sunscreen on children before going outdoors. Protection is better than cure. **Garden of Eden Satin White Day Cream SPF 30** functions both as a sunscreen with SPF 30 sufficient to block out up to 97% of both UVA and UVB, and as a day cream with moisturizing effect from Rosehip Seed Oil, Primrose Oil, Grape Seed Oil and Jojoba Oil. It also contains Vitamin E, Grape Seed Oil and Gingo Biloba for added antioxidant protection. To boost skin brightness, Vitamin C ester, well known for its brightening effect on blemished skin is added. Satin White makes a great day cream under makeup and it does not leave a tacky, sticky feel.



Skin Radiance – Puts the Glow Back with Primrose E Serum

People who suffer from uneven skin tone and dark spots tend to have tired, course skin and dull complexion. **Garden of Eden Primrose E Radiant Skin Serum**, a therapeutic product, is targeted at restoring skin radiance with a formula rich in essential fatty acids such as Omega 3, 6 and 9 derived from its key ingredient, Evening Primrose Oil. Essential fatty acids are vital for skin regeneration and when taken orally improve dry and tired skin tired skin, but they produce more immediate results when applied directly onto the skin.



Mix and Match Winning Skincare Combination

For hyperpigmentation skin that lacks radiance and skin firmness, it is recommended to choose the Rosa E Serum for skin lightening. Choose Primrose E Serum for skin regeneration and radiance. Both these serums can be used alternately, for example use Primrose E in the day and Rosa E during the night. Apply the Satin White during the day over the serum for sun protection. The Grape E is best used during the day under Satin White for double sun protection. At night apply the Rosa E Serum or Primrose E Serum of your choice. Only two to three drops of the serum for each application suffice to give the desired results.

Advertisorial

Gentle Way to Cleanse, Tone and Exfoliate Sensitive Skin

The Importance of Cleansing, Exfoliating and Toning

Great looking skin begins with proper cleansing and toning, the very basic yet essential first step in maintaining good-looking skin. This is especially true if you wear makeup, are exposed to environmental pollution and have sensitive skin. A good daily cleansing and toning routine accompanied by a weekly facial scrub will brighten your skin, improve clarity and help restore radiance. However, this beneficial effect is greatly reduced when the skin is not properly cleansed.

Right Choice of Facial Cleanser and Toner

We all know the normal twice daily skincare routine of cleansing the face followed by toning when waking up and before going to bed. But how many of us know how to select a good cleanser and toner that suit our skin type? Not all cleansers are the same. Some cleansers contain harsh cleansing ingredients that leave the skin feeling dry and sensitive, hastening the appearance of fine lines.

Garden of Eden Gentle Milk Cleanser – The Right Choice for Dry and Sensitive Skin

Using the right cleanser will help prevent excessive depletion of the skin's natural oil. This is especially true for those with dry and sensitive skin. Garden of Eden Gentle Milk Cleanser is specially formulated using a complex combination of gentle cleansing ingredients that rehydrate the skin while gently cleansing it. Ideal for those who frequently cleanse their face and have sensitive skin. Gentle Milk Cleanser is dermatologically tested suitable for sensitive skin.

To rehydrate the skin, Gentle Milk Cleanser contains Aloe Vera Extract, Allantoin and Vegetable Glycerin for smoother and softer skin.

Gentle Milk Cleanser is free from:

- Sodium Laureth Sulphate (SLS) a harsh cleansing agent found in dish washers
- Mineral Oil a by-product of petroleum
- Colourants that may irritate
- Parabens



Removing Makeup the Gentle Way – One of the Absolute Best Things You Can Do for Your Complexion

Gentle Milk Cleanser is excellent for removing makeup. It is so gentle that it can be used to remove eye makeup. For those with oily skin, it is recommended you do double skin cleansing to prevent blocked pores and acne breakout. First remove the makeup with Garden of Eden Gentle Milk Cleanser followed by Garden of Eden Rosa T Mild Gel Cleanser. Then finish off with Garden of Eden Soothing Toner for a refreshing clean feel.

Revitalise with Alcohol-free Soothing Toner After Cleansing

To complete your skin care routine, use Garden of Eden Soothing Toner which is dermatologically tested suitable for sensitive skin to:

- Refine and minimise open pores with paraben-free eco-certified Witch Hazel Extract
- Remove excess residue of makeup and grime
- Soothe and calm the skin with Lavender Essential Oil
- Revitalise and protect the skin with Ginkgo Biloba and Grape Seed Extracts
- Hydrate and soften the skin with Aloe Vera and Allantoin
- Prepare the skin for optimum skin treatment with your choice of Garden of Eden natural yet powerful serums



Brighten and Glow with Gentle Exfoliating Facial Scrub

Give your skin a gentle exfoliating facial scrub once a week to remove dead skin cells, oil build-up and impurities while promoting new skin growth. Garden of Eden Gentle Exfoliating Facial Scrub uses natural Rice Beads which are not only great for delicate and sensitive skin but also great for the environment. Contains Pomegranate and Licorice Root Extracts to lighten and brighten your skin. Jojoba Oil and Olive Oil are added to rehydrate and soften the skin. Added Peppermint and Geranium Essential Oils give off a refreshing after scrub-feel that leaves the skin with a natural glow.

You can't go wrong with Garden of Eden's Botanical TRIO

The TRIO of Gentle Milk Cleanser, Exfoliating Facial Scrub and Soothing Toner work particularly well if you have sensitive skin. Their synergistic blend of natural ingredients work gently and deeply to cleanse, soothe and nourish your skin. Besides, they also hydrate and restore your skin's delicate pH balance. Maintain a healthy skin glow with the TRIO's extra gentle yet effective formulae.



GENTLE MILK CLEANSER	USAGE DIRECTIONS
For All Skin Types* Works Well on Dry and Sensitive Skin Helps Restore Matured, Dull-looking Skin	• Cleanse twice daily
GENTLE EXFOLIATING FACIAL SCRUB For All Skin Types Works Well on Acne and Oily Skin Helps Restore Dry, Dull-looking Skin Helps Improve Pigmentation and Uneven Tone Skin	• Oily & Acne Skin Once to twice a week • Normal Skin Once a week • Dry Skin Once in 10 days
SOOTHING TONER All Skin Types Works Well on Acne and Sensitive Skin Helps Revive Dull-looking and Dry Skin	• Apply Soothing Toner after cleansing/exfoliating

*Use Rosa T Mild Cleanser on acne skin for better results

Enjoy Smooth Pregnancy Without Stretch Marks



What is Stretch Mark?

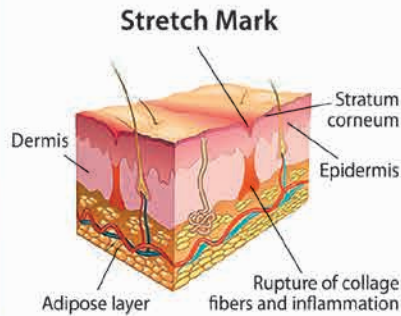
Stretch marks are actually scars in the dermal layer of the skin. They are caused by weak collagen and elastin which are unable to accommodate the excessive stretching of the skin during pregnancy. They also occur during adolescence, a period of rapid growth, bodybuilding and to men and women who experience sudden weight gain. Do you know about 70% of pregnant women develop stretch marks, dry and itchy skin?

Stretch marks occur on tummy, breasts, hips, buttock, and thighs. Depending on the skin colour, the marks start out as pink, reddish brown or dark streaks. If left untreated, stretch marks may become permanent scars. Stretch marks don't hurt but they are unsightly.



Adverse psychological effect of Stretch Marks

The most damage stretch marks do would be to your self-esteem. How often, when looking in the mirror, did you wish for your skin to be smooth and unblemished? Instead, you dread seeing the dark streaks on your skin that was once beautiful and smooth. Is there hope for stretch marks? Can you reduce or even prevent stretch marks in pregnancy?



Jojo E Stretch Mark Serum – Nature's Gift to Pregnant Mothers

Stretch marks occur in the deeper layers of the skin caused by extreme stretching of the skin during the second and third trimesters. Your skin needs an intensive stretch mark treatment with highly concentrated active ingredients that can be quickly absorbed into the skin to strengthen the skin collagen and elastin, yet safe for both mom and baby. The serum is chemical-free, contains no parabens, colouring, perfume or mineral oil to irritate the skin. It is dermatologically tested suitable on sensitive skin.

Jojo E Stretch Mark Serum from Garden of Eden is one such formula uniquely designed to meet the special needs of pregnant mothers.

Jojo E Stretch Mark Serum is a super concentrated serum made from 100% botanical ingredients. Its active ingredients protect and strengthen collagen and elastin, nourishing the skin. This keeps your skin healthy, strong and well hydrated all day – for a confident outlook throughout your pregnancy.



How does Jojo E Stretch Mark Serum work

Jojo E Stretch Mark Serum contains high concentrations of super antioxidant proanthocyanidins from Grape Seed Oil and d-alpha tocopherol from soy-based Natural Vitamin E for extra protection against free radicals that can weaken skin collagen and structure. Strong and healthy skin enables it to stretch better without tearing.



Intensive Nourishment for Stretch Mark-free Skin

Pregnancy is a period when the body and the skin need extra nourishment to stay healthy and strong. Garden of Eden Jojo E Stretch Mark Serum meets this special need with nutrient rich Jojoba Oil, Safflower Oil and Grape Seed Oil – rich sources of essential fatty acids (EFAs) which contain high levels of Omega 3, 6 and 9 skin nutrients. These nutrients boost skin cell regeneration, keeping the skin smooth, flawless and free of stretch marks. If you have developed stretch marks, regular use of Jojo E Serum promotes healthy skin growth while fading out existing stretch marks and preventing new ones.

Keep Skin Well-hydrated, Soft and Itchy-free

Pregnancy is a joyous experience but for some it can be marred by extreme skin itchiness caused by taut and dry skin common during the later part of pregnancy. Creams and lotions are fine for moisturizing the surface of the skin. 100% natural serums with high-potency formula like Jojo E Stretch Mark Serum is more intensive and absorbs quickly into the inner layers of the skin to give longer skin hydration without the greasy feel. It helps prevent moisture loss and increases moisture content while relieving dry and itchy skin, making it soft, supple and comfortable.

Advertorial

The Jojo E Stretch Mark Cream – Perfect Complement



Garden of Eden has recently introduced the Jojo E Stretch Mark Cream with a similar product concept of antioxidant protection, essential skin nourishment and skin hydration working in synergy with the serum. The Jojo E Cream is creamy rich and spreads so easily on the skin instantly moisturizing it without any greasy feel. It is quickly absorbed, soothing dry and tight skin, leaving it feeling soft and supple on the outside.

Garden of Eden Jojo E Cream is formulated from a blend of nature's best ingredients derived from Jojoba Oil, Organic Argan Oil, Shea Butter, Coneflower Oil and Rhubarb Root Extract which is tested and proven to increase skin barrier function against moisture loss. Once the skin barrier function is damaged, it leads to trans-epidermal water loss (TEWL) resulting in dry, tight and itchy skin. When this happens the skin is prone to stretch marks. This product also comes with the protective powers of Natural Vitamin E and Organic Black Crowberry Extract claimed to be good for the repair of stretch marks.

It is recommended to use the stretch mark cream in the early months of pregnancy and together with the serum during the second and particularly the third trimester for even better results. Apply immediately after cleansing the serum first followed by the cream morning and night.



JOJO E First-Class Mom Contest, promo packs and more

For a limited time, receive 25% OFF on JOJO E Stretch Mark Serum and Cream and get a FREE GIFT for each pack purchased! Plus, when you buy only 4 JOJO E packs, you can redeem 1 FREE and qualify to win a First-Class Hospital Stay for your delivery (see details in redemption and contest form inside JOJO E Pack)!.

The first winner of Garden of Eden JOJO E First-Class Mom Contest after running the contest for 4 months was also being announced at Today's Baby Expo held at Mid Valley Exhibition Centre on 28th September, 2019.



Mom-to-be, Janice Tan Shin Sze (fourth from left) is the 1st Winner of JOJO E First-Class Mom Contest. Janice walked away with sponsored first-class hospital stay for her delivery worth up to RM3,000. Famous artiste Dynas Mokhtar (right) who is Jojo E's number one supporter and loyal user witnessed the prize presentation ceremony.



"I used to have extremely dry and flaky skin. For the past few months, I've tried several anti-stretch mark creams and oils from other brands. Unfortunately, my belly felt very itchy especially when I was about to sleep.

I've started to use Jojo E stretch mark cream and serum when I was 5 months pregnant.

Surprisingly, my skin is getting so much better with Jojo E products! My skin is no longer flaky and I don't have to be worried that I will scratch my belly when I'm asleep. My bump is finally smooth and shiny!

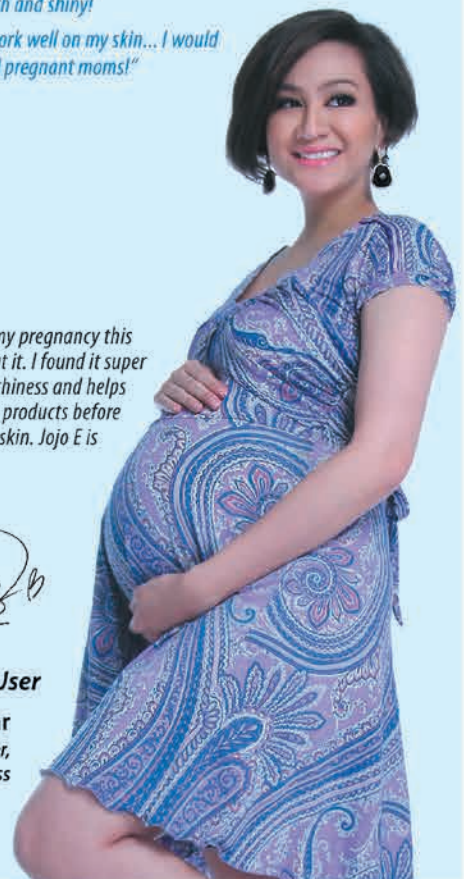
Jojo E products are really affordable and work well on my skin... I would definitely recommend Jojo E products to all pregnant moms!"

Janice Tan Shin Sze,
1st Winner
Jojo E First-Class Mom Contest

"My best friend... Jojo E really helps with my pregnancy this time around! Perut gets really itchy without it. I found it super moisturizing after using Jojo E. No more itchininess and helps with stretch marks. I've tried sooooo many products before this and Jojo E is definitely the best for my skin. Jojo E is sooooo good!"

A Satisfied Jojo E User

Dynas Mokhtar
Mother, Home Maker,
Model, TV Host & Actress





大专

小药师特工队

陪你一起长大



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每一次的相遇都是一种缘分,
每一次的分享都让大专珍惜初心,
每一次的远途驾驶, 我们都为带给小朋友更多幸福而奔驰。

过去,【玩】和【学】是两件事,
现在,玩和学是同一件事!
成长是件美好且珍贵的事情,
大专愿意陪你一起成长,陪你一起学习。

过去,【药剂师】给人的刻板严肃的形象。
现在,【药剂师】其实就是你在健康路上最棒的朋友。
我们教你抗蛔虫,
我们教你如何保护自己,
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张成功药剂师

笑桃姐姐

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COMMUNITY PHARMACY
AT ALPRO PHARMACY SEREMBAN FLAGSHIP



99% OF PARENTS AGREED THAT THEIR CHILD'S COLD STOPPED EARLY*1

*After using BETADINE™ Kids Cold Defence Nasal Spray

-2 DAYS CLINICALLY PROVEN TO SHORTEN DURATION OF COLD BY 2 DAYS²

99% ELIMINATES AND TRAPS 99% OF COLD AND FLU VIRUSES³

✓ REDUCE ANTIBIOTICS MISUSE

✓ NATURAL

✓ STEROID-FREE

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FOR ADULTS

SAFE FOR PREGNANCY & LACTATION**

**Use during pregnancy or breastfeeding is subject to medical advice.



SUITABLE FOR KIDS 1+

Healthy healing starts with **BETADINE™**

Please consult your healthcare professional for more information.

References: 1. Survey conducted between 15/2/2019 and 15/8/2019. 236 parents have received from their paediatrician and their children have used BETADINE™ Kids Cold Defence Nasal Spray. 2. Ludwig et al. *Respiratory Research* 2010, 14:104. 3. Koenigshofer et al. *Multidisciplinary Respiratory Medicine* 2014, 9:57. 4. Centers for Disease Control and Prevention. *Righting Flu with Anti-viral Drugs*. Available at: <http://www.cdc.gov/flu/antivirals/index.htm>

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MY/0001/2019 Date of Production: Jan 2019



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- Women Related Care
- Skin Disease Care
- Geriatric Care
- Antenatal & Perinatal Care
- Stress And Depression Care
- Minor Surgeries
- Ear Nose And Throat (ENT)
- Minor ENT Procedures
- Wound Care and Wound Dressing
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- Insurance Medical Check Up
- Pre-employment Medical Check Up

Test

- Dengue Rapid Test
- HIV Rapid Test
- HbA1c Rapid Test
- Allergy Test
- Pregnancy Test
- FBC (Full Blood Count Rapid)
- H.Pylori Blood and Breath Test
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- Typhoid Vaccine
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- Meningococcus Vaccine
- Rota Virus Vaccine
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- MMR Vaccine
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Why Should You Do Regular Blood Tests?

Regular blood examination plays an important role in maintaining your overall health and fitness, just like diet and exercise. If you are serious about living a long and healthy life, then take your blood tests seriously.



SPECIAL PROMOTION OFFER

1ST DECEMBER 2019 - 15TH FEBRUARY 2020

Basic (DPS3C)

- Full Blood Examination
- Renal Function Test
- Liver Function Test
- Fasting Blood Sugar
- Lipid Studies
- Urine Feme
- HbA1c

RM65 only
(Usual RM120)

Deluxe (DPB3C)

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- Liver Function Test
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- Lipid Studies
- Urine Feme
- ABO & Rhesus
- RPR (Syphilis)
- TPHA (If RPR Reactive)
- Hepatitis B Ag & Ab
- HIV 1 & 2 (Ag & Ab)
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- TSH
- Rheumatoid Factor
- AFP
- HbA1c

RM150 only
(Usual RM220)

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- Renal Function Test
- Liver Function Test
- Fasting Blood Sugar
- Lipid Studies
- Urine Feme
- RPR (Syphilis)
- ABO & Rhesus
- TPHA (If RPR Reactive)
- Hepatitis B Ag & Ab
- TSH
- Rheumatoid Factor
- HbA1c

RM120 only
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RM18 Each Tag-On

- AFP
- CEA
- CA199
- PSA
- CA125
- CA153
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- MAS (Microalbumin)

Urea Breath Test

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Tag-On Test Special Offer

This Tag-On Offer is only applicable to Above Promotion Profiles Only

WOUND HEALING



All natural ingredients



Reduce inflammation

ABC

Easy to Use



For minor cuts,
burns & bruises

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63 years old, male
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Same **GOODNESS**
BIGGER Pack



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1. Carica Papaya, Manuka Honey 20+, Sunflower Seed Oil
2. Care Solution For Sensitive Skin
3. Double Intense Care Formula
4. No Parabens, Colourants, Mineral Oil



Extensively Treat and Repair Chapped Lips, Cuticles & Dry Skin



Multipurpose, from Top to Toe



Quick Relief of Skin Irritations and Minor Cut



Rapid Absorption to Keep Your Skin Hydrated All Day Long

DON'T IGNORE THE PAIN!

Do you know that pain which has been there for quite a long time is known as chronic pain?

And how does the chronic pain occur?

It happens when we neglect the minimal pain that we experience. No management is being done to manage the pain and this will eventually lead to a condition where we can't bear the pain any longer.

Why we neglect it? A lot of people neglect the minimal pain because they think it is going to be alright soon. Some may resolve to painkillers when they feel uncomfortable. Eventually, they rely on painkillers on daily basis.

What are the factors that can cause chronic pain? It can be from the muscle or nerve problems or it can be both; musculoneural problem. Typical pain of muscle problem is soreness, which is still bearable during the beginning. Therefore, some people just ignore the pain and take painkillers instead. As for nerve problems, it can be derived from nerve impingement from the muscle itself or bone deformity. It can also be from the brain and spinal cord, which may affect weakness and paralyses towards the limbs.



To manage chronic pain, there are varieties of management that we can apply. It is important to act earlier to prevent any suffering of pain for a long time. For example, there is a situation where this gentleman had neck pain due to nature of work and ignores it for a very long time, until the osteophyte bone formed at the cervical bone. This causes impingement towards the nerve root and affecting the arm and hands. Another example, where the stroke patient has not been managed at early stage, this has caused muscle contracture of both hands and legs. Such situation brings difficulties towards the patient and the caretaker themselves.

Therefore, early management can provide fast recovery to any problems. As for the physiotherapy management, it can facilitate the recovery process and prevent any further injuries which are beneficial for a long period of time.

What physiotherapists DO?

They provide manual therapy techniques to patients and implement exercises that are prior to the patient. Those exercises are important as it trains back the proper contraction of the muscle to comply with the working nature and improve functional daily activities of every individual.

So, don't ignore the pain. You do not have to worry that the pain is unbearable, we will be here to help you. With our expertise of knowledge as physiotherapists, we assure you it is worthwhile taking this treatment.

Have a great day!



Intan Ameera Rashdan
Physiotherapist at
Alpro Physio Centre



THIS IS A MEDICINE PRODUCT ADVERTISEMENT

Counterpain®

“97%

agreed that Counterpain Patch relief their muscle pain and aches.”

NOW !!
RM **8.99** each
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Counterpain Patch / Patch Hot



Survey conducted by Home Tester Club between 20/3/19 and 22/4/19, 410 members have received and home tested Counterpain Patch

K.K.L.U 1749/2019

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NO PAIN NO GAIN

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RM **17.88** each
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Counterpain Analgesic Balm 120g



Relieve Itchy & Sensitive Skin with the

Troubled Skin Kit



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Natural solutions for skin problems

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RM 134 /box
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Step 1 Cleanse → **Step 2** Treat → **Step 3** Moisturise

* This only available at West Malaysia.

100% Natural pH-Balanced Safe & Effective Fragrance-free



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The NIVEA deodorants are true classics in our body care range. You are sure to find your favourite deodorant by NIVEA here. Our roll-ons, atomisers and sticks are effective against body odour and provide a long-lasting feeling of freshness.

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VISIBLY IMPROVES
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Our derma experts in Europe crafted this unique advanced gel combining silicone, vitamin E, antioxidant ingredients and ActivGCS beauty enhancers to smooth and moisturize skin. It is specifically designed to improve old and new acne scar appearance.

SMOOTHEN • MOISTURIZE • LIGHTEN

Suitable for Asian skin • Good absorption • Make-up friendly • Paraben free • Alcohol free • Fragrance free



Visual for illustration purposes only. Results may vary across individuals. Please refer to product insert for more information. Reference: Study of Efficacy and Tolerability of a Treatment against Acne Scars, August 7, 2016

Dermatix[®] ADVANCE



Dermatix Advance with CX5 Technology and Vitamin C for effective scar management



LIGHTENS
SOFTENS
FLATTENS

SCAR
FADES IN
3
MONTHS!
2
TIMES
1
A DAY
PEA SIZE

BREAK UP WITH YOUR SCAR

1. Chon KY, et al. Plastic and Reconstructive Surgery, September 15, 2005. Refer to product insert for further information.



MAL06011902X

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Antiseptic
Liquid 750ml 3s

VALUE PACK 750ml x 3



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Complete relief from
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This is a medicine product advertisement. KKLJU 1091/2017



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99%
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- 4 PAPULEX™ Gel 40ml
For acne spot



References: 1. Shalita AR et al. Topical nicotinamide compared with clindamycin gel in the treatment of inflammatory acne vulgaris. *J Dermatol* 1995; 34(6):434-37. 2. Rougier N et al. The inhibitive capabilities of bacterial anti-adhesion gel on the adhesion of *P. aeruginosa* on the cornocytes of subjects with acne. *Acne Dermatol* 2000;22:7-11. 3. Solishe, Report on Zinc PCA, Physio-Secoregulator, 2009. 4. Aulisa L, et al. Evaluation Study on the Activity and Tolerability of Papulex Oil Free Cream. *NPT* 2005, 1(121):3-7.

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& give children
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A CLINICALLY PROVEN
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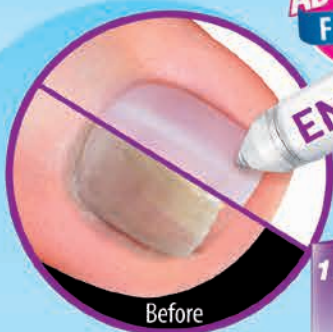


Itch relief
in less than
3 minutes¹



References: 1. Boguniewicz M, et al. MAS063DP is effective monotherapy for mild to moderate atopic dermatitis in infants and children: A multicenter, randomized, vehicle study. *J Pediatr* 2008; 152:854-59. 2. A Patrizi, et al. Atopiclair. *Expert Opin Pharmacother* (2009) 10(7):1223-1233.

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FUNGAL NAIL TREATMENT



Regain
Confidence
in as early as **1* week**

* *Dermatology*, 2017; 233:178-183. B M Piraccini et al. Initial visible improvement as early as 1 week.

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A Trusted Name in Cough
Relief for Generations



With **Guaifenesin**
to break up phlegm

With **Guaifenesin**
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**URINARY
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RM 22⁵⁰ each - **RM 30** each

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amc

medical clinic
HOME CARE SERVICES



- How will my mom/ dad/loved one react?
- How do I trust someone I don't know with such a tremendous responsibility?
- How much is this going to cost?
- How are we going to pay for this?



There is a lot to consider before deciding to get a home care service in to provide elder care assistance.

To help put you and your loved one at ease, AMC Home Care Team offers a free consultation to help you answer these questions and more. We are experts in providing nursing care and home physio service. We are expert in helping you to choose the correct mobility aid or rehabilitation equipment for your loved ones' convenience.



For many families

HOME CARE IS A BENEFICIAL CHOICE

A safe and affordable solution that supports the family, while allowing your loved ones to stay in the comfort of their own homes and communities.

6

HERE ARE
WAYS
HOME CARE SERVICE
CAN SUPPORT YOU:

1 Support with diet and nutrition. Are your loved ones getting the nutrition they need to stay healthy? Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Proper nutrition also plays a pivotal role in the healing of chronic wounds. Home care includes nutritional counseling to ensure your loved ones receive proper nutrients in their diet.

2 Thorough wound care management. Our team of doctor and nurses are well trained in wound care and deal with complex, chronic wounds. So if your loved one has a chronic wound that is non healing and has difficulty ambulating, home care service is surely the best option.

3 Access to skilled nursing care at home (including ostomy care). Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home care can ensure that your loved one's complex medical needs are met. Our nurses are also trained in ostomy care.

4 Physiotherapy support. This is mainly for post stroke patients who will benefit from physiotherapy daily. Physiotherapy is also indicated for patients with other medical conditions such as post surgery etc. We have trained physiotherapists on board who will be at your doorstep to guide and support your loved ones.

5 One-on-one focus and support. Home care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their patients.

6 An affordable alternative to facility or hospital care. Home care service that we offer, comes at a very affordable rate. We live by our moto of "Bringing Care To The Community" and prioritize our patients at all times.

WHEN THE HEALING COMES FROM HOME

For many families, home care can be just the support they need to help manage caregiving responsibilities, while avoiding caregiver burnout.

Could you or someone you love benefit from home care services? Learn more by contacting us at AMC Medical Clinic. Our team of healthcare professionals are more than willing to listen to you and together, we can care for the health of your loved ones.





**“PARR” AUTOMATIC BLOOD PRESSURE MONITOR
MODEL X5**

(MMD Reg. No. GB3966837717)



Atrial Fibrillation Detection



World's First Premature Contraction Detection



7 Day AM/PM Averaging



120 Memories For 2-Users With Date & Time Indication



Average of Last 3 Readings

Rossmax X5 Automatic Blood Pressure Monitor with **Pulse Arrhythmia (PARR) Technology** has the first technology which detected pulse arrhythmia, including Atrial Fibrillation (AFib) and Premature Contraction (PC).



**AUTOMATIC BLOOD PRESSURE MONITOR
MODEL XI**

(MMD Reg. No. GB3966837717)



Real Fuzzy Technology



Cuff Detection



Movement Detection



Blood Pressure Level Indication



Irregular Heartbeat Detection (IHB)

Real Fuzzy Technology determines ideal cuff pressure based on one's systolic blood pressure and arm size. The technology eliminates arm discomfort through unnecessary high inflation settings and also prevents inaccurate readings caused by erroneous cuff inflation levels.

How Accurate Is Your BP Monitor

According to **British Hypertension Society (BHS)**:
It is important to have the monitor serviced and calibrated according to the manufacturer's guidelines. We recommend you to send your blood pressure monitor for calibration every 2 years.

