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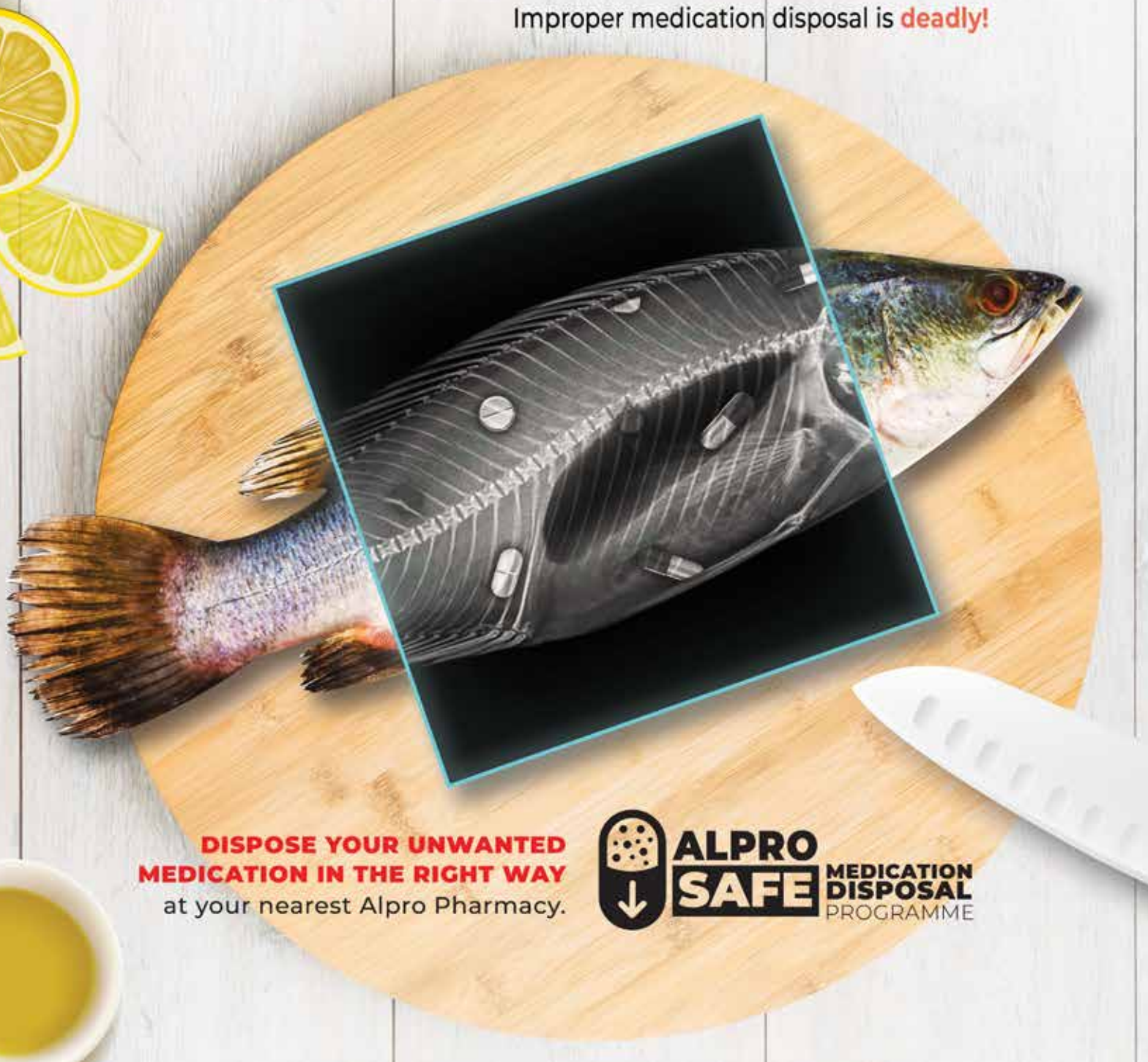
HEALTH MATTERS

EXCLUSIVELY FOR ALPRO VIP MEMBER | DEC. 2021 - JAN. 2022

VOL 19

Don't let our **CURE** become nature's **TOXIC**

Improper medication disposal is **deadly!**



**DISPOSE YOUR UNWANTED
MEDICATION IN THE RIGHT WAY**
at your nearest Alpro Pharmacy.



**ALPRO
SAFE**

**MEDICATION
DISPOSAL
PROGRAMME**

UNBEATABLE PROTECTION

With



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Available now at



Ph. Lee Yin Chen

Branding, Promotion & Trade
Marketing Director

Alpro Pharmacy

FROM THE EDITOR

Welcome to the 19th edition of Alpro Pharmacy Health Matters, the December 2021 edition for the year of 2021.

It is the end of year 2021. These two years of Covid-19 Pandemic have changed almost everything that we are familiar with. The time has passed unknowingly and when we realize, it has already coming to the end of the year.

In these two years, Alpro Pharmacy has also experienced many changes together with our customers, Alproeans and the partners that we have been working with. Before the pandemic, Alpro Pharmacy has put in lots of efforts in promoting healthy lifestyle,



SILVERCARE
大專藥房 BY ALPRO

(Elderly Care), Medication Safety, Preventive medication, and others. The pandemic has changed the way how we do things, but never change the focus of Alpro Pharmacy, which is to create a healthy and vibrant world.

In September, we have launched a program called **save2safe – alpro foundation**

In this program, Alpro Pharmacy subsidized the price of Medical Grade Surgical Mask and alcohol sanitizer and provide to our customers at a much lower price on every Friday. The reason we initiated this program is simply because of a small incident that happened in one of our pharmacy outlets.

An old man walked into the pharmacy to get some medication for his cough. Our pharmacist noticed that his mask was dirty and the ear loop string has spoiled. When being asked why he did not want to change a new one, the answer was because he has been recycling the mask for 3 days to save the money on buying mask. This is a real story, it is sad. After this incident, we realized that we have to do something, and we have decided to subsidize the price of medical grade face mask to our customers who need them.

Another initiative that Alpro Pharmacy has started this year is to advocate and empower our consumers on the correct way to dispose unwanted or expired medication. Studies have shown that active pharmaceutical ingredient has becoming a major source of pollution to the environment that we are staying. Antibiotics resistant bacteria and all kinds of unusual activities by the marine life may all pointed to the same root cause, unwanted human medication. In this edition, we share with you our initiative in setting up a medication disposal bin at all outlets, and educating the customers on the proper way of disposing unwanted medication.

Last but not the least, December has always been the season of thanksgiving, appreciation and joy. All of us, the Alproeans would like to wish everyone healthy, well and happy.

On behalf of all Alproeans, I hope you enjoy our first issue of 2021 and would love to hear from you about topics you'd like to see us cover in future issues. Please do follow our Facebook Page @alpropharmacy and visit alprooneclick.com for more information update. We look forward to being on this journey with you.

Let us hold our hands together and to move towards a

Healthy And Vibrant World

STAY SAFE AND HEALTHY

Terima Kasih, Xie Xie Ni

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PUBLISHED AND PRODUCED BY

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alpro foundation
Bringing Hope, Changing Lives

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Do not feed us on your unwanted medications, it will not heal us, but it will kill us!

Don't let our **CURE** become nature's **TOXIC**

One man's medicine is another man's poison!



THE WONDERWALL TIMES

The wall of Community Happiness from Alpro Foundation.

Sharing the community stories of good deeds.

The covid-19 lingers and has caused lots of disruptions and changes towards the progress of the economy. As the economy and borders are open, things are ramping back up again where more people are resuming lives to the new normal.

This year is a start of a brand-new era where we live together with rapid technological advancements and upgrades. Business are operating different than before with more featuring the use of mobile apps and the online elements, bringing the speed much faster with convenience. Alpro Foundation is no exception, with the widely usage of online meeting platforms, it brings us closer and able to get connected with the students from "The Growing Stars Project".



The Growing Stars Project

We are proud to announce that we are currently **taking care of 136 students as of today**. We have started to go onto online platforms to engage with our beneficiaries and connect better with the school so we can provide better and faster support to the beneficiaries of "The Growing Stars Project".

We have also identified that some of the students could not afford digital device at home and lacked the essential tool for better learning in the fast-paced world. APHAS from Australia managed to **raise more than RM5,000 to aid and equip students from the Growing Stars Project with a digital device**.

With the help from Alpro Pharmacy's IT Team, we have also managed to revive another **15 units of computers and desktops for students in The Growing Stars Project**.



Buy a bottle of water and be the person that helps contribute to a child's future



RM 1 /bottle

Charity Water
Drinking Water
500ml

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

Drink to make a change

Anyone can now obtain a quality assured face mask and hand sanitizer at a *very* affordable price

save2safe
—alpro foundation

Schools have re-opened and students resume their classes back in classrooms in this new normal, but in this new normal wearing face masks and usage of hand sanitisers are part of the basic precautionary measures a person can take to protect against covid-19.

A news article went viral a few months back, writing about a teacher posting about one of his students re-using facemasks to the extend where the facemask's broken ear loop has to be sown back for re-use.

Every Friday only

Is the mask that your child wears keeping them safe?

Safety Made Affordable

Be with **save2safe** —alpro foundation

* Terms & conditions apply * While stocks last * Limited to 1 unit per Alpro member * Only available at all Alpro Pharmacy branches

Having a facemask is mandatory as stated by law in Malaysia, and it is also one of the best way to prevent someone from contracting covid-19. Therefore, we believe that everyone deserves to use a quality face mask and a quality hand sanitiser to protect themselves. Together with Alpro Pharmacy, we worked out a subsidy program to make facemasks and hand sanitisers really affordable for all: A box of face masks (50 pieces) at RM10 and a hand sanitiser at RM5. (each person is only entitled to buy 1 box of subsidised facemask and hand sanitiser every Friday). As of today, we have subsidised 5644 persons with facemasks and sanitisers valued at more than RM90,000 so far.

Every FRIDAY available at all Alpro Pharmacy outlets!



Do You Know?

Throwing away your unwanted or expired medication to the rubbish bin or flushing down the toilet can harm our environment.

There is a safer way to dispose them, and it is available at all Alpro Pharmacy outlets. That's right, any Alpro Pharmacy outlets, you will be able to see the red bins, that's the place where you can dispose your medication.

Don't let our **CURE** become nature's **TOXIC**

Improper medication disposal is **deadly!**

Refer to Page 8-10 for more information.



The journey will be continue towards healthy and vibrant community...

Safe Medication Disposal

Written by : Huin Weng Kit, Pharmacist
Alpro Pharmacy Bukit Indah



What do you do with your unwanted or expired medication?

I think the most common answer will be ***"I just dump it in the bin or flush it down the sink!"***

Is there anything wrong with it?

Yes definitely! What you are doing is just turning ***our Cure into nature's Toxic***. Which is why educating the public upon Safe Medication Disposal is essential!

So, what is Safe Medication Disposal?

Medication are remedies to treat illness or maintain health by exerting pharmacological effects on the target site. They can possess risk to the surrounding if not properly used. It is crucial for sick people to look for medicines for its medicinal use and it is also our responsibility to use it and dispose at a correct way. The society seldom address pharmaceutical pollution issues as a threat because the potential threatening effects are not seen in a short time. Following the extensive growth of world population, more people are expected longer lifespan and better quality of life, leading to massive growth of pharmaceutical products development.

Have we ever question ourselves, where does these medicines go after entering our body? Are they completely absorbed into our body?

No, medicines will be excreted, be it active or inactive.

Are these medicines going to decompose just like other pollutants? Or it will produce any unfavorable effect to the environment during the degrading process?

Pharmaceutical pollution may not give immediate adverse effects to human or environment as the concentration is generally lower due to dilution.

Before we know it, the environment could be heavily affected if we don't have a comprehensive risk assessment method and solution to mitigate the risk. Hence, Safe Medication Disposal will be crucial to prevent our future from these disastrous tragic - ***Pharmaceutical Pollutions***.

The negative impact on the environment and how it can affect us.

The most common pharmaceutical pollution is related to water as the excretion of medicines from human and animals are in the form of urine and faeces.

Active Pharmaceutical Ingredients (API) in medicines will be metabolized in human body by different organs in different extents. Some by-products are excreted unchanged, which means the excreted waste products can still exert its pharmacological effects to the environment. Ecotoxicological effects can be contributed by irresponsible handling of pharmaceutical waste.

Published reports and experiments have shown that a group of hormone medicines, estrogen could feminise male fish and affect its fertility.

Although the concentration of active pharmaceutical ingredients will be diluted in water, the concentration of estrogen found on the water surface still surpass the limit in a number of countries. These hormones are harming the water ecosystem. Various changes are observed in sea animals, such as aggressive crayfish behaviour and altered freshwater amphipod.

Another commonly found ingredients are antibiotics. Antibiotics pollution is even worse, as it could heighten the current antibiotics resistance issues. We all know that antibiotics are very important human creation to fight off many life-threatening infections while antibiotics resistance is the ability of bacteria to protect themselves from being killed by antibiotics.

How bacteria gained the 'power' to resist antibiotics?

When antibiotics are released to the environment in small quantity, it can't kill the bacteria while the bacteria can slowly 'learn' about the antibiotics and develop resistance gene.

Resistant gene in environmental bacteria could easily spread to other common bacteria and unfortunately, if we are infected with these resistant bacteria, it will be challenging in the treatment process.

Antibiotics, which have saved millions of lives could be rendered ineffective by antibiotics resistant germs.

Do we have effective medicines - filtering or purification machines?
How should we normally discard expired medicines?
Straight down the water sewage system and dustbin?

Some people may just mix the medicines with kitchen waste and wash away through sink. All these are, another root causes in building up the coming catastrophe.

Try imagining, our daily water supplies could be from recycled water after reverse osmosis

purification; will the water be clean if the purification process is not efficient?

Although studies on Semenyih River providing drinking water supply to Putra Jaya showed that the following antibiotics: Amoxicillin, chloramphenicol, ciprofloxacin, nitrofurazone, sulfamethoxazole were found in low quantity¹, this serves as a warning to us that the dangers are surroundings us. The data is too small to be represented as Malaysia's statistics.

How can we do it right together? What is the right way to dispose them? How can we reduce medication wastage?

Healthcare providers play an important role in education and awareness promotion. Government hospital pharmacists have been continuing educating the public on proper disposal of medications in programme such as "Kenali Ubat Anda".

Alpro community pharmacists encouraged customers to return any unused, excessive, expired medications to our pharmacies for a proper disposal.

We will collect these medicines, wrap it using hazard disposal plastic bag and send to pharmaceutical

wastage disposal companies for proper disposal.

This action can save the environment from medication pollution. If expired medicines are stored, it could be reachable by kids or patients could mistakenly took it. **Avoid keeping excessive medicines.**

Some medicines are not like canned food with long shelf life, just keep the necessary amount in the home will do.

Always check the expiry of the medicines to avoid taking expired ineffective medicine, Avoid stocking up unnecessarily.

Some people might be reluctant to return the unused or expired medicines to hospital as afraid of crowd or judging from other people.

But here, in Alpro Pharmacy we welcome you to practice Good Medicine Disposal, to throw it to a right channel, for proper disposal.

**Spread the Awareness,
Share the Care,
Save our environment.
Let's start practising
Safe Medication
Disposal today!**

Reference : 1. Praveena, S. M., Rashid, M. Z. M., Nasir, F. A. M., Yee, W. S., & Aris, A. Z. (2019). Occurrence and potential human health risk of pharmaceutical residues in drinking water from Putrajaya (Malaysia). *Ecotoxicology and environmental safety*, 180, 549-556.

*Don't let our **Cure**,
become the nature's
Toxic!*



Disposing of expired, unused or unwanted medication the right way can protect people and the environment. Here is why medication disposal is important:

- Active Pharmaceutical Ingredients in the medicine is affecting marine life, agriculture and also human beings.
- Several Malaysian institutes have conducted studies that reveal active pharmaceutical ingredients (API) are still present in the river system.



SAFE MEDICATION DISPOSAL

IDENTIFY the medicines that need to be thrown away due to **ONE** or more of the following reasons.

Expired or
Unknown expiry

Unknown
medicines

No longer
required

Change in
appearance

DO NOT



Do **NOT**
throw them
in the rubbish

They dissolve and the chemicals find their way into lakes and oceans (harming marine life) and even back into our drinking water



Do **NOT** flush
them down
the toilet or
pour them
down in drain

They are a danger to children, pets, waste pickers and wild animals if eaten, and if land filled they leach into the soil, contaminating groundwater.



Do **NOT** share
your medicine
with anyone

Share your medication with other's, without even knowing you might have just caused accidental poisoning.

BEFORE DISPOSAL

Identify the
unwanted
medicine.

Remove or blacken all personal
info, but leave the name and
dose of the medication visible

Pack the
medicine
into a bag.

Keep the medicine
in safest place.

WHERE TO DISPOSAL

Bring to nearby Alpro
Pharmacy to dispose your
medication safely

Review with our pharmacist to keep track of
your medication to avoid wastage!

Medication disposal is costly and has to be handled in caution and care !
Alpro Pharmacy is now offering you a **FREE** service to dispose
of your unused medications.

AVOID MEDICATION WASTAGE BY

Don't keep
medications
"just in case"

Collect or buy
medications
only when you
need them

Store
medications
according to
instructions

Check your
medications
monthly for the
amount and expiry

Return unused
medications
to a pharmacy as
as you can

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For your
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Notable Quality. Notable Value



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DON'T LET GASTRIC RUIN YOUR DAY

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SPECIAL MEAL
STOMACH FOOD

1 SACHET
A TIME





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Due to the increasing cases, it is important for us to take care of our immune health

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*Total Health Concept Sdn Bhd. assessment based on data supplied by The Nielsen Company through its Retail Index Review for Health Supplement for the 12 month ending October / November 2019, October / November 2018, October / November 2017, 2016, 2015 for Peninsular Malaysia Drugstore / Pharmacy Channel.

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Vitamin C

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effervescent
H-DRATE

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Flavettes®

Our bodies contain 70% water. You need to drink 8 glasses of water daily to stay hydrated and healthy.

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Stay healthy with Flavettes Effervescent H-DRATE.

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MAL14095003N

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Proviton Daily Multivitamins is enriched with panax ginseng to provide the energy you need to take on the day. When your body is running at its best, it's easy to do the things you want. Selfcare is the greatest strength. Love yourself first so you can love others.

PROVITON
Daily Multivitamins



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I WANT
TO BE
~~RICH~~
~~ADMIRED~~
~~POPULAR~~
HEALTHY

Good Health Matters After Vaccination
#Iwant2Bhealthy



We thank you for getting vaccinated and maintaining SOPs

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Vitamin C

Sunshine
vitamin!

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Health & Wellness
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2019

Restore the balance in you

Bio-LiFE® Proutix contains well-tested probiotic strains, *Lactobacillus rhamnosus* GR-1 & *Lactobacillus reuteri* RC-14.

These two probiotics maintain optimal growth of good bacteria. This could help to restore microflora balance in the body.



Suitable for pregnant women



Billion CFU



Vegetable capsule



Clinically Tested



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KKLIU 1466/2020 Validity: 31 December 2022
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1 Dec 2021 - 31 Jan 2022

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RM150)

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RM 66⁵⁰ / unit

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Proutix™
30s



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BIO-LiFE
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We Care for Human Wellness

Feel the Flow

You probably already know that it's important to keep your cholesterol, blood glucose and blood pressure at a healthy level. However, are you aware that maintaining a healthy blood flow is just as important, especially once you are aged 40 and above?

Blood circulation is a significant body function as it circulates blood throughout the body: heart, brain and upper and lower limbs to supply oxygen and nutrients and remove carbon dioxide and other waste products from the bloodstream.

As we age, our blood is prone to be thicker (or more viscous) than usual which can interrupt blood flow. When the blood flow through the blood vessels to a specific part of our body is reduced or blocked, the supply of oxygen and nutrients to the organ tissues will be insufficient and subsequently can lead to several health complications including:



Numbness and tingling sensation in hands and feet: When the blood flow is restricted, blood cannot reach the extremities (hands and feet) sufficiently which can result in numbness and tingling sensation.



Cold hands and feet: Normal body temperature depends on a consistent supply of blood for thermoregulation, as blood absorbs and distributes heat throughout the body. When blood flow is restricted, it can lead to temperature fluctuations in skin and nerve endings of hands and feet.



Fatigue: Inadequate delivery of oxygen and nutrients to the organs and muscle tissues can lead to an overwhelming feeling of fatigue. Poor blood circulation can also increase the burden of our heart as it needs to pump harder which can lead to further fatigue.



Joint and muscle cramps: Inadequate oxygen to the muscle and joint tissues can cause severe pain and cramp in that particular area when walking or exercising.

Poor blood circulation can adversely affect our health, emotional status and overall quality of life. There are several factors can cause poor blood circulation including age, overweight/obesity, poor eating habits, alcohol consumption, smoking, sedentary lifestyle and certain medical conditions such as high cholesterol level and high blood pressure.

Therefore, keeping our blood circulating efficiently is essential to overall physical well-being.

Discovering the goodness of natural water-soluble tomato extract



Tomato is a nutrient-dense food that offers numerous benefits to our health due to its high antioxidant and anti-inflammatory properties. Emerging research has also shown that the **natural water-soluble tomato extract** found in the jelly around the seeds of sun-ripened tomatoes is highly concentrated with bioactive compounds such as nucleosides, polyphenols and flavonoids and it is **CLINICALLY TESTED to improve blood circulation**¹.

Biogrow® SmoFlo® Capsule:

The Natural Solution for Healthy Blood Circulation



NOW @ RM108 / unit

Biogrow® SmoFlo® Capsule contains **150mg of fruitflow® natural water-soluble tomato extract** (imported from France) which is **CLINICALLY TESTED to improve blood circulation**¹. The **fruitflow® natural water-soluble tomato extract** is rich in bioactive compounds such as nucleosides, polyphenols and flavonoids.

It is recommended for:



Middle-aged to older adults (aged >40)



Individuals aiming to improve/maintain blood circulation



Individuals with poor blood circulation



Individuals practicing unhealthy diet



Individuals who lead a hectic or unhealthy lifestyle

*Just take **1 capsule daily** after meal for a **healthy and smooth blood flow!***

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Reference: 1. EFSA Journal 2010;8(7) 1689.
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Ouch! Your knee is super stiff, or both your hands feel like claws - What gives?

If there's no injury, the common cause of joint pain can be due to either Rheumatoid Arthritis (RA) or Osteoarthritis (OA).

Written by : Dr Alicia

PhD Biological Sciences (Biochemistry & Immunology)



Rheumatoid Arthritis vs Osteoarthritis

The pain and progression in each of the diseases are different. Both RA and OA seem to be somewhat similar in that they both cause pain and decreased function, but that's where their similarities end. Look for these differences:

	<h3>Rheumatoid Arthritis (RA)</h3>	<h3>Osteoarthritis (OA)</h3>	
	<ul style="list-style-type: none"> • Small joints in the hands and feet are affected first and equally on both sides • Some may experience fatigue and low-grade fevers • An autoimmune disease with inflammation 	Onset	<ul style="list-style-type: none"> • Wearing down of joints over time • Affects from middle-aged (50's) to elderly people • Disease of the entire joint, involving the cartilage, joint lining, ligaments, and bone
	<ul style="list-style-type: none"> • Affect entire body or specific joints • Most commonly: Hands, wrists, fingers, elbows, knees, feet and hips • Pain usually symmetrical – effects both sides of the body at the same time 	Location	<ul style="list-style-type: none"> • Only affect a particular joint • Most commonly: Hands, fingers, thumb, knees, hips, lower back and neck • Pain is not symmetrical
	<ul style="list-style-type: none"> • Takes 30 – 60 mins or more for the stiffness to go away • Can be other joint stiffness during the day, but generally not as bad as the morning stiffness 	Type of Stiffness	<ul style="list-style-type: none"> • Stiffness generally loosens within 30 mins. • Can occur after sitting or not moving for some time
	<ul style="list-style-type: none"> • Physical examination • Imaging tests • Medical history (as there can be genetic component) • Blood tests 	Diagnosis	<ul style="list-style-type: none"> • Physical examination • Imaging tests

(Adapted from Arthritis, Rheumatology and Autoimmune Diseases Research Foundation)

Different types of arthritis, different treatments

Whilst OA can be treated with anti-inflammatories, pain meds, local steroid injections or joint replacement surgery, the best therapy for RA is to prevent progression. Rheumatologists follow a “treat-to-target” strategy to treat the disease aggressively until a treatment target, such as low disease activity is reached.

Besides Disease-modifying anti-rheumatic drugs (DMARDs) that is common for RA, Ayurvedic treatment such as using herbs and supplements have gradually gained its popularity, not to mention it is also recognized by the World health Organization (WHO) as a complete system of natural medicine.

Herbs :

Devil's Claw

(*Harpagophytum procumbens*)

Functions:

Decrease in pain intensity and improve mobility of joints



Herbs :

Tamarind Seed Extract

Functions:

Works synergistically with Turmeric to exert anti-inflammatory and antioxidant effects



Several herbal remedies that are promoted to treat rheumatoid arthritis



Herbs :

(*Andrographis paniculata*)

Functions:

Decrease Rheumatoid Factor (RF), IgA, IgM antibodies

Herbs :

Turmeric Extract

Functions:

Works synergistically with Tamarind to exert anti-inflammatory and antioxidant effects



With different options of treatment available, and more on the horizon, having arthritis doesn't have to mean a life of eventual disability or even limited mobility. It's not inevitable nowadays – people can have a normal life.

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STOP

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with L-Carnitine
WHY?

Written by : Dr Alicia
PhD Biological Sciences (Biochemistry & Immunology)



Ubiquinol is the active form of CoQ10 and plays a key role in producing the cellular energy your organs need to keep functioning – just like a lamp is powered by electricity and a car is powered by gas. More consumers are becoming familiar with Ubiquinol, but alongside Ubiquinol, you should also look into L-Carnitine.

L-Carni-what?

L-Carnitine is a naturally occurring amino acid derivative that plays a crucial role in the production of energy by transporting fatty acids into your cells' mitochondria (*powerhouse*). The mitochondria act as engines within your cells, burning these fats to create usable energy. With L-Carnitine deficiency, cells that rely on fatty acids for energy may start to work poorly. L-Carnitine deficiency can happen in men, women, and children of all ages and all ethnic backgrounds.

Our body can produce L-Carnitine out of the amino acids lysine and methionine. However, to produce it in sufficient amounts, plenty of vitamin C is needed. In addition to the L-Carnitine produced in the body, you can also obtain small amounts by eating animal products like meat and fish, as well as in dairy products such as whole milk or cottage cheese. Supplementation with L-Carnitine is another option to get the optimal doses needed by the body.

Almost all the L-Carnitine in the body is stored in the muscles. The rest is chilling in the liver and bloodstream. Besides keeping the cells' engines fueled up, L-Carnitine also picks up toxins and dumps them outside the cell walls. What a precious!



Dream team: **The synergistic effects of Ubiquinol and L-Carnitine**

The effects of Ubiquinol are enhanced when it meets L-Carnitine. Several studies have indicated the synergistic effect of Ubiquinol and L-Carnitine. Let's explore!

• Love for the heart

The heart is our most important muscle, which obtains about 70% of its energy from fatty acids. Studies have found that L-carnitine is an important partner of Ubiquinol, which both act together to transform the fatty acids into energy for the heart. This could inhibit fatty acid ester accumulation during ischemic events and thus improve heart function, increase energy production and limiting oxidative damage. It was also reported that co-administration of Ubiquinol and L-Carnitine along with therapeutic lifestyle change bring a significant impact on the quality of life for patients with myocardial infarction.

• Chasing migraine away

A combination of Ubiquinol and L-Carnitine was found to be effective for episodic migraine prevention. One important piece to understand the migraine puzzle is the role of energy metabolism and oxidative stress. Our brain needs a lot of energy to function, as many chemical reactions take place in the mitochondria, involving hundreds of substances, enzymes and ions. Ubiquinol plays a role in this energy production process in the mitochondria, as well as an antioxidant. Whilst L-Carnitine plays a role in transporting the fatty acids to the mitochondria. Thus, by improving the energy metabolism of the brain cells, these two supplements could improve migraines.

As a nutshell, pairing Ubiquinol with L-Carnitine brings a myriad of benefits for migraine and heart health, as well as supporting the overall men's reproductive health and performance-enhancing machine in the gym. The perfect pair-Ubiquinol and L-Carnitine can benefit those with lower levels, such as older adults, vegans and vegetarians.

• Sperm swim faster

Both Ubiquinol and L-Carnitine may contribute to higher sperm quality. Ubiquinol is implicated in mitochondrial energy flow that is essential in sperm maturation. On the other hand, L-Carnitine protects sperm from the negative effects of reactive oxygen species (ROS), and thus prevents the oxidation of proteins, pyruvate and lactate, providing protection towards sperm DNA against the damage induced by ROS. Together, Ubiquinol and L-Carnitine play an important role in sperm energy metabolism and provide the primary fuel for sperm motility.

• Wanna get better gym performance?

Both Ubiquinol and L-Carnitine supports workout goals in the long term. Ubiquinol increases energy production and prevents degradation of cell structure, whilst L-Carnitine improves your workout over the long haul by helping your blood flow and keep your heart rate down during intense exercise. Furthermore, the duo could reduce delayed-onset muscle soreness and lead a better recovery by limiting cellular damage caused by exercise. By sticking with these two supplements, you might be running harder, better, faster, stronger in a few months.

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“I’m tired of trying so hard to gain weight”



Written by :
Goh Chai Xiang,
Nutritionist

Your body works best at a healthy weight. Having poor weight gain or being underweight is not a disease, but it can cause health issues. Therefore, healthcare professionals usually recommend gaining weight to people who consistently weigh too little.

Some possible causes of poor weight gain include:



Inadequate food intake



Social challenge at home



Poor nutrients absorption



Medical problems

Underweight Health Risks: What You Should Know



Weakened immune system



Shorter than expected height



Difficulties with learning and stay focus



Infertility or other health complications

Skinny = Poor Weight Gain? Check It Now!

Poor weight gain is defined as one is gaining weight at a slower rate than their peers who are of the same age and sex. **For teenagers, we can use standard growth chart published by the Centers for Disease Control and Prevention (CDC).** It is a guideline available for both males and females, appropriate for all races and nationalities. One is said to have poor weight gain if they do not grow at the expected rate for their age and sex.

On the other hand, **we can use body mass index (BMI) to identify underweight adults.** BMI is a person's weight in kilograms divided by the square of height in meters (kg/m^2). If your BMI is less than 18.5, it falls within the underweight range. At an individual level, BMI can be used as a screening tool but is not diagnostic of the body fatness or health of an individual.

6 Tips to Help You Gain Weight

While gaining weight can be a struggle, the following tips may help. They can also increase muscle and boost overall health.



Eat nutritious and calorie - dense snacks in between main meals to add extra calories.



Fill up on protein first, especially those high quality and easily absorbed by the body.



Avoid water before eating so you have more room for your meal.



Choose bigger plates, as it helps you to eat more and increase calories intake.



Drink easily absorbed nutrient-dense liquids like oral nutritional supplements.



Have a discussion with a registered dietitian or your healthcare professional.

5 Important Nutrients you have *Missed!*

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Casein Phosphopeptide (CPP)

L-Arginine

Calcium

Vitamin K2

Metabolic GainMax is a complete and balanced oral nutritional supplement, specially designed to help undernourished teens or adults to gain visibly growth healthily. Poor nutrients absorption is one of the most common causes of poor weight gain, thus PeptoPro® play an important role in this weight gain nutrition. It is a **high-quality, pre-digested protein** (*hydrolyzed casein*), a form of protein that is already digested and easily to be absorbed.

By having this patented ingredient, it promotes faster absorption rate than other protein, helping to grow and maintain important muscle. Furthermore, Metabolic GainMax contains all 20 amino acids that is needed for muscle protein synthesis. Hence, it contributes to the growth and maintenance of muscle mass.

Everyone knows we need calcium to build strong and healthy bone, especially teenagers who need this mineral to **grow taller**. However, not all of us have sufficient calcium in the diet. This makes bone building complex BoneMax™ extra important. It

consists of Casein Phosphopeptide (CPP), L-Arginine, calcium and vitamin K2 which work synergistically to **improve calcium utilization and building strong bones**. Moreover, L-Arginine stimulates the growth hormone to increase lean mass, providing a healthy way to put on the pounds.

Some people may think that by just eating high fat food, they can gain weight easily. Yes, probably it works, but it would compromise your health in long term. It could increase your levels of bad cholesterol and glucose. With Metabolic GainMax, it is a gradual weight gain without any side effects! It is important to take time to put on weight so that your body can adjust progressively.

Ideal for anyone who wants to gain weight healthily and effectively.

Just 1 serving of Metabolic GainMax, it provides you easily absorbed pre-digested casein alongside the 15g of protein, well balanced with carbohydrates and fat.

Small tips: Serve it with fresh milk for optimal effect.

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We certainly know how immunity is important to safe guard ourselves during this difficult time. However, do you know that taking care of your gut's health is just as important as consuming popular immune boosting supplements?

According to Johns Hopkins University School of Medicine, huge proportion of our immunity, about 70% lies within the guts. Yet, Malaysians' diet comprised primarily of ultra-processed foods are ruining the gut and consequently weakens the immune system. Aside from frequent illness, digestive problems, fatigue and slow wound healing are also signs of poor immunity you may missed out.

While acknowledging fibre is extremely crucial, for stronger gut and immunity, how can we meet this requirement with busy lifestyles and limited healthy food choices? Worries not, 5 Grain Plus Oatmilk would be just right for you with enhanced nutrition that customized to your needs and bringing the same old "no sugar added" goodness!



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* CaHMB for Calcium-hydroxy-methylbutyrate is needed by the body to support tissue building. [^] Ayub JM et al. J Am Med Sci Assoc 2016. Ensure® Gold™ with CaHMB and protein that helps build and repair muscle tissue. [^] Gombart et al. Nutrients 2020; 12:239. Ensure Gold contains protein, vitamin A, B6, B12, C, D, E, Folate and selenium, copper, zinc, and iron that help supports immune function.

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*Rao A, Sethi M, Dick C. A double-blind, randomized, placebo-controlled study to evaluate the safety and efficacy Sambucol® liquid formulation to reduce the duration and severity of the common cold symptoms in adults. PMA-Sam15 Clinical Trial Report V.4 (Final). 2016.

Deer Placenta

Written by :
Goh Chai Xiang,
Nutritionist



WHAT *happens* TO COLLAGEN AS WE AGE

Aging-related changes of the skin are characterized by **reduction of the elasticity, moisture level and thickness, appearance of wrinkles, pigmented spots, lentigos, and keratosis**. It has been proven by multiple studies that aging process affects synthesis and remodelling in the skin, specifically on the components named collagen and elastin. On the other hand, estrogen deprivation often decreases collagen synthesis and skin atrophy, reduces skin elasticity, and increases skin dryness in post-menopausal women.

While there are many facial rejuvenations focuses on various dermatologic cosmetic procedures, such as laser resurfacing, micro-dermabrasion, and electric stimulation. They mainly target the collagen production by the fibroblasts in the derma.

However, some people may avoid these invasive procedures and shift the anti-aging strategies towards various types of supplements known for its anti-aging abilities. A few interesting examples are collagen, stem cells, sheep placenta and deer placenta.

The long-sought answer to
**Youthful Skin &
Cell Regeneration**

THE *secret* OF ANCIENT PEOPLE HAVE THEIR BEST SKIN

The placenta is vital organ that develops in the uterus of mammals during pregnancy. It surrounds the fetus and delivers nutrients and oxygen from a mother to her growing baby. It functions as a natural storehouse of biologically active compounds including hormones, proteins, peptides, growth factors, nucleic acids, glycosaminoglycans, and polydeoxyribonucleotides crucial for fetal growth and development¹. Prized for its high concentration of young stem cells, it is packed with the nutrients necessary to create and nurture new life.

Based on previous literatures in the 1960s, ancient Chinese and Vietnamese people explored **the power of placenta as a source rich in nutrition, which nourishes the human body**². The ancient herbalist and acupuncturist Li Shizhen documented the benefits of the placenta as a medical supplement as early as the 1500s. Dried human placenta, also known as “Zi He Che” has been used for centuries to help patients suffering from impotence to skin disorders and fatigue³.

In addition, the immunomodulatory and antioxidant effects of placenta extract has been demonstrated in several studies^{4,5}. Therefore, these results suggested that oral intake of placenta extract, which includes bioactive peptides, may improve **human skin hydration and elasticity and reduce wrinkling because it promotes skin regeneration**⁶.

SKIN AND AGE-DEFYING *deer placenta*

Placenta preparation involves several processes including freeze-drying, boiling, and hydrolysis. Freeze-dried placenta extract is the most effective in strengthening flaccid connective tissue⁷. Placenta extract improves the skin's blood circulation and metabolism and increases the frequency of cell division in the skin⁸. When it comes to the sources of placenta tissues, human placenta extract has been the most highly favoured source of placenta extract. However, the use of human placenta extract is limited for the ethical issue in collecting the human placenta.

Alternatively, deer placenta extract has been used to replace human placenta extracts because of its compatibility with human, in which its molecular structure matches well with human protein. Therefore, the deer placenta extracted from New Zealand red deer species is justified by high safety standards. The red deer is known to be disease-free and a rich source of nutrients as well as certain growth factors which could be used for restoration of skin health and other benefits. Not

only absence of cultural and religious taboos against this species, deer placenta is also widely regarded as the best grade for supplemental use.

The stability of deer placenta polypeptide is relatively stable in our stomach and intestine, on the condition of pH 6.0~8.0, and the heated temperature about 60°C have no effect on its stability⁹. **Deer placenta remains essential in the field of rejuvenation, revitalisation and restore youth and vitality by slowing down the aging processes.** It stimulates the renewal of aged, tired and unhealthy cells in our bodies, nourishing them from inside out.

When deer placenta combined with the all-in-one antioxidant protection of grape seed oil, squalene and lyophilised royal jelly powder, they work synergistically to enhance its overall efficiency without reducing the unique abilities of any ingredient. **A capsule a day helps to fight the signs of aging and keep you looking youthful.**

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for all types of irritated, tired, dry eyes.

Systane[®]
COMPLETE

Dry Eyes Relief DEAL!

Double Masking² comfortably
with Quantum-ION Mask

FREE*

worth RM39

with purchase of 2 units
of Systane Complete 10mL



**2 DROPS,
1 UNSTOPPABLE YOU**



MAY TAN, 35
LEAD ANALYST
AND FOOD VLOGGER

Promotion Period : 1 Nov - 31 Dec 2021

HOW TO REDEEM?

Step 1 : Buy 2 units of Systane[®] Complete 10mL

Step 2 : Scan QR code to WhatsApp the receipt

Step 3 : Quantum-ION Mask worth RM39 will be sent to you



+6017-3022107

* Terms & Conditions:

1. This promotion is only valid from 1st November till 31st December 2021. Any redemption after this date will not be accepted.
2. This promotion entitles you to get 1 unit of Quantum-ION Mask worth RM39 when you purchase two units of Systane[®] Complete 10mL. Only official & original receipts will be accepted.
3. Quantum-ION Mask x 1 unit will be sent upon redemption of purchase of two units of Systane[®] Complete 10mL, and while on stocks last basis.
4. Quantum-ION Mask redemption is capped at 1 unit per consumer.
5. Alcon Laboratories (M) Sdn Bhd reserves the right to change the terms & conditions without prior notice.
6. Alcon Laboratories (M) Sdn Bhd reserves to honour this promotion if there is reasonable suspicion of forgery, fraud or any other reason in the absolute discretion of the company.
7. Alcon Laboratories (M) Sdn Bhd reserves scheme withdrawal rights.

Note: Promotion is for consumers/patients only. Not valid for resellers such as hospitals, clinics, pharmacies and any related intermediaries.

Alcon

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Reference: 1. Silverstein S, et al. Symptom Relief Following a Single Dose of Propylene Glycol-Hydroxypropyl Guar Nanoemulsion in Patients with Dry Eye Disease: A Phase IV, Multicenter Trial. Clinical Ophthalmology 2020;14:3167-3172 2. <https://kpkesihatan.files.wordpress.com/2021/05/double-masking-by-cdc.pdf>
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from a woman that has **suffered** 26 years of **ECZEMA**

I've recently met this middle-aged woman. I still remember the smile on her face, polite and sweet even though with mask covered half of her face, I can still remember her smiley eyes and the great chat we had together that day.

I was awed by her porcelain smooth skin, genuinely I praised her. She was delighted but the next thing she told me was unexpected. "I had been dealing with **eczema** for half of my life, you wouldn't believe how bad was my skin condition before this."

"Oh dear, what's your **secret** to get through that?" As of my work nature, I am always curious to explore and learn more from people I met from all walks of life. I'm glad I have asked this question, it brought me to be able to share with you these 3 secrets of how to improve eczema skin effectively.

Accept who you are. Be happy and make friends with Eczema.

Eczema gets worsen (*flare up*) when your body is in stress. Stress produces cortisol, a hormone that involves in immune system regulation. Thus, during stress, the imbalance of body's different types of immune responses resulting in inflammation. Your emotion will reflect on your skin. Get your mind clear, stay positive and eczema will be nice to you too.

Dry skin craves for moisturizing. Pick these skincare ingredients.

Apply moisturizer as frequent as you eat in a day. Getting a moisturizer for your ecz-skin is like trial and error. However, these few ingredients work almost effective for 99% eczema/dry-itchy skin. **Shea butter**, **colloidal oatmeal** soothe and calm the irritated skin while improving the skin barrier integrity. Natural plant oil such as **olive oil** and **lavender oil** are rich in antioxidants, providing therapeutic benefits to dry skin. Meanwhile, do feed your dry ecz-skin with topical **Vitamin B12** and **Vitamin E** to promote healing and skin restorative process.

Everyone is unique, so do you. Identify your own triggers.

The moment you feel the itch, do reflect if there is any unusual things you have in contact with or exposed to. Note them down as that might be the 'trigger'. What triggers your eczema? It varies by individual. It could be the cool and rainy days, the dusty rug in living room, the blooming flower in the garden, the newly bought detergent, your little cutie cat's fur or even your husband/wife that getting on your nerves. When you know what triggers the itch, you can find ways to avoid it.



**COOL DOWN
YOUR SKIN**
IT'S EASY. WITH EZ RELIEF



GET IT NOW!

1. Carica Papaya, Manuka Honey20+, 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



Quick Relief of Skin Irritations and Minor Cut



Multipurpose, from Top to Toe



Rapid Absorption to Keep Your Skin Hydrated All Day Long

Grandpawpaw
MADE IN AUSTRALIA



Same **GOODNESS**
BIGGER Pack

NOW @

RM **45⁹⁰**
/ unit



Grand Paw Paw
Manuka 20+ Ointment in Jar 80g

NOW @

RM **46⁸⁰**
/ unit



Grand Paw Paw Manuka 20+
Hand Cream + Ointment set



Grand Paw Paw Manuka 20+
Hand Cream + Lip Balm set



NOW @

RM **38⁸⁰**
/ unit

Grand Paw Paw
Christmas
Bundle Set

* Only available at AlproOneClick

Season's Greetings



**Rebate
RM3.00**

For Acne Scars
• Dark Marks/Spots
• Acne Scars

VISIBLY IMPROVES
ACNE SCARS & DARK SPOTS



For Common Scars
• Abrasions • Cuts
• Falls • Insect Bites

8 out of 10 **AGREED THAT**
Scars Fade in 3 Weeks¹

¹ Results conducted by Home Tester Club between 8th/2020 and 24/02/2021. 204 respondents have responded and have tested. Dermatix, Singapore, 2021.

NOW @
RM 45⁹⁰



Topical fungal nail treatment
First signs of improvement
in as early as 1 week*

NOW @
RM 56



NOW @
RM 47⁵⁰



NOW @
RM 73⁸⁰



NOW @
RM 39⁸⁰



Acne Treatment
Clear acne in 3 ways¹⁻³
99% people who tried Papulex™ saw
real improvements in 6 weeks*

¹ Shalaby AR et al. Topical ricinoleic acid compared with clindamycin gel in the treatment of inflammatory acne vulgaris. Int J Dermatol 1993; 34(5):434-437. ² Rouquier B et al. The inhibitory capabilities of bacterial anti-infective gel on the adhesion of P. acnes on the cornification of subjects with acne. Meds Dermatol 2010;22(1):11-2. ³ Solbach. Report on Zedixone, Physio-Gel, and Papulex. 2008. *Nadler L et al. Evaluation Study on the Activity and Tolerability of Papulex Gel Free Cream. IJTD 2006; 1(1):1-2. ⁴ Dermatology 2017; 2017: 176-183. 5. M. Pizzicelli et al. In vivo visible improvement in acne as early as 1 week.



50's 恵
50 MEGUMI

Japan Heritage

Your Pathway to Stronger Hair

97%*
Improvement in hair fall problems

RM119

50 Megumi
Anti-hair Loss Treatment Essence 160ml
NP: RM150.00

RM39.90

50 Megumi
Anti-hair Loss Shampoo/Conditioner 250ml
(Fresh / Moist)
NP: RM50.00

*Internal test results. Continuous usage of the product after 20 days on individual women and groups.

AN 67 Hada Labo
SKIN MULTI-CONCENTRATE

BOOSTER SERUM LEVEL UP

Reduce dark spots & acne scars by **48%***

Penetrates as deep as **1.5mm*** into the dermis layer

RM71.20

Hada Labo
H.A. Supreme Concentrate 30ml (Cica/Vita/Cera)
NP: RM89.00

*Internal test results. Continuous usage of the product after 20 days on individual women and groups.

SUNPLAY
OUTDOOR

SOLARTX3 JAPANESE TECHNOLOGY

SUPERIOR UV Protection

RM39.99

Sunplay
Super Block UV Body Mist
SPF130 PA++++
35g
NP: RM46.70-RM58.80

RM30.99

Sunplay
Super Block UV Lotion
SPF 130 PA++++
165ml

ROHTO
EYE WASH

CLEANS & REFRESHES Eyes

Easy Squeeze Cup:
Innovative cup design that able to wash with facedown position

Cleanses Eye Irritants:
Cleanses away dust and make up residue

Signature Cooling Sensation:
Refreshes tired eyes

EASY SQUEEZE CUP

RM24.70

Rohto Eye Wash
Rohto Cool Eye Wash 150ml
NP: RM30.90

MAL20086021X
KKLIJ: 2563/2021

REVITALIFT HYALURONIC ACID

L'OREAL PARIS **N°1**
FACE CARE WORLDWIDE

PLUMP AND YOUTHFUL SKIN



1 L'Oréal Paris
Revitalift Hyaluronic Gel
Cleanser 100ml
Normal Price : RM29.90
RM21.90

2 L'Oréal Paris
Revitalift Hyaluronic 1.5%
Hyaluronic Serum 15ml
Normal Price : RM55.90
RM40.90

Hiruscar®

Clinically Proven Scar & Acne Care Solution

#festiveselflove
with Hiruscar

RM15.90-RM48.90

Hiruscar Scar Care

1. Hiruscar Post Acne 10g
2. Hiruscar Silicone Pro 10g
3. Hiruscar Kids 10g
4. Hiruscar Gel 20g/5g



RM21.80-RM59.90

Hiruscar Anti-acne Range

5. Pore Purifying Cleanser 100ml
6. Spot Cover Fluid 1ml
7. Pore Purifying Serum 50ml
8. Spot Gel 10g

SPEND & WIN

1st Nov - 26th Dec 2021



X3
worth
RM199

GRAND PRIZE
Japan Lowra
Rouge Hair Dryer



X10
worth
RM129

2nd PRIZE
Realme
Buds Q2



6X8
weeks

WEEKLY PRIZE
RM20 Grab
Food Vouchers

How To Win

Step 1 Purchase Hiruscar products worth RM40 & above

Step 2 WhatsApp your receipt, full name, NRIC & mailing address to +6018 2410388

T&C: * Qualified winners are chosen randomly from receipt submission during the promo period* One phone number per one participation entry * Only qualified for purchase from participants outlets



NOW @
RM 93.40 / unit

Buy 2 units @ RM10 off

Promotion Period: 1st - 31st December 2021



CG 210[®]

Hair and Scalp Essence
For Men and Women with Hair Loss

Increases hair density by **53%**¹

44^{2,3} days
Normalises hair growth in



References:

1. Data on file. CATSH-14 study. 2. Data on file. ACEPA-3 study. 3. Katoulis AG, et al. Skin Appendage Disord 2018;4: 160-165

* Limited to the first 60 customers only



Rebuild Your Skin's Protective Barrier



RM5 off

with Minimum Purchase of RM100 on Ceradan Products

Promotion Period
1st - 31st December 2021

* Limited to the first 60 customers only.

Itch-free, Worry-free.



DERMATOLOGICAL
SKIN CARE BRAND
IN MALAYSIA*



PRO
AD Derma

NOW @
RM **38⁹⁰**
/ unit

SKIN RESTORING BODY WASH

Miracle technology
delivers nourishing oils to
help calm skin while cleansing.



NOW @
RM **49⁹⁰**
/ unit

SKIN RESTORING BODY MOISTURIZER

Filaggrin & Ceramide technology
alleviates dryness, itch and
restores the skin barrier.

*Source: Medisearch Analytics and Research, MAY Q2 2018

Extra Gentle Exfoliating Care to Reveal Healthy, Naturally Radiant Skin



Contains Natural
Bamboo Extract



Gentle Enough
for Everyday use



Hypoallergenic &
non-comedogenic



Trusted by
dermatologists

1 Derived from
Bamboo &
Coconut Extract

2 Micro-fine beads
ensure exfoliation
without tearing
the skin layers

3 Doesn't result
in over-drying
or skin irritation

4 Contains
goodness of
Vitamin complex

5 Gentle
enough for
daily use

WHAT
MAKE US THE
GENTLE
SCRUB?

NOW @
RM **18⁹⁰**
/ unit





BIONIER
SKIN ESSENTIALS

Cleanses & Removes all traces of makeup

No harsh rubbing needed!



With Witch Hazel Extract



With Portulaca Oleracea Extract



Make Your Face 'Breathe' Again

NOW @
RM 19.90 / unit

A PRODUCT OF 



WE WORK GREAT ALONE

Start your day right,
Freshen & moisturise your skin!



DERMA SPECIALIST BRAND





NOW @
RM 14.90 / unit

A PRODUCT OF 

BUT EVEN BETTER TOGETHER

End your day great,
Wipes away dirt, makeup, impurities!



DERMA SPECIALIST BRAND





NOW @
RM 14.30 / unit

GARDEN OF
EDEN

Rosa E Pigmentation Serum

*Increases Skin Brightness & Firming
By Up to 90% within 6 weeks!**



1 Brightens Skin

Increases skin brightness within 3-6 weeks. Unique and natural form of Vitamin A in *Rosa E* has a natural lightening effect on skin pigmentation and corrects uneven skin tone.

2 Firms Up Skin

Antioxidant effect of Natural Vitamin E combined with anti-aging properties of Grape Seed Oil protect against sun-induced pigmentation. While diminishing fine lines, it also firms and hydrates the skin.

3 Regenerates Skin

Promotes skin renewal & repair. Rich in skin regenerating nutrients Omega 3, 6, and 9 essential fatty acids from Rosehip Seed Oil and Grape Seed Oil, *Rosa E* Serum helps promote skin renewal reducing dark spots and correcting pigmentation.

ACTIVE INGREDIENTS

[All rich in Omega 3, 6, and 9 Essential Fatty Acids]



Rosehip Seed Oil



Grape Seed Oil



Natural Vitamin E

- ✓ Clinically Proven - Results in 6 weeks!*
- ✓ 100% Plant Based Concentrates (Undiluted With Other Fillers)
- ✓ FREE from Chemicals, Preservatives, Colouring, Alcohol, Artificial Fragrance, Animal Ingredients)
- ✓ Absorbs quickly without feeling sticky
- ✓ Dermatologically tested for sensitive skin

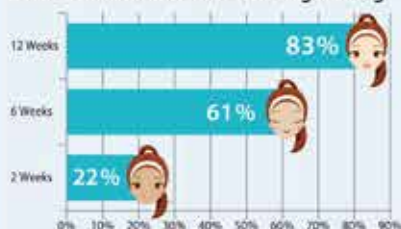


CLINICALLY PROVEN RESULTS IN 6 WEEKS!



Scientifically Proven Efficacy of Rosa E Pigmentation Serum

Self-evaluation Score on Skin Lightening



- 100% of people tested saw improvements on their skin tone
- 83% reported excellent results in pigmentation reduction after continued use

Skin Tone Assessment Using Von Luschan's Chromatic Scale



Changes in skin tone. The number indicates the colour tone of the skin. The higher the negative number, the lighter the skin tone.

* Source: Results of an Independent 12-week Clinical Study conducted by a FDA-accredited Clinical Research Centre



SKIN BRIGHTENING CARE ROUTINE



RECOMMENDED FOR

Pigmentation, uneven skin tone, dark circles, fine lines & wrinkles

HOW TO USE

After cleansing and toning face, apply 2-4 small drops of serum onto whole face, massaging in gently till absorbed. Best results to follow with Satin White Day Cream SPF 30 during the day



80% OF GERMS ARE SPREAD THROUGH TOUCH

STAY PROTECTED WITH DETTOL

NOW @
RM 6⁵⁰
/ unit

DETTOL Hand Wash
250ml (Assorted)

NOW @
RM 5⁷⁰
/ unit

DETTOL Hand Sanitiser
50ml (Assorted)

NOW @
RM 17
/ unit

DETTOL Hand Sanitiser
Original 200ml



CREATED BY NATURE PROVEN BY SCIENCE

FOR DRY, SENSITIVE SKIN



DERMAVEEN Daily Nourish 500ml Range

- Soap Free Wash
- Shower & Bath Oil
- Moisturising Lotion
- Oatmeal Shampoo

RM 39⁹⁰ each



DERMAVEEN Daily Nourish Moisturising Cream 100ml

RM 29⁹⁰ each



DERMAVEEN Daily Nourish Oatmeal Conditioner 250ml

RM 29⁹⁰ each



inova
pharmaceuticals

201 201 10 2019

*Terms and Conditions Apply. While stocks last



Dry,
itchy
sore
throat?

Painful,
stabbing
sore
throat?



Feel the relief

Feel the relief



DifflamAB.my

inova
pharmaceuticals

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This is a medicine product advertisement.
Approved no: KKKJ 1091 / 2021
Approval expiry date: 31 December 2023

PROMOTION :

Approved no: KKKJ 1091 / 2021
Approval expiry date: 31 December 2023

NOW @
RM 6⁹⁰ / each



DIFFLAM AB
Sore Throat Lozenges
Honey Lemon 12's
NP: RM8.60

NOW @
RM 6⁹⁰ / each



DIFFLAM HEXTRA
Sore Throat Lozenges
Purple Grape 12's
NP: RM9.90

Approved no: KKKJ 1121 / 2021
Approval expiry date: 31 December 2023

Rescue Dry & Sensitive Skin The Change Is Real

IT'S NATURAL & IT WORKS!



NATURAL
PLANT OILS



ZERO HARSH
CHEMICAL



NON-GREASY
FEEL



INSTANTLY
ABSORB

THE ORIGINAL
VEGE



SUK LING

The best moisturizer by far I have tried. It works perfectly on my son's dry skin, the itching & red patches just disappear.



Suk Ling

2 hrs · 16



Like Comment Share



Suk Ling

2 hrs · 16



Like Comment Share

Get It Now!



POW!

BREAK FREE FROM ACNE WITH T3

NOW @ RM 12.99 / unit

MUST BUY!

PIMPLE GEL PLUS

Combats stubborn pimple and pimple marks

NOW @ RM 14.99 / unit

ACNE CARE CLEANSER

Clears away dirt, dead skin cells and excess oils that clog pores

AORANGE

CLEAR ANTISEPTIC GEL for WOUNDS

NOW @ RM 8.29 / unit

CLEAR GEL with Onion Extract

REDUCE SCARRING

THE ESSENTIAL MEDIC/AID

SCAN ME PLEASE

Ezerra

The Complete Skincare for Children with Dry & Irritated Skin

NOW @ RM 41.98 / unit

NOW @ RM 39.90 / unit

3x Gentler Moisturising Cleanser

Relieves itchy skin & irritation

Restores moisture

Gently cleanses & moisturises

Reduce skin irritation

Ezerra Cream 50g

Ezerra Extra Gentle Cleanser 500ml

More Than Moisturise!

Counterpain

Effective Pain Relief. Anytime, Anywhere.

NOW @ RM 10.98 / unit

NOW @ RM 12.89 / unit

NOW @ RM 8.98 / unit

Counterpain Analgesic Balm/Cool Gel/Patch Range

Oops..

Bad Breath

underneath
your mask?

NOW @
RM 18.20
/ unit

DENTRINE

Now you know you need a
POWERFUL MOUTHWASH.
Use Dentrine la!

FRESH NOW

DENTRINE

NAVAL MEN

EVEN BETTER

with non-soap based formula
Men's Exclusive Facial Wash

NOW @
RM 14.90
/ unit

EXTRA 50%
NAVAL MEN
PRO
ExtremeLight
Oil Control
ANTI-SHINE BRIGHTENING
COOLING FOAM
98%
PROFESSIONAL OIL CONTROL AND HYDRATION

EXTRA 50%
NAVAL MEN
PRO
AcnoDefender
ACNE CONTROL
EXFOLIATING SCRUB
15
PROFESSIONAL ACNE CONTROL AND HYDRATION

8 Types Botanic Extracts

12 hours Oil & Shine Control

15 Types Botanic Extracts

Anti-Acne & Unclog Pores

PROFESSIONALS RECOMMENDED



SHOP NOW!

When it's gone, it's gone... Limited time offer – Hurry up!

DEC. 2021 – JAN. 2022 PROMOTION

RM1350 /unit

Simple
refreshing facial wash
150ml

RM1390 /unit

Systema
Toothbrush
Full Head /
Compact /
Sensitive
3's

RM1089 /unit

AGNESIA
hygiene care powder
300g

FREE

Agnesia Hygiene Care Powder 30g

RM1290 /unit

Smelly No More
Deodorant
60g

RM5920 /unit

Garden Of Eden
Grape E Anti Aging
Serum 5ml / 15ml

RM3090 /unit

EDEN
GRAPE E

RM5920 /unit

Garden Of Eden
Primrose E Serum
5ml / 15ml

RM3090 /unit

EDEN
PRIMROSE E

RM13 /unit

Candid
Dusting Powder
30g

RM172

Nestle
Nutren Diabetik
2 x 800g

RM144

Nestle
Nutren Optimum
2 x 800g

FREE

Thermos

Best BUY!

thomson
Livrin 300mg
300's + 30's

Ado! Sakit Kepala?

Upamol 650mg
2 x 10's

Satu je... lega
Cubalah penyelesaian satu tablet kami!

RM559 /unit

in klon produk ubat (R03.3/1000/2020)
Ranking tempoh tempoh 31 Dis 2022 11403994073542

RM1990 /unit

Colgate
Optic White
Sparkling /
Plus Shine
100g x 2's

VALUE TWIN PACK

SUPER DUPER

Prices are low!
Now, don't be slow...

All prices are verified correct at the time of printing but are subject to change without prior notice. While every care has been taken in production, any inaccuracy is unintentional and regretted. We reserve the right not to sell our merchandise to trade personnel at our discretion. All prices are quoted in Ringgit Malaysia and inclusive of GST. All pictures shown are for illustration purpose only. All prices are only valid for purchase more than RM20.

糖尿病: 天不怕,地不怕

竟然怕“它们”?!



减缓食物的消化速度

如果我们吃高纤维的食物,它的消化速度会变慢,葡萄糖可以缓慢地吸收进入血液,血糖不飙升。



增加饱腹感 不乱吃,血糖容易管

如果饱腹感强,肚子也不容易觉得饿,这样,可以帮助糖友们控制食欲,避免管不住嘴,摄入过多的食物,当然就可以帮助稳血糖了!

我们还有这些好处哦!



小剧场

小肠



想让血糖升高?
先从我身上踩过去!



膳食纤维

酵素是调整生理机能、帮助消化、维持健康的必须,因为就算摄取足够的营养,少了酵素的配合,人体仍无法维持正常机能,可以说没有酵素就没有生命。



它们都需要我!

- ✓ 食物的消化吸收
- ✓ 营养的分解代谢
- ✓ 毒素的处理净化

酵素确保我们所摄取的营养素能被充分地吸收与利用,而不是被浪费掉



注意:酵素会随年龄增长而慢慢减少



当体内酵素水平低了,免疫力和自愈功能降低,疾病就会悄然而至,所以年长糖友更要注意补充酵素。

血糖好控制 从肠胃开始
一包天然高纤 让你“酵”力全开!

酵素 X 纤维 X 植物素



2小条 = 5碗均衡蔬果

New Zealand
奇异果酵素



扫一扫
优惠享不停!

TRY Salonpas®



**WORLD'S
BRAND No.1**

OTC topical analgesics in patch category*

* Source: Euromonitor International Limited, in terms of retail sales value in 2019, based on the custom research conducted in March-April 2020 in the countries that account for more than 70% share of the global topical analgesics/analgesic market in 2019.

KKLJU2607/2020 This is a medicine product advertisement.



ALIF SATAR

ALIF SATAR
Celebrity & Endorser

(MAL08032212X5)

**BUY 2 @
RM49**

**BUY 2 @
RM9.90**



**Hisamitsu
Salonpas Spray
80ml**



**Hisamitsu
Salonpas Large
2's**

Hisamitsu



Only

RM 49.00 / Box of 20pcs.

Save RM26!!

Promotion Period Dec 2021 - Jan 2022
While Stock Lasts!



Flexi-Patch

排毒贴

Made in Korea



Reg. no.: MAL13075056TC



Use Flexi-Patch & Enjoy the Benefits:

- Helps with Aches & Pain of Legs
- Supports Healthy Blood Circulation
- Reduces Legs Swelling

Try it to believe it!



Approval no.: KKLIU 2882/2021



Written by : Eugene Siow
Chief Physiotherapist
Alpro Physio



The World Health Organization (WHO) forecasted population over 60 years old will double up from 12% to 22% in year 2050. It sounds quite far from now, but signs of ageing do not start at 60.

With today's hectic lifestyle and poor posture, it is not uncommon to see young people with chronic pain. Indeed, 1 in 5 people in community suffers from chronic pain silently. Not only that it causes discomfort, but chronic pain also such as joint pain or back pain impacted one's quality of life.

And that's why you need a

Community Physiotherapist

The guardian of the community:

Hi! I am a Community Physiotherapist

Overcoming challenges of accessibility of physiotherapy service in Malaysia

Too often, we in Alpro Physio found that our patients always have delay in treatment due to accessibility. You need to make appointment and sometimes at suburban area, it is difficult to find a physiotherapy centre. Delays in treatment or non-compliance affects the therapeutic outcome of a treatment.

On the other hand, we noticed that in almost all residential areas, there is a community pharmacy. Why not that we have a community physiotherapist in every community pharmacy?



“Bringing out the best health
services to the community.
We care about you!”

Holistic approach is always a dream that Alpro wanted to bring to the patient. With multi-disciplinary team consisted of doctors, pharmacist, physiotherapist, dietitian, nurses etc. will provide an all-rounded professional service to the patient.

Alpro is seeking for convenient and patient centric approach to bring the best solution for the patients. In near future, Home Care service will be introduced to the community. As convenient as few clicks on your smart phone, you can contact our professions to solve your problem. Time and location will never again be the restriction for you to reach our medical profession. It's that simple.

Innovative
approaches to better
serving our community



myhomecare365



Word from our Community Physiotherapist

Chang Zhong Han from Alpro Pharmacy Seremban City Center

Hi! I am Community Physiotherapist Zhong Han currently based in Alpro Pharmacy Seremban City Centre. Being a Community Physiotherapist, I am closer and more friendly to the community where we educate and make people understand about their health. Getting your physio consultation within pharmacy outlet and get treated in the comfort of their home will enhance the recovery. My biggest satisfaction is that when my patient recovered from pain.



Tan Geok Kim from Alpro Pharmacy Malim Jaya

Many of the customers wonder why we need a Physiotherapist in Pharmacy. As a physiotherapist, I was able to be the first contact for those customers that came in pharmacy to get medicine for musculoskeletal and neurological problem. Proper physiotherapy assessment and quick fix is an alternate option for their pain or condition recovery. I am proud to be a Community Physiotherapist and always ready to serve and help an extra mile for the community.



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TO UGLY
VARICOSE VEIN
IN 7 DAYS**



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- Know More Information About Health.
- Engage With Us Now.



Chinese Version



Malay Version



Written by : Mr. Gan Chi Tat,
Rehab Specialist

10 THINGS TO KNOW Before Discharging From Hospital

It's always a good news to hear that your loved one is finally allowed to discharged from hospital.

But the problem is many people do not know what to prepare when the patient need

to rest at home during the recovery period!

1 Is The Patient Bedridden?

Bedridden Patient Has Higher Risk For The Development Of Pressure Ulcers

Due to inability to move/change position independently.

Therefore, caregiver needs to reposition the patient every 2 hours.

Bubble
Ripple Mattress



Bubble Types of Ripple Mattress is suitable for Patient who weight below 100kg for Prevention of Stage 1 Pressure Ulcer.



Tubular
Ripple Mattress 2

Tubular
Ripple Mattress 3

Tubular Types of Ripple Mattress is recommended for Patient who weight below 140kg for prevention of any Stage of Pressure Ulcer.

2 Tube Feeding?



First Check If The Patient Is Having Any Difficulty In Swallowing Or Dysphagia.

If yes, then the patient may need Feeding Tube for his meal intake.

It's recommended to use Silicone Feeding Tube as it can last for 4-8 weeks whereby the PVC Feeding tube can only last about 2-3 weeks.



Silicone
Feeding Tube

3 Able To Control Urination?



Urinal Would Be A Good Choice For Patient With Difficulty Walking To Toilet.

However, for patient who cannot urinate on their own, Urinary Catheter (Foley Catheter) is a better option.

Latex types of Foley Catheter can only last for about 4 weeks, Silicon types of Foley Catheter can last for 8-12 weeks.



Urinal

Catheter
For male

Urine Bag

Catheter
For female

4 Able To Control Bowel Movement?

Bedpan Is A Container Used To Collect Faeces For Those Who Can Control Bowel Movement Voluntarily.

For those patients who are unable to control bowel movement, it is recommended to use diaper.

Clean the skin with Wet Wipes and apply Barrier Cream every time after changing diapers.

Don't forget to put a sheet of Hospital Underpad to prevent leaking.



Bedpan

Diaper

Wet Wipes

Underpad

DD Diaper
Cream

5 Difficulty In Taking Care Patient & Wound Dressing?



It Might Be Challenging For Caretaker

When comes to e.g. changing feeding tube, urinary catheter, phlegm suctioning and proper wound cleaning for the patient.

Nursing and wound care service would be recommended to enhance for patient care outcome.

9 Wearing Anti-embolism Stocking?

Anti-embolism Stockings Can Help To Reduce The Threat Of Blood Clots Forming In The Legs.

It can improve the blood circulation of the bedridden patient to reduce the risk of embolism formation by applying graduated compression.



Anti-Embolic Stocking

6 Having Any Difficulty In Breathing?



Usually Doctor Will Get Family Members To Prepare An Oxygen Therapy At Home Before Discharge.

Get an Oxygen Concentrator if the patient needs 24 hours oxygen supply of and don't forget to keep an Oxygen Tank just in case any incident emergency happens.

Oxygen Concentrator breakdown, no supply of electricity, patient's condition worsen and needs to be sent to hospital immediately.

Besides, Oximeter is needed to help to check blood oxygen level (SPO2). The normal range should be more than 95%.

7 Any Difficulty In Removing Excessive Phlegm?



Most Of The Bedridden Patient May Have Difficulty In Removing Excessive Phlegm As A Result Of Lung Infection.

Therefore, caregiver should use a suction pump machine to remove the excessive phlegm or mucus through suction catheter in ensuring the airway is clear.

Suction catheter needs to be changed daily for hygiene purpose.

8 Slow Recovery & Getting Thinner?



A Lack Of Proper Nutrient Intake Especially Protein Can Consequently Result In Slow Recovery Especially In Bedridden Patient.

Speak to a Nutritionist or a Dietitian to check on patient's diet plan. Consider Recovery Formula if patient have difficulty to consume sufficient protein intake.



Metabolic+ Recovery

10 Adequate Movement For Faster Recovery?

It Is Important To Train For Muscle Strength & Maintain Blood Circulation.

As it helps in fast recovery and shortens the period of rehabilitation later on.

May consider a pedal exerciser. Before starting, consult a doctor or physiotherapist. Also highly recommended for home physiotherapy, especially for stroke patient.



Pedal Exerciser



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Special Price



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Safe Move
Commode



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Breathe Easy
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Breathe Easy
Oxygen Concentrator |
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Stay Active
Knee Support



Recovery Support
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Safety Set-Up
Grab Bar

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TAX RELIEF

Cost Of Basic Supporting
Equipment For Disabled
Self, Spouse, Child Or Parent.

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- * Subject to availability
- * Addition RM20 processing fee.
- * Returnable deposit RM400 will be collected.



30% Rebate

For Purchase / Rental of
Hospital Bed

MATTRESS



3 Inches [70137]

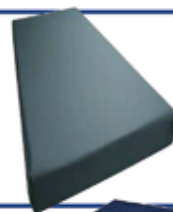
RM300

Folded Mattress

4 Inches [61969]

RM400

Folded Mattress



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Lifeline
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RM480** 4 Inches

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**RM5,000
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*Subject to availability



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5LPM

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Oxygen Tank 10L

RM100 /month

Exclude Refill Fee
RM50-RM100
(depend on tank size)
*Subject to availability



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For Purchase / Rental of
Oxygen Concentrator
and Oxygen Tank



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availability

Oximeter

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OXYGEN CONCENTRATOR RENTAL PACKAGE

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2 months
RM700 **SAVE RM300**



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RENTAL MANUAL WHEELCHAIR

Moven Supreme

RM60 /week

RM100 2 weeks

SAVE RM20

RM180 4 weeks

SAVE RM60

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30% Rebate
For Purchase / Rental
Of Wheelchair

*Subject to availability

MOVEN 60

RENTAL ELECTRIC WHEELCHAIR

RM300 /week

RM540 2 weeks

SAVE RM60

RM1,000 4 weeks

SAVE RM200

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*For Seremban, Melaka, Kuantan & Kuching Area Only



*Subject to availability

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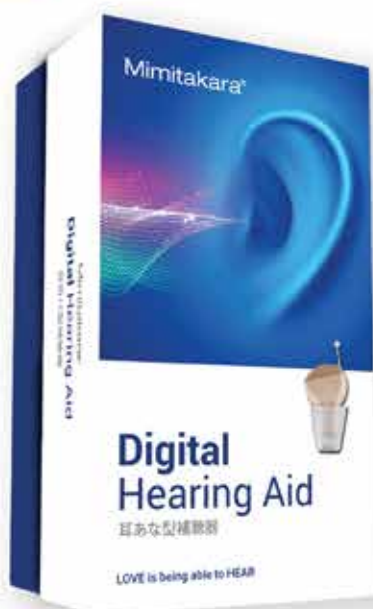
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Equipment For Disabled
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Written by :
Elya Nadzri,
Audiologist

According to Malaysia Ministry of Health, there are
3,500,000 Malaysians
that are currently having DIABETES
Negeri Sembilan, Perlis and Pahang have the most patients that need attention for Diabetes
(Ismail, 2008)



Can Diabetes Cause Permanent Hearing Loss?

Diabetic Hearing Loss

2x

Hearing loss is a silent killer that less people is taking immediate action for it. Some might think hearing loss doesn't cause such a drastic impact in their life but little did they know that hearing loss can gradually steal their most significant value in their life.

The worst situation is, **it starts to ruin family bond as the one with hearing loss slip into the silent world** by himself that can lead to cognitive dysfunction later on.

It is common to know that loud noise above 120dB can cause immediate harm to our hearing but not so many know that diabetes is capable to cause hearing loss.

Based on the research conducted by National Health Morbidity Survey in 2015, every

1 in 5 Malaysian adults aged 30 will have the risk to have Diabetes.

Malaysia is one of the top countries in Asia that has the highest number of Diabetes patients, which is quite worrying.

Diabetes can cause damage to our hearing nerve, besides affecting the hands, feet and kidney. **The increasing of blood sugar level can lead to auditory nerve damage and also the sensory organ for hearing, cochlear.** Diabetes also increases the risk for hearing loss to be more than twice compared to those who don't have Diabetes of the same age (*Horikawa & Satoru, 2012*). This was also supported by research conducted by National Institute of Diabetes and Digestive and Kidney Diseases, they found that people that have diabetes also have the tendency to develop high-frequency hearing loss.

High-frequency hearing loss occurs when the tiny hair-like sensory hearing cells in the cochlea are damaged. For individuals that have high-frequency hearing loss, they will start to lose speech clarity as high-pitched sounds are harder to hear and as a result, speech may sound muffled, especially when using the telephone, watching television, or in noisy situations. People with this type of hearing loss often say **they feel like they can hear, but not understand.** Diabetes can also lead to hearing loss known as Sensorineural Hearing Loss, which is caused by damage to the structures in the inner ear or auditory nerve. Sensorineural hearing loss can range from mild hearing loss to complete hearing loss depending on the degree of damage.

Although hearing loss isn't a life-threatening condition, but it can **interfere with your ability to communicate if not properly managed.** There are few ways that we can do to protect it from getting worse.

1. First, we should avoid exposing our hearing to loud noises as this will cause further damage to our cochlear.
2. Next, we can improve our lifestyle by adding exercise to our routine.
3. Lastly, always remember to schedule hearing appointment with your hearing professional at least annually so they can monitor your hearing level before it gets worse.



Always remember that hearing loss is not something that we can take it lightly. It can increase stress level and reduce quality of life which can lead the individual to change their life completely to adapt to this impairment. Seek proper attention if any of your family members or our own self facing such problems. **The help is only a call away and it depends on us to make the first step and change our life for our loved ones.**

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How does it work?

The sensor uses a thin, flexible filament under the skin to measure glucose every minute



How do you use it?

Use the handheld reader to scan the sensor with a painless³, 1-second scan to replace routine fingerpricks²



Apply

Apply the sensor to the back of your upper arm with the applicator



Scan

A painless³ 1-second scan is all you need to see your glucose readings



Read out

See your current glucose reading, eight hours of data, and a trend arrow that shows you where your glucose is heading

**Please consult your doctor for the interpretation of result and diagnosis*

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Libre**
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Reg. No. GC47794107716

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47301 Petaling Jaya, Selangor D.E. | Tel: 03-2967 2388 Fax: 03-2967 2399

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glucose monitoring system exceeds international accuracy
standards. J Diabetes Sci Technol. 2016;10(6):1414-1415.

INDIA No.: IND03724021-48117, IND03718420-40048

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- ▶ *Less Pain*
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Visit www.diabetes.ascensia.my for more information.

Please consult your healthcare professional for interpretation of result.

References

¹Contour Plus One BGMS User Guide Rev 07/20 (Baley TS, J Diabetes Sci Technol 2017 Jul;11(4):736-743 (Full Paper))
²Ascensia Diabetes Care Malaysia Sdn Bhd Level 30, 31 & 32, Menara Pinnacle, No. 1, Jalan Pinnang, 50170 Kuala Lumpur Malaysia.
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For more information on OneTouch products, please contact our toll-free OneTouch Customer Care at 1-800-88-5338, available Monday to Friday 9am to 5pm (except Public Holidays). A/C03144308118

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Accuracy**
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Wrap™**

Registered under Act 737

OMRON

7:30 AM
SYS mmHg **140** **HIGH**
DIA mmHg **88**
PULSE /min **70**

START
STOP

Blood Pressure Monitor
HEM-7156
GB8793220-41739

NOW @

RM **189** / unit

**1
second
Quick
Measurement**



Ear Thermometer
TH839S
GB15535425917

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

1. Based on an independent survey by MIMS in Jul 2019 on 600 doctors in India, Indonesia, Philippines, Malaysia and Vietnam.

2. According to international organisations such as Association for the Advancement of Medical Instrumentation Standard (AAMI) and European Society for Hypertension (ESH).

* T&C Apply. | * In single receipt.

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

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FORA®

P30 Plus BT

ACTIVE WIRELESS Plus
MULTI-MODE BLOOD PRESSURE MONITORING SYSTEM



Irregular Rapid Beat (IRB) Technology Detection



Supports Oscillometric and Auscultatory Measurement



200 Memory with date and time



Universal cuff (24 - 43 cm)



Advanced AVG Technology



Detection Morning & Evening Hypertension



NOW @
RM 229 / unit



Please consult your doctor for interpretation of results

MDA Reg. : G854115886818

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health and well-being



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award 19
winner

100
beurer
1919 - 2019



BM45 Blood Pressure Monitor

- Arrhythmia detection / Irregular Heart Beat detection
- Average measurements morning and evening for the last 7 days
- Risk indicator - Classification of measurements with coloured scale
- 2 x 60 memory spaces with date & time

Please consult your doctor for interpretation of results

NOW @
RM 199 / unit



MDA Reg. : G8563871159118

1 IN 2

BEDRIDDEN PATIENTS

LOST LIFE FROM SEVERE BEDSORES

Domus 3

Alternating Pressure
Redistribution System

5"

5 INCHES
HIGH TUBULAR
CELLS



VENTILATED
LOW AIR
LOSS CELLS

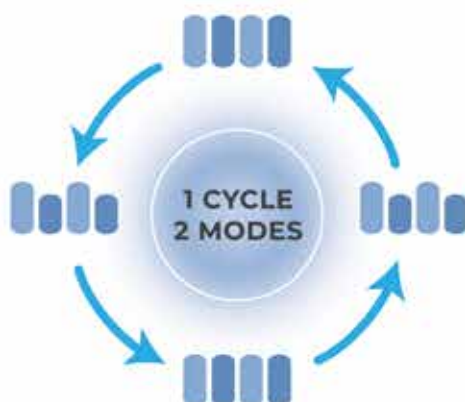


WEIGHT
INDICATOR
REFERENCE



LOW
PRESSURE
ALARM

GET RID OF SEVERE PRESSURE ULCERS BETTER SLEEP, BETTER RECOVERY



ALTERNATING MODE



Through periodically 1-in-2 alternating cycle, the alternative **for pressure redistribution system** can avoid the pressure ulcers.

STATIC MODE



Static mode provides a stable surface **for caring procedures such as repositioning, dressing change & transferring patient.**



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Alpro E-Member

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- Register **FREE Online** at **Alpro One Click**
www.alpropharmacy.com/oneclick/register/
- Link your Alpro Member card
Get 150 bonus points when linked

★ Points Redemption

150 points = RM1

\$ Alpro Member Points Collection

RM1 = 1 Alpro Points

JOIN with RM10 & enjoy

“PAY 10 GET 30”

[RM10 Alpro Points, RM10 e-Voucher,
RM10 health voucher]



2 Alpro Silvercare Member

How?

FREE Upgrade for all Alpro Lifetime VIP Member

- >60 years old
- care taker or have family member > 60 years old (show his/her IC to our friendly staff)



- 👍 Enjoy additional specials on selected day of the week.
- 👍 **Subsidized price** for selected supplement (Lutein & Omega 3)
- 👍 **Join our Silvercare Facebook Page for more activities and learning:**
Facebook (CN) 大专银发族专护站
Facebook (EN) Alpro Pakar Bekalan Alat Rehabilitasi



Exclusive Alpro Lifetime VIP Members' Benefits

(All E-Member & Basic Member & SilverCare Member)



Points Collection
RM1 = 1 point



Exclusive Invitation
(Members-Only Sales Event & Health Talk)



Pay with Points
150 points = RM1
(Applicable both online & outlet)



Group Buy
(Join Group Buy, Murah Giler)



Lifetime Membership
(No Renewal Fees)



Complimentary Pharmacy Services



FREE Upgrade to SilverCare Members
(T&C Applies)



Complimentary Nutritionist & Dietitian Consultation



Members Exclusive Price
(Selected Items)



Complimentary Hearing Assessment
(Selected outlet)



Birthday Week 2x Points



Redemption Programme
(Collect stickers upon purchase & Redeem Limited Edition Gift for Free)



Bonus Points
(Up to 10x Bonus Points on special events & items)



Nationwide Merchant Partner Deals
(eg. E-Wallets/Banks/Credit Cards)



Exclusive E-Vouchers



Local Merchant Partner Exclusive
www.alpropharmacy.com/merchantpartner/



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Can't find the item you want? Just message us!
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2 PILcube™

- First in community pharmacy Malaysia.
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- It is easy, safe, hygiene and unique.

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- Get professional advice online
- Receive medication at your doorstep as fast as 2 hours
- International medication delivery is available for Singapore, Indonesia and Brunei

 **Whatsapp us at 019-7021923**



5 Medication Compounding Service

- Having a recovery problem with a long unhealed wound?
- Unable to sleep at night and all supplements not working?
- We customized medication for our patients according to the specific needs for better and faster health improvement.

 **Whatsapp us at 019-3527808**

Alpro Events 2021

SCAN and VISIT US

1 week ! 9 States! 17 Outlets!



In Alpro we always try to serve the community as much as we can !

With that in mind, Alpro expanded it's wings around 9 states in Malaysia to open up 17 more brand new outlets! In just one week time!

Now more public can access to Alpro Pharmacy and enjoy all the benefits in all 135 outlet we have in Malaysia .

The newly located outlets are located at, Seremban, Rantau, Nilai, Penang, Kuantan, Johor, Selangor, KL, Melaka, Kelatan, and Terengganu!



SCAN and FOLLOW US



YEAR END On-line Warehouse Sales

This year, you don't want to miss out on the upcoming YEAR END ONLINE WAREHOUSE SALES with incredible discounts and free presents; a whole new shopping experience awaits you!

For additional information, keep an eye on the Alpro Pharmacy Facebook page and alprooneclick.com.

Starts on
**17-23
DEC 2021**

Another steps in the
direction of serving our
community!

save2safe —alpro foundation

Reusing your mask over and over again? We are aware of this and we totally understand that times are hard. This is why in Alpro Pharmacy, we have this Save2Safe campaign by Alpro Foundation to keep the quality essential items affordable. All you have to do is visit your nearest Alpro Pharmacy on Friday.



agilebuy you ask, we find

You Ask, We Find

Looking for specific medical supplements, medication, and healthcare appliances but can't seem to get it anywhere?... We Hear You! In Alpro pharmacy, we have a team of professional customer service pharmacists to provide you the best solutions. All you have to do is ASK!

Everything is Possible with Agile Buy!

Alpro cares about you and we are always here to offer you affordable and quality protection.

FIND MORE SAVINGS AT A STORE NEAR YOU

For more information, Please visit your nearest Alpro Pharmacy branch!

NEGERI SEMBILAN

Alpro Pharmacy Port Dickson
Regina Mall
• Tel: 06-546 2330 • HP: 019-662 9001

Alpro Pharmacy Tampin
Jalan Besar Tampin
• Tel: 06-441 5342 • HP: 019-399 9012

Alpro Pharmacy Teluk Kemang
PD Sunggala Gateway
• Tel: 06-662 1922 • HP: 019-333 9010

Alpro Pharmacy Sikamat
Taman Sri Pulai
• Tel: 06-761 4300 • HP: 013-380 9007

Alpro Pharmacy Mantin
Jalan Besar
• Tel: 06-758 6982 • HP: 019-654 2903

Alpro Pharmacy S2 Garden Home
Seremban 2 Garden Homes
• Tel: 06-631 3783 • HP: 019-266 9015

Alpro Pharmacy Taipan Senawang
Taipan Senawang
• Tel: 06-671 7228 • HP: 019-301 0112

Alpro Pharmacy Biz Avenue
S2 Biz Avenue
• Tel: 06-603 6599 • HP: 019-389 1923

Alpro Pharmacy S'ban City Centre
Jalan Dato Sheikh Ahmad
• Tel: 06-762 6939 • HP: 019-214 0939

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

Alpro Pharmacy Rembau
Jalan Terentang
• Tel: 06-695 2870 • HP: 013-362 3588

Alpro Pharmacy S'ban Flagship
Jalan Dato Bandar Tunjugal
• Tel: 06-763 0888 • HP: 019-448 1923

Alpro Pharmacy Rasah Jaya
Taman Rasah Jaya
• Tel: 06-631 3272 • HP: 019-980 1923

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

Alpro Pharmacy Jln Mahajaya
Jalan Mahajaya, PD
• Tel: 06-647 3553 • HP: 019-689 9002

Alpro Pharmacy Gemas
Jalan Mahkamah
• Tel: 07-948 2139 • HP: 019-723 1923

Alpro Pharmacy Jelebu
Jalan Dato Abdullah, K. Kluang
• Tel: 06-613 8882 • HP: 013-962 1923

Alpro Pharmacy Ampangan
Bandar Baru Ampangan
• Tel: 06-761 1998 • HP: 010-401 1903

Alpro Pharmacy Nilai
Taman Desa Cempaka
• Tel: 06-850 6023 • HP: 013-286 1923

Alpro Pharmacy Tmn. Tuanku Jaafar
Tmn. Tuanku Jaafar, Sungai Gadud
• HP: 019-065 8923

Alpro Pharmacy Lukut
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

Alpro Pharmacy Rasah Prima
Pusat Komersial Rasah Prima
• HP: 019-265 8923

Alpro Pharmacy Nilai Sentral
Jln. Terminal Nilai 1, Nilai Sentral
• HP: 019-666 8923

Alpro Pharmacy Pusat Dagangan Seremban 2, Centrio
Jalan S2 B21 • HP: 019-653 8923

Alpro Pharmacy Pusat Komersial Saujana S2, The Plazo
S2 Heights • HP: 017-246 1663

Alpro Pharmacy Rantau
Jln. Besar Rantau • HP: 010-211 0520

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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

Alpro Pharmacy Subang Perdana
Taman Subang Perdana, Seksyen U3
• Tel: 03-7734 4008 • HP: 019-465 2923

Alpro Pharmacy Salak Tinggi
Bandar Baru Salak Tinggi
• Tel: 03-8705 9343 • HP: 019-254 3923

Alpro Pharmacy Teluk Pulai
Klang • HP: 019-2613923

Alpro Pharmacy Kota Kemuning
Jalan Anggerik Vanilla N31/N
• Tel: 03-5892 2233 • HP: 019-961 3923

Alpro Pharmacy Semenyih
Jalan Vista Valley 3
• Tel: 03-8210 0187 • HP: 019-310 9043

Alpro Pharmacy Tmn. Pelangi Semenyih
Jln. TPS 1/4, Semenyih, Selangor
• Tel: 03-8723 4789 • HP: 018-988 5610

Alpro Pharmacy Bdr. Puteri
Jln. Puteri, Puchong, Selangor
• Tel: 03-8051 3100 • HP: 019-274 1923

Alpro Pharmacy Petaling Jaya
Seksyen 17, Petaling Jaya, Selangor
• Tel: 03-7492 2335 • HP: 019-470 1923

Alpro Pharmacy Bdr. Baru Selayang
Jln. 2/8, Batu Caves, S'gor.
• Tel: 03-6732 3329 • HP: 019-686 1923

Alpro Pharmacy Prima Saujana
Tmn. Prima Saujana, Kajang, Selangor
• Tel: 03-8211 2338 • HP: 014-323 4094

Alpro Pharmacy Banting
Jln. Bunga Pekan • HP: 017-535 2355

Alpro Pharmacy Kapar
Pekan Kapar • HP: 018-266 1923

Alpro Pharmacy Sg. Besar
Jalan Mahsuri • HP: 019-962 0923

Alpro Pharmacy Setia Alam
Shah Alam • HP: 011-124 6535

Alpro Pharmacy Pekan Meru
Klang • HP: 014-828 8862

Alpro Pharmacy Puncak Jalil
Bdr. Putra Permai, Seri Kembangan
• HP: 012-550 4383

WILAYAH PERSEKUTUAN

Alpro Pharmacy Tmn. Sg. Besi
Medan Niaga Tasik Damai, Sg. Besi, KL
• Tel: 03-9054 8519 • HP: 019-446 1923

Alpro Pharmacy Bdr Sri Permaisuri
Jalan Sri Permaisuri 9
• Tel: 03-9172 7833 • HP: 019-203 1923

Alpro Pharmacy Selapak
Jalan 1/23F Teratai Mewah
• Tel: 03-2303 9741 • HP: 018-969 4923

Alpro Pharmacy Laman Rimbunan
Laman Rimbunan, Kepong, Kuala Lumpur
• Tel: 03-6179 5573 • HP: 019-414 2923

Alpro Pharmacy Wangsa Maju
Sec 1, Wangsa Maju
• Tel: 03-4142 0345 • HP: 019-335 9005

Alpro Pharmacy Putrajaya
Jalan Diplomatik Presint 15
• HP: 018-350 6789

PAHANG

Alpro Pharmacy Kuantan
Jalan Besar
• Tel: 09-505 4899 • HP: 019-987 1923

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

Alpro Pharmacy Bentong
Jalan Chan Siang Seng
• Tel: 09-222 2533 • HP: 019-252 1923

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

Alpro Pharmacy Taman Tas
Lorong Pandan Damar 2/2
• Tel: 09-538 3288 • HP: 019-357 1923

Alpro Pharmacy Tun Ismail
Jalan Tun Ismail
• Tel: 09-531 6018 • HP: 013-986 1923

Alpro Pharmacy Kuala Lipis
Jalan Besar
• Tel: 09-312 1927 • HP: 012-282 6399

Alpro Pharmacy Bkt. Setongkol
Kuantan
• Tel: 09-5171923 • HP: 013-2803923

Alpro Pharmacy Bd Indera Mahkota
Lorong IM 3/19
• Tel: 09-573 0045 • HP: 019-266 1923

Alpro Pharmacy Bandar Jengka
Bandar Tun Razak, Patinggi
• Tel: 09-466 2026 • HP: 019-293 3923

Alpro Pharmacy Pekan
Jln. Sultan Abdullah, Pekan, Pahang
• Tel: 09-421 9923 • HP: 019-747 2923

Alpro Pharmacy Sg. Isap
Jalan Sungai Isap Maju 1/1
• HP: 019-361 8923

Alpro Pharmacy Air Putih
Lorong Air Putih 130, Kuantan
• HP: 019-691 8923

Alpro Pharmacy Temerloh
Jalan Sudirman 2 • HP: 019-945 5923

TERENGGANU

Alpro Pharmacy Kemaman
Jalan Selaman, 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 Gembira, Jalan Besar
• Tel: 09-828 1366 • HP: 019-896 8322

Alpro Pharmacy Kubang Kurus
Kemaman
• Tel: 09-850 5118 • HP: 013-920 2923

Alpro Pharmacy Gong Badak
Kg. Wakat Tembusu, K. Terengganu
• HP: 019-476 2923

Alpro Pharmacy Kerteh
Jalan Besar Kemaman-Dungun
• Tel: 09-826 1194 • HP: 013-983 6322

Alpro Pharmacy Kuala Ibai
Taman Ibai Landmark, Jalan Tok Adis
• HP: 019-225 1923

MELAKA

Alpro Pharmacy Tmn. Rambai Utama
Jalan Ru 7, Taman Rambai Utama
• HP: 019-323 1923

Alpro Pharmacy Munshi Abdullah
Jalan Munshi Abdullah
• Tel: 06-284 7202 • HP: 019-699 1923

Alpro Pharmacy Jasin
Jalan Kuning
• Tel: 06-529 3080 • HP: 010-403 1923

Alpro Pharmacy Masjid Tanah
Jalan Besar Masjid Tanah
• Tel: 06-355 1923 • HP: 013-756 1923

Alpro Pharmacy Malim Jaya
Taman Malim Jaya
• Tel: 06-332 2349 • HP: 019-931 1923

Alpro Pharmacy Batu Berendam
Taman Melaka Baru
• Tel: 06-317 9998 • HP: 013-587 1923

Alpro Pharmacy Merlimau
Jalan Jasin
• Tel: 06-263 1937 • HP: 011-1081 6894

Alpro Pharmacy Alor Gajah
Jln. Perniagaan Jelatang 1
• HP: 019-757 1923

JOHOR

Alpro Pharmacy Parit Raja
Sudir Jalan Kluang
• Tel: 07-454 6699 • HP: 013-326 1923

Alpro Pharmacy Taman Flora
Jalan Flora Utama 4
• Tel: 07-438 7799 • HP: 013-288 1923

Alpro Pharmacy Taman Maju
Jalan Maju Timur
• Tel: 07-438 6699 • HP: 013-701 1923

Alpro Pharmacy Simpang Renggam
Taman Kasih
• Tel: 07-756 0000 • HP: 013-512 1923

Alpro Pharmacy Bandar Baru Uda
Jalan Padi Ria
• Tel: 07-232 4796 • HP: 013-886 2923

Alpro Pharmacy Kluang
Jalan Manggis
• Tel: 07-739 0909 • HP: 019-283 1923

Alpro Pharmacy Taman Intan
Taman Intan, Kluang
• Tel: 07-772 7007 • HP: 019-591 1923

Alpro Pharmacy Pesta, Muar
Tmn. Kampung Kenangan, Tan Dc Ismail
• Tel: 06-969 4055 • HP: 019-462 1923

Alpro Pharmacy Tangkak
Jalan Solok Tangkak
• Tel: 06-978 8739 • HP: 011-1098 8739

Alpro Pharmacy Yong Peng
Taman Sembong Barat
• Tel: 07-468 8923 • HP: 013-588 1923

Alpro Pharmacy Skudai
Tmn. Sutera Utama, Skudai, Johor
• HP: 012-800 4002

Alpro Pharmacy Bandar Seri Alam
Masai, Johor
• Tel: 07-382 4733 • HP: 019-6200204

Alpro Pharmacy KSL City Mall
Jln. Soladang, Tmn. Abad, J. Bahru, Johor
• HP: 014-280 6002

Alpro Pharmacy Tmn. Impian Emas
Tmn. Impian Emas, Skudai, Johor
• HP: 013-584 1923

Alpro Pharmacy Taman Molek
Tmn. Molek, Johor Bharu, Johor
• HP: 019-510 1923

Alpro Pharmacy Nusa Bestari
Tmn. Nusa Bestari, Skudai, Johor
• HP: 013-810 1923

Alpro Pharmacy Parit Sulung
Parit Sulung, Batu Pahat, Johor
• HP: 013-816 1923

Alpro Pharmacy Kulai
Jln. Kenanga, Bdr. Indahpura, Kulai, Johor
• HP: 019-548 2923

Alpro Pharmacy Kota Tinggi
Kota Tinggi, Johor
• HP: 013-477 1923

Alpro Pharmacy Tmn. Mount Austin
Tmn. Mount Austin, Johor Bharu, Johor
• Tel: 07-351 8923 • HP: 019-745 2923

Alpro Pharmacy Tmn. Bukit Indah
Tmn. Bukit Indah, Iskandar Puteri, Johor
• HP: 019-815 1923

Alpro Pharmacy Tmn. Sutera Utama
Taman Sutera Utama, Skudai
• HP: 012-800 4002

Alpro Pharmacy Pekan Muar
Jalan Ali, Pekan Muar
• Tel: 06-963 7526 • HP: 019-512 1923

Alpro Pharmacy Bukit Pasir
Pusat Perdagangan Bukit Pasir, Muar
• HP: 019-358 8923

Alpro Pharmacy Batu Pahat
Kaw. Perindustrian Tongkang Pechat
• HP: 019-694 8923

Alpro Pharmacy Tmn. Setia Indah
Jalan Setia Indah 3/7
• HP: 019-695 8923

Alpro Pharmacy Masai
Jln. Mawar/Jln. Masai Lama (Jln. Besar)
• HP: 019-352 8923

Alpro Pharmacy Pasir Gudang
Taman Bukit Dahlia • HP: 019-326 3923

Alpro Pharmacy Bukit Bakri
Jalan Ng Hoe Liat, Bukit Bakri, Muar
• HP: 019-915 0923

Alpro Pharmacy Taman Gaya
Jalan Sasa 5, Taman Gaya, Ulu Tiram
• HP: 019-953 5923

KELANTAN

Alpro Pharmacy Kubang Kerian
Jln Raja Perempuan Zainab II
• Tel: 09-760 7196 • HP: 013-430 1923

Alpro Pharmacy Tanah Merah
Jln Dato' Nik Mustapha, Kelantan
• Tel: 09-955 0543 • HP: 019-201 3923

Alpro Pharmacy Tanjung Chat
Jln Long Yuhus Kota Bharu
• Tel: 09-740 6355 • HP: 013-460 1923

Alpro Pharmacy Tumpat
Jln. Setia Utama, Bdr. Bentara, Kelantan
• HP: 019-977 1923

Alpro Pharmacy Jln. Sultan Yahya Petra
Jln. Sultan Yahya Petra, Kota Bharu, Kelantan
• Tel: 07-351 8923 • HP: 019-683 1923

Alpro Pharmacy Kg. Pasir Pekan
Pasir Pekan, Tumpat, Kelantan
• HP: 013-841 1923

Alpro Pharmacy Pasir Puteh
Jalan Farrer, Pasir Puteh
• HP: 016-937 1923

KEDAH

Alpro Pharmacy Baling
Jalan Badlishah, Baling, Kedah
• Tel: 04-470 1830 • HP: 019-669 8090

Alpro Pharmacy Sg. Petani
Taman Tuanku Hamidah
• HP: 019-559 0038

PERAK

Alpro Pharmacy Kamunting
Jalan Medan Kamunting
• Tel: 05-891 7923 • HP: 013-593 2923

PENANG

Alpro Pharmacy Summerton
Bayan Indah
• Tel: 04-668 1193 • HP: 013-598 3923

Alpro Pharmacy Farlim
Bandar Baru Ayer Itam
• Tel: 04-828 8477 • HP: 013-591 3923

Alpro Pharmacy Balik Pulau
Jalan Besar, Pulau Pinang
• Tel: 04-866 1923 • HP: 6019-3861923

Alpro Pharmacy Jln. Tembikai
Bukit Mertajam
• Tel: 04-530 1923 • HP: 019-327 3923

Alpro Pharmacy Lebuhr Chulia
George Town
• Tel: 04-263 4142 • HP: 013-362 3923

Alpro Pharmacy I-Avenue
Medan Kampung Relau 1
• Tel: 04-611 7553 • HP: 019415 1923

Alpro Pharmacy Promenade
Bdr. Bayan Baru, Bayan Lepas, Penang
• Tel: 04-638 6910 • HP: 019-6871923

Alpro Pharmacy Jalan Perak
Jln. Perak, Medan Harmony, Pulau Pinang
• HP: 019-965 1923

Alpro Pharmacy Pusat Komersial Sunway Perdana
Seberang Jaya
• Tel: 04-383 9969 • HP: 019-571 3923

Alpro Pharmacy Jalan Kulim
Taman Bukit Mas, Bukit Mertajam
• HP: 019-392 8923

Alpro Pharmacy Batu Lencang
Jalan Tan Sri Teh Ewe Lim, Georgetown
• HP: 019-903 1923

Alpro Pharmacy Tanjung Tokong
Prima Tanjung Business Centre, Jalan Felles
• HP: 019-980 5923

SARAWAK

Alpro Pharmacy Satok
Jalan Satok
• Tel: 082-22 9062 • HP: 013-391 2923

Alpro Pharmacy Premier 101
Premier 101 Commercial Centre
• Tel: 082-458846 • HP: 019-775 2923

Alpro Pharmacy Tabuan Jaya