



HEALTH MATTERS

EXCLUSIVELY FOR ALPRO VIP MEMBER | MAY - JUNE 2023

VOL 22

Joint Edition



SILVERCARE
Catalogue Vol.12



Alpro Eats:
Empowering
the next
generation
with **Healthy
Eating Habits**

THE WONDERWALL TIMES

The wall of Community Happiness from

alpro foundation
Bringing hope, Changing lives

We believe in doing good while not forgetting about our environment. **Introducing the Alpro Eva House!** It is a **greenhouse built together with Project Eden in December 2022**, powered by the concept of **Aquaponics**.



Why Alpro Eva House?

The Alpro Eva House is named after the Pixar movie called Wall-E, which is about Earth being uninhabitable, and humans having to live in a huge spaceship calling it home. Wall-E was a robot left on Earth and programmed to clean the planet. One day, Wall-E found a plant, and Eva came down to Earth in search of living organisms. Eva found the plant from Wall-E, and that's where the adventure in the movie kicks off.

This movie inspired us that we should not forget about taking care of our environment, and we should start somewhere. Thus, with the introduction of Project Eden, Eva House was born. Aquaponics is a system that involves fishes as the source to provide nutrients to the plants through a water flow system

Grow a Plant, Grow a Star

The Alpro Eva House is capable of producing more than 500 plants at a time. We combined the sustainability concept to open the plants for order by Alproeans through the "**Grow a Plant, Grow a Star**" Programme, where for every two pots of vegetables, Alproeans contribute RM6 to fund the students from The Growing Stars Project.



The Growing Stars Project Update:

From the beginning of 2022 to date, we have increased our numbers of sponsorships from 124 to 163 students. All thanks to all our supporters who have helped the students from The Growing Stars Project. Thank you!



Spot our latest designs of Charity Wipes to support school children back to school! All thanks to Aki, one of our Alpro Creative Builders who has designed the wet wipes. For every packet sold, RM0.60 will be donated to fund The Growing Stars Project by Alpro Foundation. Get yours now!



Give a little **HELP A LOT**
DREAMS can **COME TRUE**

Metabolic Basic Program Update:



Since 2022 alone to date, we have successfully helped more than 180 patients with care and love by sponsoring bedridden patients on tube feeding with our Metabolic Basic oral nutrition support. This would not be possible without the help of Alpro members who have been supporting the Metabolic Basic Buy 1 Gift 1 Program in Alpro Pharmacy outlets.

Here are some feedbacks from our Nutritionist and Dietitian!

Most of our patients felt grateful when they know about the Metabolic Basic Program in Alpro. It was a lifesaver to the families because most of them are facing financial issues and could not afford oral nutrition support for their loved ones who are bedridden and on tube feeding. - Nutritionist Husna (Alpro Pharmacy Jalan Berserah)

The Metabolic Basic program is very helpful in easing the burden of patients and their families. We feel proud that there are cancer patients who have fully recovered with the support from this program by Alpro Foundation. - Dietitian Lina Ho (Alpro Pharmacy Junction 5, Kuching)





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FROM THE EDITOR

Welcome to the 22nd edition of Alpro Pharmacy Health Matters, the May edition for the year of 2023

As we welcome the new year of 2023, I want to take a moment to reflect on the growth of Alpro Pharmacy, which offers comprehensive primary healthcare solutions.

At Alpro, we understand that healthcare is more than just filling prescriptions. That's why we have expanded our services beyond the traditional pharmacy stores to include physio centres (**Alpro Physio**), clinics (**Alpro Clinic**), and baby shops (**Alpro BB Fortress**). Our goal is to provide our customers with a one-stop place for all their healthcare needs.

In 2021, Alpro led an initiative to place dedicated medication disposal bins at all 200+ Alpro outlets nationwide to collect excess medicines to be disposed ethically without polluting the environment. Earlier this year, Alpro continued this initiative and teamed up with Petronas Penapisan (Terengganu) Sdn Bhd and Geng Plastik Ija, collecting over 1,025 kg of trash at Pantai Rantau plogging activity.

As all know, we have a team of nutritionists and dietitians who are committed to promoting a healthy lifestyle and are also passionate about empowering the next generation with healthy eating habits. I believe that educating our children on the importance of proper nutrition is essential for their long-term health and well-being. That is why we have launched **Alpro Eats**, aimed at equipping students with the knowledge and skills to make healthy food choices. We are excited to work with schools in our community to promote healthy eating and encourage students to make positive lifestyle choices.

As we approach Parents Day, I want to remind everyone of the importance of caring for our elderly loved ones. One of the most common concerns for seniors is the loss of muscle mass and strength, which can significantly impact their mobility and quality of life. That's why we invite you to visit our selected branch for a free Muscle Strength Assessment. This simple test can help seniors better understand their muscle strength and identify any areas of weakness that may require attention.

On top of that, we also provide free meter checks for blood pressure meters and glucometers, for those who are managing chronic conditions such as diabetes or hypertension.

Let's celebrate Parents Day by showing them how much we care!

On behalf of all Alproeans,

I would like to take this opportunity to thank you for your continuous support. We promise to continue providing you with high-quality, informative content that empowers you to take control of your health. We look forward to serving you in 2023 and beyond.

STAY SAFE AND HEALTHY
Terima Kasih, Xie Xie Ni

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Walking hand in hand,
Embracing the colours of our
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HEARING AIDS

MIMITAKARA

2x Risk getting hearing loss -
for elderly 50 years and above

PROMOTION

SILVERCARE flip from back

SARCOPENIA

2x Risk getting hearing loss -
for elderly 50 years and above

“ We need to encourage
our kids to love to eat real food-honest,
nutritious healthy food.
Less fast food. Less junk food.
And they need to see us
eating healthy by example

- Karen Salmon John



Alpro Eats: A Nutritionist-Guided Canteen

Empowering the next generation with healthy eating habits

The Beginning

*Nearly 1 in 5 children and adolescent aged 6 to 19 years old are OVERWEIGHT
(Ministry of Health Malaysia, 2019)*

As we looked at the staggering statistic of childhood obesity in Malaysia, we knew we had to do something, a lot of actions have to be done to address this issue to help promote healthier lifestyles for our future generation.

Proper nutrition is essential for a child's physical and mental development. Children spend a significant amount of their time in school. However, many students are not getting the required nutrition due to a lack of awareness of healthy choices and a shortage of healthy food options available in some school canteens. We saw an opportunity, and we believe that diving into school environment can have a significant impact on the children's overall health and wellbeing, making it the most effective way to reach as many children as possible.

With over 190 nutritionists and dietitians stationed in our community pharmacies nationwide, we have the ability, knowledge, and expertise to help make a positive impact. After a few discussions, our team decided to focus on promoting healthy eating habits in school canteens. That is when we had the idea for Alpro Eats: **A Nutritionist-Guided Canteen**.



~ Alpro Eats Program is advocated by Jabatan Pendidikan Negeri Sembilan.



“Program yang dianjurkan oleh pihak Alpro Eats Campaign amat menarik dan memberi manfaat kepada semua murid. Murid-murid didedahkan khasiat pemakanan, makanan seimbang dan cara-cara menjaga kesihatan. Tahnikah dan syabas. Diharapkan program ini dapat dilaksanakan lagi dengan lebih jaya dan dapat mengeratkan lagi perhubungan di antara pihak sekolah dengan Alpro Pharmacy.
~ SK Bandar Sri Sendayan Guru Besar: **Encik Ezani**

The Journey : Healthy Diet School Talk

Education is the key to success, and this is a crucial element when it comes to promoting healthy eating habits among children. For every school visit, our professional nutritionists and dietitians will provide Healthy Diet School Talks, which are designed to educate and promote healthy eating habits among students. These talks will cover topics such as the benefits of a healthy diet, the importance of choosing nutrient-rich foods, and how to make healthy food choices. During these talks, students also learn about the #sukusukuseparuh (quarter-quarter-half) rule propagated by the Ministry of Health Malaysia, which teaches them how to measure their food portions using their hands. We have seen the students get excited about designing their own suku-suku-separuh plates and are proud to showcase their creations to us, their teachers, and parents. By sharing our knowledge and expertise with students, we hope to empower them with the tools they need to make healthier choices and develop lifelong habits that will contribute to their health.





by **Leong Min Yee**
"Alpro Eat" Committee



The Impact

Since the launch of Alpro Eats, we have seen a positive impact on the schools we have visited. In the first phase, we visited 20 schools and reached out to more than 10,000 students, teachers, and parents. Through our Healthy Diet School Talks and Nutrition Canteen Guide, we have helped educate and promote healthy eating habits among children and even now, our team of professional nutritionists and dietitians are still working closely with school canteen caterers to improve the nutritional value of the meals served.

The feedback from students, teachers, and parents has been overwhelmingly positive, and we have received requests from schools hoping to join our Alpro Eats program. We are thrilled to see more and more schools expressing interest in joining our program.

While the impact of Alpro Eats may seem small in the grand scheme of things, we believe that every positive change we make can have a ripple effect and lead to a healthier future for our children. This is because at Alpro, we believe that every child deserves access to healthy, nutritious food, and we are committed to doing our part to make this a reality, to create a healthy and vibrant world.



The Journey : Nutrition Canteen Guide

We did not stop there. We recognized that promoting healthy eating habits involves not only educating students, but also the environment. School canteens play a significant role in shaping children's eating habits. That's why, as part of the Alpro Eats program, we have created the Nutrition Canteen Guide. Our team of professional nutritionists and dietitians will visit school canteens to evaluate their menus. During these visits, they will try out three different menus and provide expert nutrition advice to help improve the options available to children. We will work closely with school canteen caterers and the school itself to ensure that the meals served are not only tasty but also meet the nutritional needs of the children. We believe that by making small changes in school canteen menus, we can make a big difference in the health and wellbeing of our future generation.



“When I saw my son's class picture yesterday, I was disturbed to see that he was the shortest in the class!” – worried mommy A-



By : Dr Alicia
PhD Biological Sciences
(Biochemistry & Immunology)

All of us are aware of the fact that not all children grow at the same pace. Some are quick to attain growth, while others grow slower. Children of the same age may appear totally different from each other, such as in height or weight. When it comes to children's growth, many things play vital roles and affect their development. For years, scientists have been arguing about nature vs nurture and how genetics rule our lives. Can we grow taller? Get smarter? What should we do to help our child maximize their potential?

Well, here are some simple tips and secrets for beating and improving our genetics.

Can you beat your genetics?

Well, yes, to a point. Of course, you aren't going to turn your child into a 7'-footer if both parents are average height. Depending upon your ethnic background, genetics accounts for only 60-80% of your child's height.

Nutrition is the key! What foods are best?

Nutrition is the biggest influence on height apart from genetics. Eating right is essential to increase your height. Foods high in protein, vitamin D, and calcium are all key elements. There is no magic bullet, but having all these foods does help to maximize your child's height.

“**Eat** right
Exercise
Sleep right

Beat Your Genetics!

It's all in the sleep

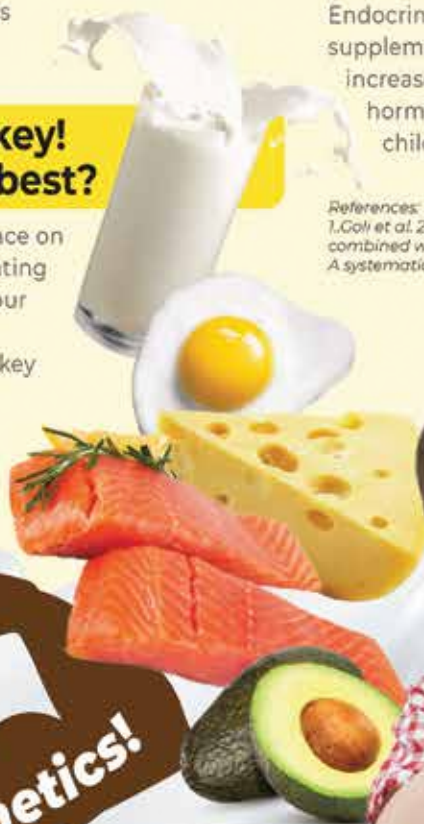
Your child looks like he grew an inch overnight and you'd be right. Although activities throughout the day do help regulate growth hormones, most of these bodybuilding, height-making hormones are secreted at night while in deep sleep. Children need 11-14 hours of sleep a night while teens need 8-11 hours of sleep a night. Get them to bed early and let them sleep.

AND one LAST SECRET...

Incorporate L-arginine in their diet!

L-arginine is a semi-essential amino acid that plays a crucial role in various physiological functions in the human body, including protein synthesis, wound healing, and immune function. Moreover, L-arginine has been identified as a growth hormone stimulator, which can promote growth in children. Although growth hormone secretion is naturally stimulated during sleep and exercise, L-arginine has been found to enhance its production even more. A study published in the International Journal of Endocrinology found that L-arginine supplementation significantly increased human growth hormone secretion in children and adults ⁽¹⁾

References:
1. Goli et al. 2022. Growth hormone response to L-arginine alone and combined with different doses of growth hormone-releasing hormone: A systematic review and meta-analysis. Int. J. Endocrinol. 2022: 8739289.



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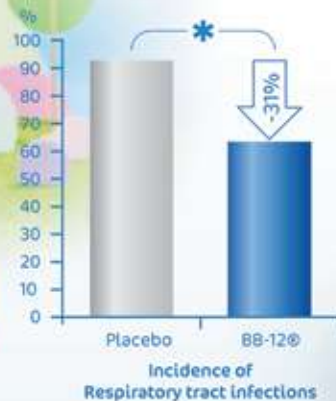
Ostricare cow milk is a premium quality cow's milk children formula that is 100% imported from France. It is a product of Lactalis International, the largest dairy group in the world. The company has a legacy of producing high-quality dairy products for over 80 years. As such, all ingredients

clinical study with 109 children concluded that children who consistently take **BB-12® probiotic** are 31% less likely to fall sick¹. Aside from that, **BB-12® probiotic** are also able to alleviate digestive issues such as colic, constipation, or diarrhea.

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BB-12® reduce the risk of respiratory tract infections¹



Double-blind placebo-controlled randomized Study of 109 children (8-24 months)



used in Ostricare are carefully selected and sourced from trusted suppliers. The formula is also free from harmful additives such as artificial colors, flavors, and preservatives. With this unique heritage, Ostricare aims to provide the best possible nutrition to children.

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Parent's Trusted Choice

In conclusion, Ostricare cow milk formula is an excellent choice for parents who want to provide the best possible nutrition to their children. With **1 billion BB-12® probiotics**, nucleotides, essential nutrients and prebiotics, Ostricare promotes a healthy digestive system, strong immune system, and optimal growth and development. Manufactured by French multinational dairy products corporation, Lactalis International, Ostricare is a product of superior quality that parents can trust.

Reference:
1 - Jørgensen et al. 2014. The Science behind the Probiotic Strain *Bifidobacterium animalis* subsp. *lactis* BB-12®. *Microorganisms*, 2(2), pp. 92-110.



Ostricare Cow Milk BB-12
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*Compared with Higher Nutrient Price (Complementary Food) 1000/11/2017. Represented Nutrient Index for Pakistan. A Report Of The Technical Working Group On Nutrition. Countries National Coordinating Committee On Food And Nutrition Ministry Of Health Malaysia, Portugal.

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*Hiruscar Post Acne Back Spray Product Placement Test, Info-focus, Jun 2021.



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*Source: IQVIA Malaysia, Emollients & Protectives Market, MAT Q3 2022 (units & values)

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- ♥ Deeply cleanses and hydrates for up to 4 hours



NOW @

RM **63** / unit

Mentholatum®
Acnes

Ultimate ACNE CARE
backed by Science & Nature

Step 1
WASH



Step 4
TREAT



Step 3
MOISTURIZE



Step 2
LOTION



RM15.90 - RM27.10

Mentholatum Acnes
Mentholatum Acnes Range
~~NP: RM19.90 - RM29.90~~



ROHTO
EYE DROPS

Soothes up to **12 hours**

TEARSHIELD TECHNOLOGY
Features unique tear film

LONG-LASTING DRY EYE RELIEF
Relieves **8** dry eyes symptom

High-Performance dry eye symptom relief

Rohto Eye Drops Advance Dry Aid 10ml
NP: RM33.90

WORLD NO.1 Eye Care Brand

ROHTO DRYAID
ADVANCED DRY EYE RELIEF

NOW @ RM 27 / each

Registered under Act 727
Reg No.: 025410121-01353
Advertisement Approval No.: MDAW-02402022
Reference No.: MDA/Ref/2022009

*Gentle Eye Care International Limited, Consumer Health
Eye Care Solutions, 1001, Jalan Pagar, 3301, 3301
**Contact lens wearers should consult their Ophthalmologist

Available only at www.alprooneclick.com

研 研
HADA LABO
MINI-MULTI-CONFIDENCE

Fights Blemishes for Clear Skin

Hada Labo
Blemish & Oil Control Range
NP: RM43.90 - RM89.00

NOW @ RM 35¹⁰ - RM 71²⁰ / each

Fights Pimple

Control Oil

Soothe Redness

Hydroxy Acid

Cica Extract

Hyaluronic Acid

SUNPLAY SKIN AQUA DAILY

ANTI-BLUE LIGHT

BRIGHTENING SUNSCREEN

High Photostability

Anti-Pollutant

Anti-Oxidant

Moisturizing

Sunplay Skin Aqua UV Brightening Moisture Gel 80g
RM42.90

NOW @ RM 34³⁰ / each

MENTHOLATUM

SUNPLAY OUTDOOR

Get Shield & Protected

for Beach / Water Activities

SUNPLAY ULTRA SHIELD SPF 130

Sunplay Ultra Shield 130 Lotion 35g
RM49.90

GUARANTEE LOWEST PRICE

Dermatix®

NO.1 SCAR Formula

Celebrating
12
YEARS

ERASE YOUR LIMITS

NEW!

NOW @
RM 75.80*

Scar Care for Kids
Gentle on Sensitive & Delicate skin

NOW @
RM 48.60*

For Acne Scars
• Dark Marks/Spots
• Acne Scars

NOW @
RM 87.50*

For Post-Op Scars
resulting from
Minor/Major Surgery

**CLINICALLY
PROVEN**

**DERMATOLOGICALLY
TESTED**

**RM 5
OFF**

www.dermatix.com.my **f** Dermatix Malaysia

Registered under A/TJ (08027010991A, 04790225505, MDAMD 0070202).
Children shall not use device without supervision.

* Price shows after discounted RMS

NOW @
RM 43.90

EMTRIX®
A patented formulation that contains²:



Up to 92% improvement seen in Week 8¹



Fig. 3. Visible improvements in an onychomycosis-affected nail during 8 weeks of treatment.

KERATOLYTIC

- Gently removes dead tissue¹
- Smooths outer layers of nail

HYGROSCOPIC

- Increases hydration and softens nail plate
- Aids keratolytic effect

ANTIFUNGAL

- Changes the nail's microenvironment
- Inhibits growth of dermatophytes

ENHANCED PENETRATION

- Penetrates deep into nail

References:
1. Pham TM et al. Dermatology 2011;123:2917. 2. Van Kerkhove AD et al. J Pharm Med (2014) Pharmacological Composition For The Treatment Of Fungal Infections. <https://patents.google.com/patent/WO2014143023A1/en>. 3. Emtrix product insert

Registered under A/TJ 737, DMD0872133117A, MDAMD 0438-0022
Children shall not use device without supervision



CREATED BY NATURE PROVEN BY SCIENCE

**FOR DRY,
SENSITIVE SKIN**



PARABEN
FREE



LAMOLIN
FREE



FRAGRANCE
FREE



DYE
FREE



NOT TESTED
ON ANIMALS



VEGAN
FRIENDLY



OATMEAL



MADE IN
AUSTRALIA



RM 51⁹⁰
/unit

**DERMAVEEN®
DAILY NOURISH
500mL RANGE**

RM28.70 /unit

1. DERMAVEEN® DAILY NOURISH
MOISTURISING CREAM 100mL

1



2



RM28.70 /unit

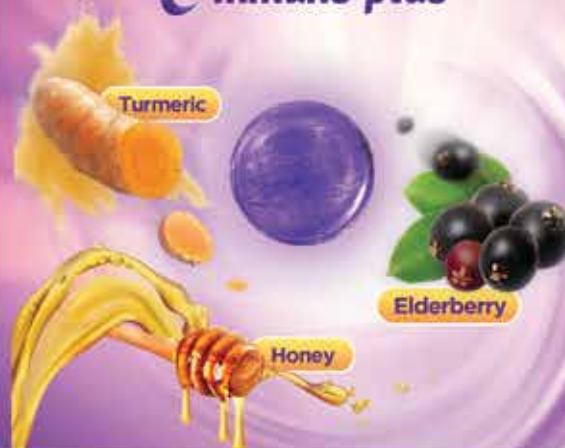
2. DERMAVEEN® DAILY NOURISH
OATMEAL CONDITIONER

*Terms and Conditions Apply While stocks last

inova
pharmaceuticals

The natural way to give
yourself a boost with

Dequadin
E-mune plus



Boost your inner wellness!



RM 9²⁰
/unit

DEQUADIN
E-mune Plus
NP: RM11.90 each



**USE DAILY FOR YOUR
SKIN CONFIDENCE**

CLEAN
SKIN BEFORE
ACNE
STARTS



RM12.90
/unit



RM26.00
/unit



RM16.90
/unit



RM14.60
/unit



RM24.60
/unit



RM33.90
/unit



RM18.90
/unit





I'M NOT ONLY
FOR BLACKHEAD
CLEARING

DEEP CLEAN &
SOOTHE SKIN
GENTLE SCRUB



MultiEx BSAM
7 BOTANICAL
 COMPLEX
 Enhanced with

NOW @
RM **19⁹⁰**
/ unit

I'M NOT ONLY
FOR FRESH
SKIN

REMOVE
IMPURITIES &
BRIGHTEN SKIN
GENTLE SCRUB



Enhanced with Clair
7in1 Complex

NOW @
RM **19⁹⁰**
/ unit

Exfoliant • 100% Natural Walnut Shell





Leaves skin

Soft
&
Bouncy



Soap Free

Uplifting
Scent

Rich in
Vitamin
E

Soft Deep Nourishing
Soja bean body wash

NOW @
RM **16⁹⁰**
/ unit



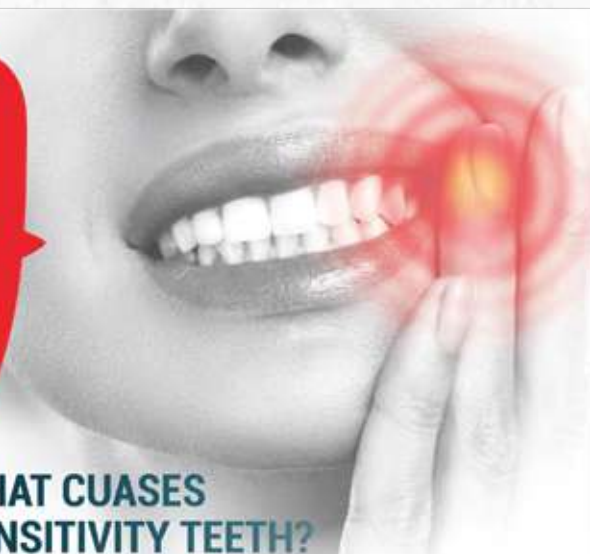
OUCH!



Imagine when you're biting into an ice cream, taking a sip of an icy drink or hot coffee, and you get a **short, sharp, painful** sensation in your teeth..

Oops! You may have

Tooth Sensitivity



WHAT IS TOOTH SENSITIVITY?

Dentinal hypersensitivity, or tooth sensitivity, is a common dental problem. It's a condition that can develop over time, as a result of common problems such as **receding gums and worn enamel**.



Tooth sensitivity can never completely go away, but there are treatments & tips available that can help to alleviate the sensitivity and manage it over time.

“ Not to forget, visit your dentist every 6 months to update your oral health status. ”

Ignoring your teeth can make things worse. Brush with sensitivity toothpaste will definitely help to keep your smile bright and let you enjoy your favourite food & drinks without worry the pain!

WHAT CAUSES SENSITIVITY TEETH?

Teeth roots, which aren't covered by hard enamel, contain thousands of tiny tubules leading to your tooth's centre (the pulp). These dentinal tubules (or channels) allow stimuli —like **hot, cold, sweet & acidic food** — to reach the nerve in your tooth, which results in the pain you feel. Most sufferers are between 20 to 50 years old. Tooth sensitivity can also be a symptom of other issues, including cavities, gum disease or a cracked tooth.

Worn Enamel

- Over-zealous brushing
- Tooth grinding
- Acid erosion e.g. gastric reflux, taking too much acidic foods and drinks

Receding Gums

- Using a hard bristle toothbrush
- Gum disease



Daily Oral Care Tips for Sensitive Teeth:

- Brush & floss regularly
- Use a softer toothbrush
- Don't brush too hard or too often
- Avoid taking too much of acidic foods or drinks on daily basis
- Use sensitivity toothpaste



ORALDYNE

24/7

Sensitivity & Cavity Protection

scan for more



BUY 2 @

RM 25.99 each

"Enjoy your favourite food again!.."



GSO

NOW @
RM 2890
/ box

Care Your Denture Like A Pro!

入れ歯洗浄剤 **酵素** 配合



- ✓ Effectively remove food particles and stains
- ✓ **5 minutes Kill 99.99% bacteria**
- ✓ Trusted quality from Japan products
- ✓ With RM0.27/day only!

5 STEPS *you shouldn't do!*



Don't use hard-bristle toothbrush

Hard bristle can scratch your denture and even damage it



Avoid using hot water

Hot or boiling water would deform your dentures



Don't use mouthwash to clean dentures

It will damage the acrylic base of your denture



Remove your dentures before bedtime

Soak it overnight, cleaning deeply which will remove the bacteria from the small pores on the surface



Avoid using bleach-containing product

These can weaken dentures and change the color

WHITA GLO

Buy 2 Redeem 1

TOTAL IMAGE®
creating wellness since 1984

Promo Period: 1 - 31 May 2023



Fight uneven skin tone effectively



Improved skin radiance



Whita Glo
L-Glutathione
400mg 30s

99 each

FREE
Worth RM128

HOW TO REDEEM:



1. Purchase
2 boxes of Whita Glo 30s



2. WhatsApp
<Full Name>
<12-digit NRIC Number>
<Mailing Address>
<Email Address> &
Photo of Receipt to
011-3503 7922



3. Delivery
1 box of Whita Glo 30s
(No Bonus Voucher) will be
delivered to your doorstep
with a minimum of
20 working days.

*Terms & Conditions Apply.

**BEST
BUY**

BUY 2 SAVE MORE



**Buy 2@
50⁰⁰**

Smelly-No-More
Deodorant Spray 75ml
NP: RM28.90 each



**Buy 2@
38⁰⁰**

Smelly-No-More 4-in-1
Daily Feminine Wash
200ml
NP: RM21.90 each



190⁰⁰ each

Total Image Collagen Plus
Twin Pack 60s x 2 + **FREE 10s**



185⁰⁰ each

Total Image Collagen
Twin Pack 80s x 2 +
FREE Collagen Plus 20s

Tekak kering dan gatal?
**Ambil Strepsils[®] pada
tanda awal iritasi tekak!**

PERUBAHAN
CUACA



UDARA
KERING



NYANYI



Strepsils[®] Orange with Vitamin C
Dengan 2 Faedah

Membekalkan Vitamin C
Membunuh Kuman
dengan 2 Bahan Aktif*



NOW @
RM 14.60
/ unit

* 2 Bahan Aktif: Dichlorophenylcarbinol & Amylmetacresol. Iritasi tekak merujuk kepada tekak kering, gatal, dan serak.
Kesan berbeza menurut individu. Ini adalah iklan produk ubat | KKLJU 0418/2023 | Tarikh Tamat Tempoh 31 Disember 2024

Strepsils[®]



MAL11912407X

MAL11912410X

MAL11912408X

MAL11912409X

MAL11912406X

NOW @
RM 159
/ unit

NEW

CF372BT

**BODY COMPOSITION
SCALE WITH BLUETOOTH**
WITH BLUETOOTH CONNECTION



**"UPGRADED MODEL,
with More Features"**



Body Protein



Obesity Degree



Body Age



Lean Body Weight
(LBW)

KEEP TRACK OF YOUR RESULT
WITH FitGo App

FitGo - Ideas for health
Health & fitness



**1+1
EXTENDED
WARRANTY**
Jaminan Lanjutan

Presented by:



+604 - 305 9560

enquiry.revohealthcare@gmail.com

/revohealthcare

MDA License: MDA-1280-WDP120 / MDA-1512-R120

www.revohealthcare.com



SKIN REPAIR

Clinically proven in providing solutions for dry skin repair and relief

Rosken
Dry Skin Cream 500ml

Repair & Soothe
dry skin in **30**
MIN



**BUY 2 @
RM75.00**






**NOW @
RM44.50**



**NOW @
RM35.50**

Fertility Set

MAL199912207
MAL20033904T



4 Steps to Acne-Free Skin



NOT161203283K
NOT150304028K
NOT140402178K



**NOW @
RM16.90**

**NOW @
RM27.90**

**NOW @
RM29.90**

Skin Care Set

AQUA[®] MARIS PROTECTO

natural nasal spray



Protects



Unblocks



Moisturizes



For Congested Nose

**Aqua Maris Strong
Nasal Spray 30 ml**

RM23.90

Registered under Act 737;
G867660659318

For Allergy Care

**Aqua Maris Protecto
Nasal Spray 20 ml**

RM31.50

Registered under Act 737;
GA8485121-55817



For Everyday Use

**Aqua Maris Classic
Nasal Spray 30 ml**

RM19.90

Registered under Act 737;
GB22233222517



For Baby Use

**Aqua Maris Baby
Nasal Spray 50 ml**

RM29.00

Registered under Act 737;
GB57621683818

Advertisement Approval Number: MDAMD 0360/2022



Protecting families against germs



NOW @
RM 18⁹⁹
/ unit



GUARANTEE LOWEST PRICE
买贵退差价

NOW @
RM 17⁹⁹
/ unit



antabax

NOW @
RM 19⁹⁹
/ unit

Antabax Shower Cream
Cool & Sensitive / Fresh & Gentle Care White/
Nature & Fresh / Gentle Care & Nature
850ml x 2's



Antabax Hand Soap
Fresh / Sensitive / Protect
/ Pure Pine 450ml

NOW @
RM 6⁵⁰
/ unit



Antabax
Hand Sanitizer
Spray 50ml



NOW @
RM 3⁹⁰
/ unit

フロミー FOLLOW ME™

LIVE BETTER, BE BETTER.



**ALL DAY
PROTECTION***



**NATURAL
INGREDIENTS***



**GENTLE
ON SKIN***

* Applicable for Anti-bacterial Body Wash range.



MS 2634
3 006-12/2006

NOW @
RM 11.99
/ unit

FOLLOW ME
Anti-Bacterial
Body Wash 1000ml
(Assorted)



NOW @
RM 4.90
/ unit

FOLLOW ME
Anti-Bacterial
Hand Wash 450ml
(Assorted)

NH Detoxlim®
— Your Trusted Brand —

NOW @
RM 31.80
/ unit

NH Gluco-K
4g x 23s
NP: RM39.90 each



Your Health, We Care.

NOW @
RM 79.80
/ unit

NH Tiger Mushroom Plus
50ml x 10s
NP: RM83.80 each

**ONLINE
EXCLUSIVE**



MS1500
1042-01/2012

Salonpas®

Hisamitsu.



RM **27⁵⁰**
/unit

Hisamitsu
Salonpas Spray
80ml



BUY 2 @
RM **9⁹⁰**
/unit

Hisamitsu
Salonpas Large
2's

NEW
AMMELTZ
YOKOYOKO
GOLD

Contain Approximately
4X Pain Relief
Ingredients*



NOW @
RM **14⁹⁰** - RM **21⁹⁰**
/unit



AMMELTZ
YOKOYOKO

Quick
Penetration,
Fast Relief

NOW @
RM **11⁴⁰** - RM **17³⁰**
/unit



Air-Activated Heat Patch
AMMELTZ
YOKOYOKO

**NON-MEDICINAL
HEAT THERAPY
PAIN RELIEF**



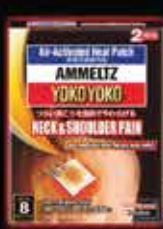
CHRONIC PAIN
IN YOUR NECK & SHOULDER



CHRONIC PAIN
IN YOUR BACK



Period Pain?
Menstrual Pain Relief
for Women's Discomfort



NOW @
RM **8⁶⁰**
/unit



Improved
formula!

a product of
GSO

NOW @
RM 21.90 / unit

Vitamin
E

Arbutin

Vitamin
C

Hyaluronic
acid

Glutathione



With
5
skin-loving
nutrients

**Fairer, Stronger
& Hydrated Skin**



Certainty
For Everyday Confidence



Certainty® offers full range of diapers that aims to assist users on excretion care based on their mobility condition.

Check user's mobility before choosing the right adult diaper format

Absorbency Level

LIGHT - MODERATE

MODERATE - HEAVY



Walk independently
or with minor aid



Walk, stand and sit
with human assistant



Bed rest



Easy to pull up and down,
multiple times even
with light strength



- Comfortably slim, like underwear. Does not show under clothes.
- Breathable cloth like material keeps skin fresh & dry.



PANTS

- Max* absorption to lock urine for long hours usage
- 'Close fit gathers' to protect against side leaks



PANTS

- 3D Diamond Technology for faster Absorption
- Disperse liquid rapidly and prevents backflow



TAPE

For more information : [f Certainty Malaysia](#) www.certainty.com.my

Scan To Get Your Free Sample





ABSORBATM nateen[®] SUPER Cloth♥AIR

Soft and Breathable
— ADULT DIAPERS —



Day / Night Diapers



M

95 - 125 cm
37 - 49 inches



L

115 - 150 cm
45 - 59 inches



XL

130 - 175 cm
51 - 69 inches



Wetness
Indicator



Waterproof
Leak Guards



Ultra Dry
Top Layer



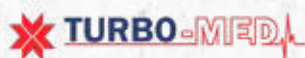
Odour
Control



Belgian
Quality



For more information,
please contact us or
visit our website:
www.absorbadiaper.com



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22 Joo Koon circle Singapore 629054
Tel : (65) 6742 1968
Fax : (65) 6742 1970
Email : sales@turbo-med.sg



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TENA®

The Best Care For Skin Health

PROskin



DermaDry Layer
ABSORBS LIQUID
RAPIDLY.

MOISTURE DISPERSAL ZONE
DISTRIBUTES AND DISPERSES
MOISTURE EVENLY.

RAPID ABSORPTION CORE
HOLDS AND LOCKS IN
MOISTURE.



For more information:



1-800-88-9988



TENA Malaysia



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Scan for free samples



Duphalac
667 mg/ml
Lactulose Solution

CONSTIPATION RELIEF FOR ALL AGES



No preservatives



Non habit forming

MAL19921431XZ



Prebiotic effect



Suitable for pregnant
mothers, children,
elderly and diabetic
patient

Available in all leading pharmacies.

ABBOTT LABORATORIES (M) SDN BHD 198701004889 (163560-X)
27-02, Level 27, Imazium, No. 8, Jalan SS 21/37, Damansara Uptown, 47400 Petaling Jaya,
Selangor Darul Ehsan, Malaysia. Tel: 03-7988 7000 Fax: 03-7988 7027
MAL2268186 MAR 2023

K.K.L.I.U.: 1967/2022 (exp:31 December 2024) This is a medicine product advertisement



Happy Parent's Day

"Celebrate Parents Day with Surbex"



For more information, please visit

<https://www.alpropharmacy.com/oneclick/brand/abbott-surbex/> and <https://www.abbottlifeplus.com/>

MEGA We care



BIO-LIFE®



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

**BiO-LiFE Glucosamine 500mg with
Chondroitin Sulphate 400mg
repairs the wear and tear of joints
and reduces joint pain.**



KKLIU 3300/2021 VALIDITY: 31 December 2023
This is a medicine product advertisement.

For more information on natural healthcare and therapies, please call BiO-LiFE Customer Care (Mon-Fri: 8am-5pm) at 03-7499 7999
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Bio-Life Malaysia



biolifemy

We care for Your Wellness

MEDICATION SAFETY • OUR PRIORITY • 药安全 在大专 | 039

This is a supplement product advertisement. KKLIU 278/2022 Expiry date: 31/02/2024

BLACKMORES®

GMP Certified

Tested for
Mercury & Lead
Content

High quality
omega-3
sourced from
nature

Passed 30
Blackmores
Standard Quality
Checks & Tests

Quality Assured
from Australia

NOW @
RM 24 / unit



MAL199903T9XC

NOW @
RM 59 / unit

BARU!



MAL21116041NCR



Halal Certified
AHAA is a Halal certification
body recognised by JAKIM

This is a supplement product advertisement. KKLIU 0790 / 2021 Expiry Date: 31 December 2023

BLACKMORES®

Long day out &
Non-stop fun

Blackmores CoQ10 is specially formulated to
enhance energy production to meet the
requirements of active bodies. It is oil-based
to enable optimal absorption of this
important nutrient.

NOW @
RM 125.90 / unit



MAL10120063XCR

blackmores.com.my



Enhances
energy
production



Oil-based for
optimal
absorption



Provides
sustained energy
& stamina

Always read the label. Follow the directions for use. Supplements may only be of assistance if dietary intake is inadequate.
Blackmores is a registered trademark of Blackmores Limited.



“ The face of **Regret**
is the face you
don't recognise. ”



Lion's Mane Mushroom

**Traditionally used to maintain and support
healthy brain function.**

** Consult your nearest pharmacy to know more*



IBERET® FOLIC 500

OPTIMUM AMOUNT
OF IRON TO KEEP YOU
ON THE GO



Once daily optimum 105 mg iron formulation



IRON SUPPLEMENT with GRADUMET®
TECHNOLOGY for optimum absorption



Enriched with Vitamin C, B complex and folic acid



Available in all leading pharmacies.

ABBOTT LABORATORIES (M) SDN BHD 198701004889 (163560-X)

27-02, Level 27, Imazium, No. 8, Jalan SS 21/37, Damansara Uptown, 47400 Petaling Jaya, Selangor Darul Ehsan, Malaysia.

Tel: 03 7988 7000 Fax: 03 7988 7027

K.K.L.I.U.: 2023/2022 (exp:31 December 2024) This is a medicine product advertisement



INTERNATIONAL
WOMEN'S DAY

Sangobion®



**HELPS FIGHT
TIREDNESS
& DIZZINESS**
DUE TO IRON DEFICIENCY ANEMIA

IRON SUPPLEMENT TO BUILD
**OPTIMUM
BLOOD HEALTH**



KKLUP 2307/2021 (Expiry date: 31/12/2023) This is a medicine product advertisement. Please read label before use. If symptoms persist please consult your healthcare professional. MAT-MY-SANG/UY-21-000028

Traditional product for Liver Health



NOW @
RM **83** / unit



Optimise liver health and function

This is a traditional product advertisement.
By: GK Bio International Sdn. Bhd.
No Siri Kelulusan: KKLIU 2493/2021



MAL150600271

COOL & FRESH Sensation!

time
BrefWell



MS1500
1 017-07/2019



Naturally Scientific

NUZEEL®

New Zealand Health Supplement Series

4S NUTRITION



SMART
Focused on Optimum
Health Solutions



SIMPLE
Convenient and Easy to
Take Approach



SAFE
Quality and
Laboratory Tested



SCIENCE
Supported with Clinical
References and Research



A Nutrition Science Approach of bringing Natural Health & Wellness Closer to Optimum Well Being.

MEDICATION SAFETY • OUR PRIORITY • 药安全 在大专 | 045

Sambucol®

BLACK ELDERBERRY

PROVEN POWER PROTECTION



Speed-up
recovery
by
3 days*

Reduce
symptoms
severity by
32%*

BUY ANY 2 @
RM **119**

Sambucol
Kids and Original
120ml
NP: RM139.80



www.sambucol.com.my

f sambucolmalaysia

Instagram sambucolmy

Always read the label. Follow the directions for use.
If symptoms persist, talk to your health professional.



GLOW ✨
VITAMIN C
L-GLUTATHIONE
VITAMIN E

Flavettes®
GLOW ✨



BUY 1 FREE 1
RM **69.90**

Flavettes
Effervescent Glow
30's

MAL17076023N



PRISTIN®

★★★ GOLD ★★★

Toxin-Free Fish Oil

- ✓ **High omega-3** concentrates in a capsule
- ✓ Toxin-Free
- ✓ Encapsulated with fish gelatin using UK Technology from 

This is a supplement product advertisement. KKLIJ 0060/2022 (Exp. Date 31/12/2024)

NOW @
RM 239 / unit

Pristin® Gold Promo Pack
Omega-3 Fish Oil 1200mg
90's x 2 + 30's



MAL16125003NCR

PRISTIN®

Toxin-Free Fish Oil

Malaysia's **PREFERRED** fish oil brand
Your trusted fish oil brand for you & your family



- Fish Gelatin Capsules for all Malaysian
- As a dietary supplement

NOW @
RM 139 / unit

Pristin® Parents Pack
Omega-3 Fish Oil 1200mg
150's + 30's



MAL10070610XCRS

This is a supplement product advertisement. KKLIJ 0256/2023 (Exp. Date 31/12/2025)

Buy & Win

Purchase of any THC participating brands worth RM150 and above stands a chance to win attractive prizes!

1st May – 30th June 2023

Winner Prizes



*Total Set Cook & Pan Set (SCF18 + CP124 + Small Spatula) worth RM119.00 each

*Total Set Blender 1.5L (with accessories) worth RM159.00 each

*Suppression Pressure Cooker Set worth RM179.00 each

*For illustration only

NATURAL PAIN RELIEF:

THE GENTLE TOUCH OF NATURE'S HEALING HERBS



By: Dr Alicia
PhD Biological Sciences
(Biochemistry & Immunology)

“ Are you feeling that familiar twinge in your back? You're not alone. In Asia, the prevalence of chronic pain widely ranges from 7.1% in Malaysia to 34.9% in Hong Kong. Chronic pain becomes more common as people age, with 15.2% of Malaysia's elderly suffering from it ⁽¹⁾.

When dealing with pain, people typically take painkillers to ease the pain. However, painkillers may only relieve pain or spasms, without treating muscle pain.

Our bodies are impressive powerhouses, but that means they bear most of the strain from our everyday activities. Taking non-steroidal anti-inflammatory drugs (NSAIDs) to handle pain may be long-standing medical advice, but in some cases, it may lead to chronic pain. Researchers suggest that inflammation in the body exists for a reason, and when we take medications to stop this response, it has negative effects.

Inflammation is a reaction to infection and injury, where the immune system sends out cytokines and inflammatory cells. These stimulate more inflammatory cells to trap threats, such as bacteria, and begin healing damaged tissue. This is when you notice symptoms of acute inflammation, such as redness, swelling, bruising, or pain. As inflammation increases, you may feel more pain.

While inflammation can be painful and irritating, blocking it may cause chronic, long-term consequences. A 2012 study noted several reasons wounds heal slower, and one of those was NSAIDs ⁽²⁾.

It's often an easier option to pop a pill to try and forget that ache in your back. Unfortunately, painkillers tend to mask the problem. This means you are not dealing with the underlying issue but exposing yourself to side effects when the medication might not even ease your pain.

The Safer Alternative: Natural Remedies for Muscle Aches and Pain



Turmeric

Contains a compound called curcumin that has anti-inflammatory and analgesic (pain-relieving) properties. These properties can help alleviate muscle pain by inhibiting the activity of enzymes and cytokines that cause inflammation in the body. Turmeric also helps promote the healing of damaged tissues.

Ginkgo Leaf Extract

The active compounds in ginkgo leaf extract, such as flavonoids and terpenoids, have anti-inflammatory and antioxidant properties that may help alleviate muscle pain. Furthermore, ginkgo leaf extract improves blood flow to the affected area, hence reducing muscle pain.

Ginger Rhizome Extract

Gingerols and shogaols found in ginger rhizome extract have anti-inflammatory and analgesic properties that help alleviate muscle pain. It works by inhibiting the production of pro-inflammatory molecules in the body. Ginger also reduces pain perception by interacting with pain receptors in the body.

Black Pepper Fruit Extract

Black pepper fruit extract contains an active compound called piperine, which has been shown to have anti-inflammatory and analgesic properties. Piperine works by inhibiting the production of certain pro-inflammatory molecules, which can help reduce inflammation and pain in the body.



References: 1. Mohamad Zaki & Hairi, 2014. Chronic pain and pattern of health care utilization among Malaysian elderly population: National Health and morbidity survey III. *Maturitas*; 79(4): 35-41. 2. Anderson et al., 2014. Factors that impair wound healing. *J Am Coll Clin Wound Spec*; 4(4):84-91.

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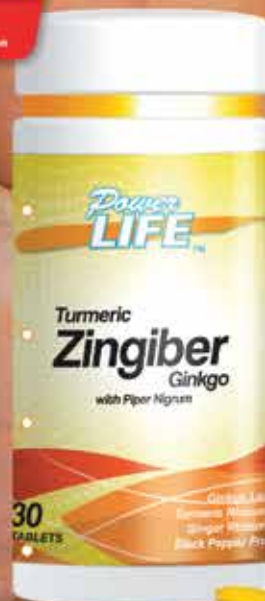
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**FUEL YOUR ENERGY
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Are you aware that knee pain affects 1 in Every 5 people?



Written by :
Ms. Pearly,
Physiotherapist



Knee osteoarthritis (OA) is the inflammation of knee joints that affects millions of people worldwide, particularly those over the age of 50. It is a degenerative joint disease that occurs when the protective cartilage that cushions the ends of bones in the joint wear-and-tear over time, leading to pain, stiffness, and reduced mobility.

OA makes daily activities, such as walking, standing, or climbing stairs become uneasy tasks. It is a major reason for work absenteeism and a serious disability for many people. If left untreated, your condition may worsen, and eventually surgical intervention is unavoidable.

Symptoms of Knee Osteoarthritis:

The symptoms can vary from person to person, but commonly include:

- ▶ Pain and stiffness, particularly after periods of inactivity or overuse.
- ▶ Swelling and inflammation around the knee joint.
- ▶ Reduced range of motion.
- ▶ Constant "popping" or "cracking" sound when moving the knee joint.
- ▶ Muscle weakness or reduced strength.

Don't Let It Get To That Point – Prevention Is The Best.

While there is no cure for OA, fortunately there are several ways to manage the symptoms and control the progression of the disease. These include:

- ▶ Maintaining a healthy weight: Excess weight places additional stress on the knee joint, increasing the risk of OA and other joint conditions. Maintaining a healthy weight helps to reduce the strain on your knees and improve overall health.
- ▶ Engaging in regular exercises: Regular exercises, particularly low-impact activities such as yoga, swimming, and cycling, would improve body strength and flexibility. Exercise is effective in maintaining a healthy weight, which also further reduce your risk of developing knee OA.
- ▶ Wearing proper footwear: Wearing shoes that provide adequate support and cushioning can help reduce the stress placed on the knee joints during physical activities.
- ▶ Knee joint protection during physical activities: Using knee guards or braces can help protect the knee joint during high-impact activities, thus reducing the risk of injuries and OA.

Conclusion: Knee OA can be a painful and debilitating condition, but with proper management and care, it is possible to manage the symptoms and maintain an active lifestyle. By taking steps to reduce your risk of developing OA, such as maintaining a healthy weight and engaging in regular exercises, you can improve your overall health and reduce the risk of developing this condition. If you are experiencing persistent knee pain or other symptoms of OA, it's important to consult with a healthcare professional to determine the underlying cause and develop an appropriate treatment plan.

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Break Up With **ACNE!** Start From Within.



By: Dr. Alicia
PhD Biological Sciences
(Biochemistry & Immunology)

Imagine this: you just started using a new skincare product that promises clear, glowing skin and you are pumped! You thought you can finally say goodbye to breakouts, but two days in and not only is there no improvement, but your skin looks worse.

Did you just waste the better part of your paycheck on products that only provoke your skin, or are these heightened breakouts the light at the end of the tunnel?

As your largest organ, skin is the first thing to show signs of distress when your body is not in harmony. Metabolic imbalance can contribute to acne breakouts in several ways. Metabolism refers to the chemical processes that occur in the body to maintain life, including the breakdown of nutrients for energy and the elimination of waste products. When these processes become imbalanced, it can lead to a build-up of toxins and other substances in the body, which can contribute to acne breakouts.

The Acne-fighting Superhero: **Triticum Aestivum**

Triticum aestivum, also known as wheatgrass, is a natural remedy that has been used to treat various skin conditions, including acne. Wheatgrass is a rich source of vitamins, minerals, antioxidants and other nutrients that can benefit the skin in several ways.

Wheatgrass contains high levels of chlorophyll, which has been found to have anti-inflammatory and antibacterial properties. Chlorophyll also helps to reduce inflammation in the skin, which can contribute to acne breakouts, and help fight acne-causing bacteria.

Furthermore, chlorophyll is often touted for its detoxifying properties that may help to remove toxins from the liver, which can contribute to acne breakouts. When the liver is not functioning optimally, it can lead to a build-up of toxins in the body, which can contribute to skin inflammation and the development of acne.

Besides that, wheatgrass naturally contains broad spectrum of antioxidants & vitamins including vitamin A, C and E which all are important for healthy skin. Vitamin A can help regulate sebum production and reduce the risk of clogged pores, while vitamin C can help reduce inflammation and promote collagen production. Vitamin E is a powerful antioxidant that can protect the skin from damage and promote healing.

Skincare routine is not just about external application, fixing the body internal metabolic balance is the fundamental step for good skin. Integrate *Triticum Aestivum* into your diet today and say hello to acne-clear skin!



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References:

- 1 Accu-Chek Guide Test Strip Package Insert.
- 2 Accu-Chek Drum-based Lancing Devices Global Value Dossier, 2012.
- 3 mySugr app, App Store and Google Play Store, Sept 2021.
- 4 Eichinger V, et al. Mobile health application usage shows long-term improvement on blood glucose control. *Diabetologia* 2020 63:SU107. 1 (S52).

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MunMun

Let me introduce you to our first ONE warrior - Mun Mun. 19 years ago, this 10-year-old boy was diagnosed with type 1 diabetes. One night, his mother whispered to him by his bedside, "Sorry, it's all mom's fault." He woke up and said, "Mom, it's nobody's fault, don't worry, I can handle it." Throughout these years, diabetes hasn't stopped him but made him stronger.

Syira



Syira, another ONE warrior, is the 7-year-old girl newly diagnosed with type 1 diabetes 1 year ago. She is an active and bubbly girl. After all the efforts from her and her family on managing her blood glucose, her HbA1c level has dropped during the clinic follow-ups. It puts a smile on her doctor's face, but not hers or her mother's. As she masters the skill to adjust her food and insulin, her smile is back, and it is brighter than ever!

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References:

1. Grady et al. Diabetes App-Related Text Messages From Health Care Professionals in Conjunction With a New Wireless Glucose Meter With a Color Range Indicator Improves Glycemic Control in Patients With Type 1 and Type 2 Diabetes: Randomized Controlled Trial. JMIR DIABETES 2017, vol 2
2. Compared to the OneTouch Ultra meter and OneTouch Select Simple meter
3. EN ISO 15197:2013 In vitro diagnostic test systems
- Requirements for blood-glucose monitoring systems for self-testing in managing diabetes mellitus (ISO 15197:2013)

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Do you know there is higher chance to get hearing loss as we grow older?

Common Diseases



Diabetes



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Cholesterol

There are three common diseases in elderly which are diabetes, hypertension and cholesterol. These diseases can lead to progressive hearing loss in which the hearing loss develops slowly over time. This is due to the damage of nerves and blood vessels that influence hearing and other senses.

Other than elderly, young adults also can have these diseases. According to the a National Health Statistics Reports published in June 2021, nearly a quarter of those between the ages of 18 and 39 had hypertension. Therefore, it is important to check your hearing if you have one of these diseases.



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Organic
Seabuckthorn
Extract 60s
[SKU:58284]



RM8.90
/unit
RM14.00



OB Herbal
Syrup For
Cough &
Sore Throat
60ml
[SKU:100157072]



RM35
/unit
RM49.90

Mapleland
Kid Immuzic
Plus 2g x 30s
[SKU:100713]

**Buy 1
FREE 1**

Bocalex Yummy C +
Chewable Blocks
3 x 20's
[SKU:100167188]

*Free gift while stocks last.
*Free gift for same item only.



RM18.90
/unit
RM19.90

K+
Cough
Relief
Patch 3s
[SKU:100167188]

RM20.30
/unit
RM23.90



Hurix
So Relief
Oral spray
15ml
[SKU:100133156]



RM 16⁹⁰
/unit
RM28.90

OB Herbal Syrup For Cough & Sore Throat 60ml
[SKU:100157092]



RM 8⁸⁰
/unit
RM9.30/unit

Jordan Toothpaste
Step 1 Strawberry (0-5 Years) [SKU:100071927]
Step 2 Grape (6-12 Years) [SKU:100071935]
Step 1 Lychee (0-5 Years) [SKU:100165479]
75g

RM 7³⁰
/unit
RM8.49

Eye Mo Moist 7.5ml
[SKU:12095]



RM 9⁵⁰
/unit
RM10.90

Eye Mo Moist 15ml
[SKU:11944]

RM 7⁵⁰
/unit
RM8.00

Eye Mo Regular 15ml
[SKU:12122]

MAL199735598C



RM 5⁵⁰
/unit
RM6.00

Eye Mo Regular 7.5ml
[SKU:12174]



MAL199735598C

RM 19³⁰
/unit
RM33.50

Perskindol Classic Gel 100ml
[SKU:41877]

MAL230160776C



RM 20⁹⁰
/unit
RM31.10

Perskindol Classic Spray 150ml
[SKU:19357]



RM 14⁹⁰
/unit
RM20.90

Cosmoderm Vitamin E Facial Cleansing Foam 125ml
[SKU:23097]



Agnesia Powder 100g Hygiene Care Beau Care Rose [SKU:27303]
Beau Care Rose [SKU:69641]
/ Lavender [SKU:69642]

RM 6¹⁰
/unit

Buy 2 FREE 1

Agnesia Beau Care Powder Lavender/Ros 30g

*Free gift while stocks last. *Free gift for same item only.



P'sang Big G Dot 12s
[SKU:100153220]
RM27.90/unit

BUY 2 @ RM49.99



RM 27³⁰
/unit
RM28.60

JF Sulfur Soap 100g 3s + 1s
[SKU:57792]



Dr. Morita Facial Mask 5s
Hyaluronic Acid Moisture Essence [SKU:71210]
Hyaluronic Acid Long Lasting Essence [SKU:71211]
Collagen Repair [SKU:71212]
RM29.90/unit

BUY 2 @ RM40.00

SUPER DUPER



RM 14⁵⁰
/unit
RM16.35/unit

Energizer Max AA 4s [SKU:20544]
Max AAA 4s [SKU:20548]
Li Coin 2032 x 2s [SKU:55058]

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.



Alpro Lifetime VIP Member



scan to register online

Alpro E-Member

How?

- Register **FREE Online** at **Alpro OneClick**
*Scan the QR Code
- Link your Alpro Member card
Get 150 bonus points when linked

★ Points Redemption

200 points = RM1

\$ Alpro Member Points Collection

RM1 = 1 Alpro Point

JOIN with RM10 & enjoy

"PAY 10 GET 30"

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

Alpro Community Chat Group

How?

JOIN at frequency visit Alpro Pharmacy

- Exclusive for Alpro Member
- Enjoy RM8 OFF for online purchase
*only available @Alpro OneClick



- ✔ Share updated information with your community
- ✔ Enjoy 1st hand benefit on getting promotion / events / education message
- ✔ Reach out your health care professional easily
(Pharmacist, Nutritionist, Dietitian, Physiotherapist, Health Advisor)

Exclusive Alpro Lifetime VIP Members' Benefits

Applicable for all the registered Alpro Members



Points Collection
RM1 = 1 point



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



Pay with Points
200 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/



rossmax



Features



AUTOMATIC BLOOD PRESSURE MONITOR MODEL AW150F
Product Reg. No.: GB39668337717

NOW @
RM 199 / unit

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

Registered under Act 737 | Advertisement No: MDAMD 0054/2022

rossmax



Features



NON-CONTACT TEMPLE THERMOMETER MODEL HA500
Product Reg. No.: GB97530337917

NOW @
RM 199 / unit

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

Registered under Act 737 | Advertisement No: MDAMD 0054/2022

rossmax



AUTOMATIC BLOOD PRESSURE MONITOR MODEL X1

Product Reg. No.: GB39668337717

RM3 REBATE
on 18th every month



AC Adaptor
Worth: RM70

Rossmax **Real Fuzzy Technology** determines ideal cuff pressure based on one's systolic blood pressure and arm size to prevent inaccurate readings caused by erroneous cuff inflation levels.

Features



Cuff
Detection



Movement
Detection



Blood
Pressure Level
Indication



Irregular
Heartbeat
Detection



Universal
Cone Cuff
24 - 40cm

FREE LIFETIME CALIBRATION

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



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

Registered under Act 737 | Advertisement No: MDAMD 0054/2022

INNOMED™ M1

The Vision Of A Better You

SmartPulse technology

SmartPulse technology is an detection of blood pressure using an inflation technique. This method reduces the cuff tightness and the duration of the cuff being tight.

This overall enhancement improves the comfort and accuracy of the measurement.

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

GB3374022-104196



NOW @
RM 150

FORA®

NOW @
RM 299

Bluetooth
SMART



Clinically
Validated



P30 Plus BT ACTIVE WIRELESS Plus MULTI-MODE BLOOD PRESSURE MONITORING SYSTEM

NCA Registration
No.: C85411598616

FORA® 6 Plus Multi-Functional Monitoring System

Multiparameters

- Blood Glucose
- Hematocrit
- Hemoglobin
- Ketone
- Total Cholesterol
- Uric Acid



FORA 6 Plus: HK
MOCAT 6779-20481

NOW @
RM 79

Irregular Rapid Beat
(IRB) Technology
Detection

Supports Oscillometric
and Auscultatory
Measurement



200 Memory
with date and time

Universal cuff
(24 - 43 cm)

Automated Averaging
Technology gives
average of 3 measurement
for more accurate results

- Beep Sound : Yes, ON / OFF / Universal Tone®
- Ketone Warning : Yes, if he value higher than 13.3mmol/L
- Meal tag / mode AutoQC mode; GEN / AC / PC
- LCD Backlight & Strip Indication Light
- Strip Ejection
- Power : 1 x AAA battery
- Battery life : At least 1,000 times
- Memory Capacity 1,000 memory sets

Registered under Act 737

KINSMEDIC NCA NO: MDA-1331-WDP120

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

HOW TO RENT?

- 1** Pick Your Package >
- 2** Contact Us **019 - 750 0612**
Provide Us Your Name, Location & Contact Number. >
- 3** Confirm & Payment

RENTAL Bundle Deal

*Mattress is not included
*Subject to availability

STARTER Recovery Bundle

1 month



Manual Hospital Bed +
Ripple Mattress

RM350

FREE
Bedridden Care Set



*Diaper can choose size.
*Returnable deposit **RM400** will be collected.

ESSENTIAL Recovery Bundle

3 months



Manual Hospital Bed +
Ripple Mattress

RM750

FREE
Home Physio
or
Premium Bedridden
Care Package

*Returnable deposit **RM400** will be collected.

COMPLETE Recovery Bundle

1 month



Manual Hospital Bed +
Ripple Mattress +
Oxygen Concentrator +
Oxygen Tank + Oximeter

RM800

FREE
Home Physio
or
Premium Bedridden
Care Package

*Returnable deposit **RM900** will be collected.

Add RM100/month

Manual Hospital Bed



Electric Hospital Bed



UPGRADE

FREE

Home Physio

Home Physio Treatment
*Applicable For Certain
Areas Only

**WORTH
RM150**

Check With Our Staff **NOW!**

or

Premium Bedridden Care Package

Online Physio Consultation +
Bedridden Care Premium Set



**WORTH
RM141+**

All these medical devices registered under Act 737

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出租服务 SEWA



**RM6,000
TAX RELIEF**

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

RENTAL Wheelchair

MANUAL WHEELCHAIR

*Returnable deposit **RM300** will be collected.



MOVEN Q05
Lightweight

MDA Reg.No : GMD6164489198A
*Subject to availability

RM50 /week

RM80 2 weeks

SAVE RM20

RM150 4 weeks

SAVE RM50



MOVEN
Supreme

MDA Reg.No : GA607920-38659
*Subject to availability

RM60 /week

RM100 2 weeks

SAVE RM20

RM180 4 weeks

SAVE RM60

ELECTRIC WHEELCHAIR

MOVEN 60

RM300 /weeks

RM540 2 weeks

SAVE RM60

RM1,000 4 weeks

SAVE RM200

*Returnable deposit **RM800** will be collected.
*For selected area only, ask us for more details.



MDA Reg.No : GMD79630799918A
*Subject to availability

Contact Us For More Details

019-984 2923

Negeri Sembilan

019-323 1923

Melaka

013-841 1923

Kelantan

019-901 4923

Bintulu

013-587 3923

Kuching

019-462 1923

Muar

013-288 1923

Batu Pahat

019-987 1923

Pahang

019-327 3923

Penang

013-584 1923

Johor Bharu

019-774 1923

Terengganu

019-274 1923

KL/Selangor



SCAN & RENT NOW

All these medical devices registered under Act 737

Rental With

Special Purchase Deal



Recovery Nutrition Package
Instant Rebate
UP TO RM180



Home Physiotherapy Treatment
RM150 / session
SAVE RM70
RM80 / session
Depends on Location.
*Check out with our staff now



RENTAL Oxygen Therapy



5LPM
Oxygen Concentrator
RM120 /week
RM320 /month

MDA Reg.No : GB6370321-70974
*Subject to availability



10 LPM
Oxygen Concentrator
RM600 <10 days
RM700 /month

MDA Reg.No : GB5929419-34859
*Subject to availability



Oxygen Tank 10L
RM40 /week
RM100 /month

Exclude Refill Fee
RM50-RM100
(depends on tank size)

*Subject to availability



Oximeter
RM30 /week
RM50 /month

MDA Reg.No : GC9264520-47073
*Subject to availability
*Returnable deposit RM 50 will be collected.

OXYGEN CONCENTRATOR RENTAL PACKAGE

1 MONTH



RM400
SAVE RM20

MDA Reg.No : GB6370321-70974

2 MONTHS



RM700
FREE RENTAL
SAVE RM240

MDA Reg.No : GB6370321-70974
MDA Reg.No : GC9264520-47073



2 MONTHS



RM600
FREE RENTAL
SAVE RM140

MDA Reg.No : GB6370321-70974
MDA Reg.No : GC9264520-47073

6 MONTHS



RM1,500
FREE RENTAL
SAVE RM1,320

MDA Reg.No : GB6370321-70974
MDA Reg.No : GC9264520-47073

* Returnable deposit RM 500 will be collected for any oxygen tank/oxygen concentrator 5 & 10LPM/package.
* Extra RM100 sanitisation fee for COVID cases. (For Oxygen Concentrator 10 only.)

刚出院?
BARU DISCAJ

KAMI HANTAR DALAM SECEPAT
MASA 4 JAM!
最快4小时送到你家! 让你不再无助
ANDA TIDAK KESEORANGAN!

All these medical devices registered under Act 737

*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice. | Installment Available For CIMB & Maybank Credit Card Holder Only. | 5% discount for both Hearing Aids and PowerLife Magnesium. for Allianz Insurance customer. |

出租服务 SEWA



Recommended By
The Malaysian Society
Of Rehabilitation

**RM6,000
TAX RELIEF**

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

RENTAL Ripple Mattress

RM60 /week

RM150 /month

RM300 3 months

SAVE RM150

RM550 6 months

SAVE RM350

APEX
Care for a Healthy Life
Domus 2



MDA Reg.No : GMD25608743518A

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

Why Is The Mattress Not For Rent?

For user hygiene purposes. As it may be hard to avoid excretes such as urine, poop and blood from previous users staining on the mattress.



Mattress For Purchase



[70137]
RM300
3 Inches Folded Mattress
[61969]
RM400
4 Inches Folded Mattress



[73601]
RM700
Lifetime
5 Inches PU Mattress For
Hospital Bed

SPECIAL PRICE!
For Purchase / Rental
Hospital Bed

~~RM650~~ **RM480** **PWP**
4 Inches
High Density Foam
Support Mattress



[72467]

All these medical devices registered under Act 737

Rental With

Special Purchase Deal



**Recovery Nutrition
Package**
**Instant Rebate
UP TO RM180**



**Home Physiotherapy
Treatment**

RM150 **SAVE RM70**
RM80 / session
Depends on Location.
*Check out with our staff now



SCAN & RENT NOW

HOW TO RENT?

- 1** Pick Your Package
- 2** Contact Us **019 - 750 0612**
Provide Us Your Name, Location & Contact Number.
- 3** Confirm & Payment

RENTAL Hospital Bed

STEP 1 : Pick Your Package

MANUAL BED



MDA Reg No : GMD57430969279A
* Subject to availability

RM80 /week

RM200 /month

RM450 3 months **SAVE RM150**
(RM150/month)

RM900 6 months **SAVE RM699**
FREE X-1
1 Ripple Mattress
Brand Apex Domus 1
worth RM450



F9HBR20210829900

RM1,500 6 months **SAVE RM930**
FREE X-1
Tubular Ripple Mattress
Brand Apex Domus 2
worth RM1,230



F9HBR20210889900

* Returnable deposit **RM400** will be collected.

MDA Reg.No : GMD25608743518A

ELECTRIC BED



MDA Reg.No : GA9566520-49347
* Subject to availability

RM120 /week

RM300 /month

RM750 3 months **SAVE RM150**
(RM250/month)

RM1,500 6 months **SAVE RM699**
FREE X-1
1 Ripple Mattress
Brand Apex Domus 1
worth RM450



F9HBR20210829900

RM2,000 6 months **SAVE RM1,030**
FREE X-1
Tubular Ripple Mattress
Brand Apex Domus 2
worth RM1,230



F9HBR20210889900

* Returnable deposit **RM500** will be collected.

MDA Reg.No : GMD25608743518A

STEP 2 : Delivery Fee

- * Depend on Address Area.
- * Addition **RM20** processing fee.

刚出院?
BARU DISCAJ

KAMI HANTAR DALAM SECEPAT
MASA 4 JAM!
最快4小时送到你家! 让你不再无助
ANDA TIDAK KESEORANGAN!

All these medical devices registered under Act 737

*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice. | Installment Available For CIMB & Maybank Credit Card Holder Only. | 5% discount for both Heating Aids and Powerlife Magnesium for Allianz Insurance customer. |

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出租服务 SEWA



Recommended By
The Malaysian Society
Of Rehabilitation

**RM6,000
TAX RELIEF**

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

RENTAL Suction Pump



MDA Reg.No : GS10439221-54335
*Subject to availability
*Returnable deposit **RM150** will be collected.

Helps to remove excessive mucus in airway.

RM20 /week

RM50 /month

RM90 2 months

SAVE RM10

RM120 / 3 months

SAVE RM30

+ RM100

For purchase of
suction canister
due to hygiene for
the patient.



RENTAL Hearing Aids



*Subject to availability



MDA Reg.No :
GB9503920-46643

MDA Reg.No :
GB4715220-47072

**FREE
7 Days Trial
Before Start Renting**

Mimitakara

RM380 1 Piece
/month

RM570 A Pair
/month

SAVE 50%
For 2nd Piece

+RM80

SAVE 50%
For 2nd Set

(Accessories, System Tuning, Sterilisation)

*Returnable deposit **RM800** will be collected.

刚出院?
BARU DISCAJ

**KAMI HANTAR DALAM SECEPAT
MASA 4 JAM!**
最快4小时送到你家! 让你不再无助
ANDA TIDAK KESEORANGAN!

All these medical devices registered under Act 737

*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice. | Installment Available For CIMB & Maybank Credit Card Holder Only. | 5% discount for both Hearing Aids and Powerlife Magnesium for Allianz Insurance customer.

Glucometer & Blood Pressure Meter Check!

Recommended To Do Once Every 6 Months.

FREE

For Silvercare
Member



1

Visit

Bring in your meter to any
selected alpro outlets.

2

Check

Perform accuracy check.

3

Collect

Collect back your meter!



“ Worry your result not
accurate on the meter?

019-750 0612

Call us for appointment now!

”



All these medical devices registered under Act 737

*Important Notice : T&Cs Apply. | Images are for illustration purposes only. |
Availability based on pre-arranged schedule, kindly text/call to confirm.



POST-DISCHARGE CARE NUTRITION RECOVERY IN ALPRO



1 Reference: 1. Angles HM, et al. JAMDA. 2016;17:789-796. 2. Denning RH. ePasty. 2009;3:65-94.
2 Reference: 1. Angles HM, et al. JAMDA. 2016;17:789-796. 2. Deutz HE et al. Clin Nutr. 2016 Feb;35(1):18-26. 3. Boreck MS, et al. J Nutr. 2016;146:2458-75. 4. Cripp-Jennett AJ. Curr Protein Pept Sci. 2012;13:1-5. 5. Abbott. Data on file.
3 (Note: when taken twice daily and consumed with exercise) Reference: 1. Borton, et al. 2015. PLoS ONE 10(1):e0117757. doi:10.1371/journal.pone.0117757. 2. Cramer JT et al. J Am Med Dir Assoc. 2018 Nov 1;17(11):1044-1056.



IMPROVES STRENGTH IN 8 WEEKS*
BUILDS AND REPAIRS MUSCLE TISSUE* + SUPPORT IMMUNE FUNCTION

14 DAYS

REBATE RM4

2 Tins



Based on 6 scoops/serving, drink twice a day to ensure better recovery.

1 MONTH

REBATE RM12

4 Tins



3 MONTHS

REBATE RM48

12 Tins

FOC RM20

Touch nGO eWallet



*Pick any of your favorite flavour (coffee, wheat, vanilla, almond in plant based).

*Kindly WhatsApp your purchase receipt of 3 or 6 months package to 011-5633 5821 to receive your FOC TrG RM20 or RM50 cash reload pin within 3-5 working days.

Glucerna®

FOR POWDER 850G



14 DAYS

REBATE RM6



2 Tins

1 MONTH

REBATE RM16



4 Tins

3 MONTHS

REBATE RM60



12 Tins

FOC RM20 **Touch nGO eWallet**

HELPS MANAGE
GLUCOSE LEVELS
IN **4 WEEKS**^{1,2}

1. When used as part of diabetes management (including prescribed medication, diet and exercise)
2. Glucerna has been shown to reduce glucose fluctuations, when used as a breakfast replacement as part of a lifestyle intervention (Peng et al., 2019)



FOR LIQUID 220ML

14 DAYS

REBATE RM14



28 Bottles

EXCLUSIVE
For Purchase/ Rental of any medical equipment.

1 MONTH

REBATE RM42



60 Bottles

3 MONTHS

REBATE RM180



180 Bottles

FOC RM20 **Touch nGO eWallet**

*Terms and conditions apply.

*Kindly WhatsApp your purchase receipt of 3 or 6 months package to 011-5633 5821 to receive your FOC TnG RM20 or RM50 cash reload pin within 3-5 working days.



myHomeCare365

Your Doctor, Nursing And Physiotherapist Home Visit.



NURSE

Home Visit

RM100/visit

14 DAYS PACKAGE

RM90 SAVE RM140 /visit

(Visit once /day)

* Not Include consumer item.

* About charges is applicable within 9am-6pm.

1



Wound Dressing

2



Stoma Care

3



Urine Tube Change

4



Feeding Tube Change

5



BLOOD SCREENING & COVID TEST

Talk to our staff for the packages.

HOW TO BOOKING?

1

Choose Your Service



2

Contact Us **019 - 750 0612**

Provide Us Your Name, Location & Contact Number.



3

Confirm & Payment
Visit Your Home.

刚出院?

BARU DISCAJ

PERKHIDMATAN RAWATAN DI RUMAH MASA 24 JAM!

24小时内上门照护! 让你不再无助

Anda Tidak Keseorangan!

HOME PHYSIOTHERAPIST

(45 mins +/-session)

RM150 /visit



10~~42~~ DAYS PACKAGE

RM130 /visit
(Visit once /day)

SAVE **RM240**

20~~45~~ DAYS PACKAGE

RM126 /visit
(Visit once /day)

SAVE **RM600**

* About charges is applicable within 9am-6pm.

6



Post-stroke

7



Post-discharge/ Surgery
Rehab (Accident)

8



Shoulder/ Back/ Knee Pain

9



Post Covid-19 Lung
Infection/ Heart Surgery

10



Parkinson's, Cerebral
Palsy, Spinal Cord Injury

11



Sports Injury Rehab

Contact Us
NOW!

019-750 0612

*All charges included transportation fees (First 10km)
* Additional RM20 for each extra 10km mileage.
*Extra charges on SPECIAL enquiry.

Collaboration Partner :



Recommended By
The Malaysian Society
Of Rehabilitation

*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice.

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PRICE DISPLAY IS
ALPRO MEMBER PRICE

POST-DISCHARGE CARE SUPPORT & BRACES



Recommended by
Physiotherapist



FOR TREATMENT RECOVERY USE



Size:
S [70832]
M [71304]
L [71305]

UC-007 Clavicle Brace

| Provides stabilization to the clavicle area | Correction of poor posture and rounded/ slumped shoulders |

RM 67

MDA Reg.No : GA3437020-40734



Size:
S [74498]
M [74499]
L [74500]
XL [74501]
XXL [74502]

UGOKU US-015 Neoprene ADJ.SHOULDER SUPPORT

| Helps to reduce pain and speed up recovery at shoulder area |
| Best For Shoulder Injury |

RM 78

MDA Reg.No : GA8545721-56567



Size:
S/M [70831]
L/XL [71303]
XXL [71596]

UB-006 Comfort-pull Back BRACE (MESH)

| Suitable for acute low back pain |
| Postoperative care |

RM 198

MDA Reg.No : GA4652920-40729



Size:
S [70844]
M [71333]
L [71334]
XL [71335]
XXL [71336]

UA-011 2-panel Abdominal Binder

| Provides proper comfort |
| Compression to the abdomen |
| Suitable for post-surgery and postpartum |

RM 103

MDA Reg.No : GA5872720-40744



UGOKU UA-014 Maternity Belt
| Pregnant support belly belt |
| Postpartum hip recovery belt |
[74521]

RM 62

MDA Reg.No : GA7356221-55829



Size:
S [70816]
M [71299]
L [71300]

UN-001 Soft Cervical Collar
| Provides support & motion control | Suitable for whiplash injury and stiff neck |
| Neck muscle spasms |

RM 34

MDA Reg.No : GA7944220-40813



Size:
S/M [70820]
L/XL [71301]

UW-004 Comfort-pull Wrist SPLINT W/2 STAYS

| Suitable for injured wrist |
| Support the wrist |

RM 72

MDA Reg.No : GA5669520-40738



Size:
S/M [70821]
L/XL [71302]

UT-005 Comfort-pull Thumb SPICA

| Support the thumb |
| Suitable for injured thumb joints |

RM 65

MDA Reg.No : GA5793820-40760



Size:
Left [70818]
Right [70819]

UF-003 Dynamic Finger Exerciser (LEFT / RIGHT)
| Enhance strenght of fingers |
| Suitable for post-stroke rehabilitation |

RM 159

MDA Reg.No : GA5913120-40730



UE-002 Tennis Elbow Support WITH GEL PAD
| Provide adjustable compression |
| Suitable for tennis elbow pain |
FREE Size [70817]

RM 62

MDA Reg.No : GA4643019-32283



UK-008 Cool Grey Snug Knee Support W/Gel Pad & Spiral Stay

Extra Supoport For Treatment

Size:
S [70833]
M [71306]
L [71307]
XL [71308]
XXL [71309]

~~RM 269~~
RM 172

MDA Reg.No : GA3785720-40660



UA-009 New Ok Ankle Support
| Provides support and compression to ankle | Prevent sprains or strains | Suitable for minor ankle pain |
Size: Well Fit 13cm to 21cm
[70834]

RM 96

MDA Reg.No : GA6813620-40739



Size:
S [74513]
M [74514]
L [74515]
XL [74516]

UGOKU UH-016 Silicone Heel Cup (PAIR)
| Intended for the prevention and treatment of heel pain especially in the case of plantar fasciitis |

RM 72

MDA Reg.No : GA8657621-56802



Things To Take Note When Using Knee Brace.

1. Do not wear support or braces while sleeping.
2. Recommended to take off the support or braces and rest for 5 minutes every 2 hours.
3. Over tightness will cause discomfort and affect blood circulation.

All these medical devices registered under Act 737

*Important Notice : T&Cs Apply. | Delivery charge excluded. | Images are for illustration purposes only. | Installment Available For CIMB & Maybank Credit Card Holder Only. |
| Price subject to change without prior notice. | Price display is Alpro Member Price. |

FOR LIFESTYLE PREVENTION USE



UL-203 Inno-pattern Lumbar Support

Provides medium support to lumbar | Suitable for acute low back pain | Postoperative care |

RM 188

MDA Reg.No : GA6667820-40770



UE-201 Inno-pattern Elastic Elbow Support

Enhance elbow comfort when in motion | Suitable for protection for daily activities |

RM 34

MDA Reg.No : GA5212420-41018



UW-202 Inno-pattern Elastic Wrist Support

Enhance wrist comfort when in motion | Suitable for protection for daily activities |

RM 29

MDA Reg.No : GA9610320-40740



UK-207 Inno-pattern Elastic Knee Support

Enhances knee comfort in motion | Suitable for protection for daily activities |

RM 35

MDA Reg.No : GA5993320-40741



UK-206 Dynamic Taping Knee Support

Provides better protection and stabilization | Suitable for knee joint pain |

RM 77

MDA Reg.No : GA6861020-40750



UK-204 New Ok Knee Support W/ 4 Spiral Stays & Silicone Pad

Provide extra support | Stabilization to patella | Suitable for outdoor sport activities |

Size: Well Fit 30cm to 46cm [70839]

RM 107

MDA Reg.No : GA9277920-40747



UK-205 Reinforced Patella Strap

Provide extra support | Stabilization to patella | Suitable for Jumper's knee/ patella tendonitis |

Size: Well Fit 30cm to 46cm [70840]

RM 70

MDA Reg.No : GA9724020-40815



UA-208 Inno-pattern Elastic Ankle Support

Enhance ankle comfort when in motion | Suitable for protection for daily activities |

RM 36

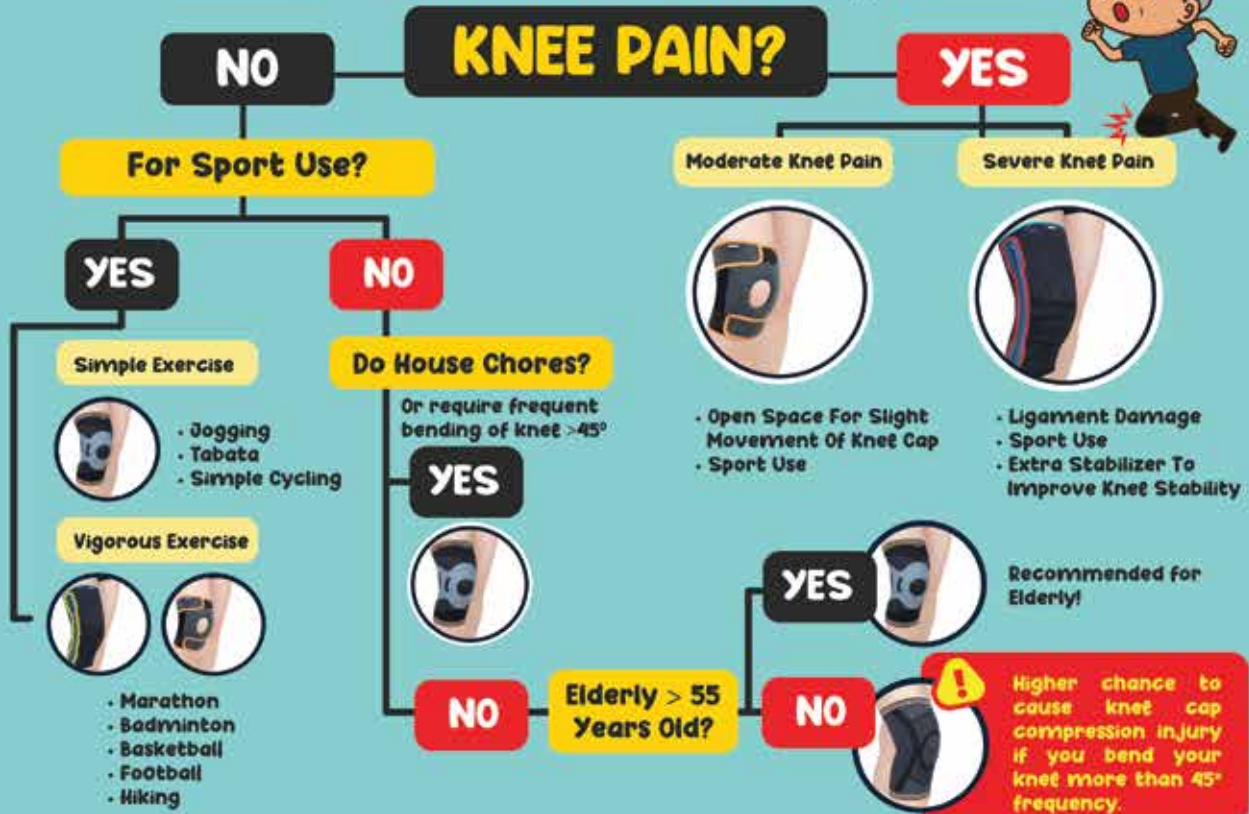
MDA Reg.No : GA7724620-50634

Ugoku
Germany Design & Technology

FREE 7 Days
Exchange Return Guarantee
If Any Manufacturing Defect

FREE Worth RM50
Physio Online Consultation

How to Choose The Suitable Knee Support!



All these medical devices registered under Act 737

*Important Notice : T&Cs Apply. | Delivery charge excluded. | Images are for illustration purposes only. | Installment Available For CIMB & Maybank Credit Card Holder Only. | Price subject to change without prior notice. | Price display is Alpro Member Price. | 60 months warranty for Etac brand on manufacturing defect only.



PRICE DISPLAY IS
ALPRO MEMBER PRICE

POST-DISCHARGE CARE ONE FOR EVERY FAMILY HOME MONITORING

THERMOMETER

LYCO Infrared Ear & Forehead Thermometer BM-IRT1603

[71538]



~~RM 369~~
RM 169

MDA Reg.No : GB347932042395

60 60 Months Warranty
On Manufacturing Defect
For VIP Members only

ROSSMAX Z5

| Early Stage Stroke Risk Screening |
| Rechargeable Lithium-Ion Battery |
| Lifetime Calibration |

[100046770]

~~RM 699~~
RM 539



MDA Reg.No : GB7560821-56039

INMOED M1

| Arrhythmia detection |
| Large wording display |
| 2 user x 120 memories |

[100144609]

~~RM 175~~
RM 150



MDA Reg.No : GB3374022-104196

BLOOD PRESSURE METER

FORA P30 PLUS

| Smart Bp Meter - Readings
Connectable To Smartphone |
| Accurate & Clinically Validated |
| 60 Test Memories With Dates & Time |

[70875]

~~RM 389~~
RM 299



MDA Reg.No : GB54115886818

OMRON HEM 7156

| Hypertension Indicator |
| Body movement detection |
| 60 test memories with
Dates & time |

[73763]

~~RM 332~~
RM 319



MDA Reg.No : GB879322041739

ROSSMAX AW150

| Blood pressure level
indication |
| Movement detection |
| Irregular heartbeat
detection |

[72276]

~~RM 290~~
RM 199



MDA Reg.No : GB39668337717

GLUCOMETER

CONTOUR Plus One Meter

Start kit 25's

| Readings connectable to
smartphone |
| Highly accurate |
| Big LCD, easy to read |

[66773]

~~RM 145~~ **RM 120**

MDA Reg.No : IVDC33901325718



OR

Top Recommended
Blood Glucose Control
sugO365™
where life gets sweeter
Subscription Plan

FREE
Contour Plus
One Meter

365 DAYS
Real Time Nutritionist &
Dietitian Consultation

MORE AFFORDABLE!
test strip
SAVE UP TO
50%



ACCU-CHEK Guide Me Kit

WITH TEST STRIP 25S

| Wireless connection to
smartphone |
| Simply easy |
| Proven accuracy |

[80936]



RM 109

MDA Reg.No : IVDC11606143718

FREESTYLE Freedom

LITE STARTER KIT 10'S

| Simple and easy testing |
| No coding technology |
| Tiny blood sample size |

[50955]



RM 65

MDA Reg.No : IVDC1334046917

ONE TOUCH Ultra

PLUS FLEX STARTER KIT 25'S

| Quick and easy to use |
| Fast, accurate with a tiny
blood sample |
| Big LCD, easy to read |

[68205]



RM 99

MDA Reg.No : IVDC51144308218



All these medical devices registered under Act 737

*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Installment Available For CIMB & Maybank Credit Card Holder Only. |

| Price subject to change without prior notice. | Please consult your doctor for the interpretation of results and diagnosis. | Price display is Alpro Member Price. |



“Your meter is
OLD? SPOILT?
NOT ACCURATE?”

Trade
OLD
血压计以旧换新
For NEW!

HOW TO TRADE-IN?

1



Bring Your Old Meter
Scan for Your Nearest
Alpro Pharmacy Outlet.

2

Upgrade to new meter
Exclusive trade-in rebate

5 YEARS
Warranty

OMRON
HEM 7156

REBATE
RM54



~~RM332~~ **RM278**
MDA Reg.No :
GB879322041739

FORA
P30 Plus

REBATE
RM120



~~RM389~~ **RM269**
MDA Reg.No : GB54115886818

ROSSMAX
X5

REBATE
RM109



~~RM498~~ **RM389**
MDA Reg.No :
GB39668337717

What Do We Do
With Your
OLD UNIT?

We Donate For Charity
Purpose on behalf of you!



Calibration will be done to ensure good
condition before donation.
(Inform you on the beneficiary.)

All these medical devices registered under Act 737

*Important Notice : T&Cs Apply. Images are for illustration purposes only.

Collaboration with :



The Malaysian Society
Of Rehabilitation



PRICE DISPLAY IS
ALPRO MEMBER PRICE

POST-DISCHARGE CARE CLEAN & EASY DIAPER & UNDERPAD



medi
— PREMIUM —

BEST SELLER



MEDI PREMIUM UNISEX 10S
Size / Waist : M / 77 - 115 cm
[100067636]

~~RM 34.60~~ **RM 29.60**

Absorbency:
●●●●●●●●●●



MEDI PREMIUM UNISEX 10S
Size / Waist : L / 90 - 127 cm
[100067644]

~~RM 38.33~~ **RM 33.50**

Absorbency:
●●●●●●●●●●



ABSORBA Nateen SOFT
Size / Waist :
M / 95 - 125 cm [63702]
L / 115 - 150 cm [63703]

~~RM 17.90~~ **RM 22.60**

Absorbency: ●●●●●●●●●●



ABSORBA Nateen PLUS
Size / Waist :
M / 95 - 125 cm [63704]
L / 115 - 150 cm [63705]

~~RM 21.80~~ **RM 25.80**

Absorbency: ●●●●●●●●●●



ABSORBA Nateen SUPER
Size / Waist :
M / 60 - 120 cm [64209]
L / 80 - 160 cm [64210]
XL / 100 - 170 cm [65054]

~~RM 30.80~~ **RM 35.80**

Absorbency: ●●●●●●●●●●



ABSORBA AFINA
Adult Pants 10'S
Size / Waist :
M 10S / 60 - 120 cm
[73275]

RM 21.90

Absorbency: ●●●●●●●●●●



ABSORBA AFINA
Adult Pants 9'S
Size / Waist :
L 9S / 115 - 150 cm
[73276]

RM 21.90

Absorbency: ●●●●●●●●●●



ABSORBA AFINA
Adult Pants 8'S
Size / Waist :
XL 8S / 100 - 160 cm
[73277]

RM 21.90

Absorbency: ●●●●●●●●●●



CERTAINTY
Adult Tape M 10S
Size / Waist :
M / 78 - 105 cm
[67484]

RM 18.90

Absorbency: ●●●●●●●●●●



CERTAINTY
Adult Tape L 8S
Size / Waist :
L / 90 - 131 cm
[72515]

RM 18.90

Absorbency: ●●●●●●●●●●



CERTAINTY
Dry Pants
Size / Waist :
M / 65 - 90 cm 11s [55504]
L / 80 - 105 cm 9s [72508]
XL / 95 - 125 cm 8s [67482]

RM 17.90

Absorbency: ●●●●●●●●●●



TENA VALUE
Size / Waist :
M / 81 - 112 cm
L / 114 - 147cm
[100046028]
[100046036]

Absorbency: ●●●●●●●●●●



TENA SLIP SUPER
Size / Waist :
M / 71 - 122 cm
L / 91 - 144cm
[31023]
[12108]

~~RM 26.88~~ **RM 30.88**

Absorbency: ●●●●●●●●●●



TENA Proskin Pants PLUS
Size / Waist :
M / 80 - 110 cm [57553]
L / 100 - 135cm [11327]
XL / 120 - 160cm [53923]

~~RM 27.40~~ **RM 38.88**

Absorbency: ●●●●●●●●●●



Dr. P



DR.P by TENA
Size / Waist :
M / 81 - 112 cm [16389]
L / 114 - 147cm [16390]
XL / 127 - 157 cm [16391]

RM 15.40

Absorbency: ●●●●●●●●●●



HICARE Pants Extra
Absorb 10S
Size / Waist :
XXL / 146 - 178 cm
[100154251]

RM 25.50

Absorbency: ●●●●●●●●●●



HICARE Adult Diapers
Extra Dry 10S
Size / Waist :
XXL / 103 - 164 cm
[100154202]

RM 23.50

Absorbency: ●●●●●●●●●●



MEDI Underpad
75cmx75cm 10S
[70099]



RM 14.50

ABSORBA Nateen SOFT
Underpad
75cmx75cm 10S
[64211]

RM 14.80



TENA Underpad
60cm X 75cm 8S
[11326]

RM 13.10



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WIPES

MEDIWIPES
Adult Wipes 40S
[69932]

RM 6⁵⁰



MEDIWIPES
Anti-bacterial Wipes 40S
[71731]

~~RM 12⁹⁰~~
RM 10⁹⁰



KILLS
99.9%
GERMS

TENA
Wet Wipes 40S
[44638]

RM 6⁸⁰



CREAM

DD
Adult Diaper Cream
No.1 Diaper Discomfortness
Solution for Soothing,
Relief, Protect.

[73525]

~~RM 51⁹⁰~~
RM 43⁹⁰



SUDOCREAM
Nappy Rash CR 125G
Prevents and treats
nappy rash.

[79996]

~~RM 33⁸⁵~~
RM 25⁹⁰



ESENTIEL
Adult Diaper
Rash Cream
150G

[29836]

~~RM 29⁹⁰~~
RM 28³⁰



Extra Tips About Diaper



3 Features That A Good Diaper Should Have :

1

Wetness Indicator



Let you know it
may be time for
a diaper change.

2

Leak Guard Protection System



Provide leakage
protection even with
frequent movement.

3

Good Absorbency



For excellent absorption
capacity and fluid retention
to maintain the dryness.

Do Not Forget to Prepare!

1

Diaper Cream

To protect the
skin from urine
irritation.



2

Underpad

To protect the
bedsheet from
wetting due to
urine leakage.



扫码学习



Imbas & Belajar

Scan and learn
how to change
a diaper.



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PRICE DISPLAY IS
ALPRO MEMBER PRICE

POST-DISCHARGE CARE **BEDRIDDEN** RELATED SUPPORT

FAMICA Safety Bedrail

- | Easy Installation |
- | Easy Access |
- | Height Adjustable |

[700044965]



RM 399

12

PROLIFE MO-BR03 Bed Assist Bar

- | Height adjustable legs & grip bar |
- | Helps users get in and out of bed |

[73575]



RM 250

Electric & Hydraulic Hoist (2 IN 1)

- | Battery and manual operated |
- | Easy to transfer |
- | Patient Lifter |

[70740]



RM 5,999
RM 5,499

MDA Reg.No : GMD92162354517A

HOPKIN Over bed table

- | High adjustable |
- | Multi-purpose table |
- | Steel frame with H leg |
- | Laminated top |

[71679]



RM 279*

HOPKIN IV Drip Stand With Wheels

- | Strong powder-coated steel frame with a solid base |
- | Removable hooks |
- | Versatile hooks |
- | Quick-release push-pin |

[700156025]



RM 159

MDA Reg.No : GA10807522-101085

HOPKIN Adj Bed Backrest

- | Sturdy metal frame |
- | Five easily adjusted angles |
- | Folds easy to store and transport |

[100051937]

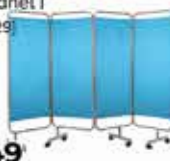


RM 130

HOPKIN Ward Screen 4 Fold With Blue Curtain

- | Blue curtain & spring curtain hanger |
- | Easy to clean |
- | Four panel |

[100051929]



RM 449

COVIDIEN SHILEY Tube Tracheostomy Tube Cuffless With Inner Cannula

- | For pulmonary hygiene |
- | directs breathing through upper airway |

[62356]



RM 240⁶⁰

SILICONE Stomach Tube For Single Use Ryles Tube

- Sizes:
- 8FR [65870]
 - 10FR [61321]
 - 12FR [56315]
 - 14FR [65871]
 - 16FR [66235]
 - 18FR [67147]



RM 38

Ryles Tube Nasogastric Tube

- | Used for nasogastric introduction |
- | Nutrition & aspiration |
- | Sterile & Latex-free |

- Sizes:
- 8FG [33354]
 - 10FG [42858]
 - 12FG [33358]
 - 14FG [33359]
 - 16FG [33356]
 - 18FG [33357]



RM 350

Two-way Foley Catheter

- | Collects urine |
- | Urinary incontinence |
- | Partially flexible tube |

- Sizes:
- 12FR [43690]
 - 14FR [43691]
 - 16FR [43692]
 - 18FR [43693]
 - 20FR [58576]



RM 4

Male External Catheter Condom Catheter x 1's

- | Natural rubber latex |
- | Flexible sheath |
- | Urinary incontinence |

- Sizes:
- S - 25mm (w) [66028]
 - M - 30mm (w) [66029]
 - L - 35mm (w) [66030]



RM 250

Urine Bag 2L

- | Collection & temporary storage of urine |
- | To urinary incontinence user |

[51164]



RM 350

Plastic Urinal MALE / FEMALE

- | Pass urine on bed without spillage |

[33143]



RM 1290

MDA Reg.No : GMD14908558718A

MOBILIS CPL-BP-C Bedpan With Cover

- | Movement on the bed without spillage |
- | Patients difficulty to move lower body |

[70939]



RM 2550

MDA Reg.No : GMD14908558718A

MOBILIS MO611B Basic Bed Pan

- | Movement on the bed without spillage |
- | Patients still can move lower body |

[74587]



RM 2140

MDA Reg.No : GMD14908558718A

Take Note : **12** 12 Months Warranty On Manufacturing Defect

All these medical devices registered under Act 737

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| Installment Available For CIMB & Maybank Credit Card Holder Only.



PRICE DISPLAY IS
ALPRO MEMBER PRICE

POST-DISCHARGE CARE BREATHE EASY ONLY IN ALPRO



Oxygen Supply
Sales &
Rental Service

LYCO Oxygen Concentrator
(5L/MIN)
Supply oxygen continuously.
[70539]

12

~~RM 4,500~~
RM 3,999

MDA Reg.No : GB6370321-70974



ANGELBISS Oxygen Concentrator
WITH NEB (5L/MIN)
Supply oxygen continuously.
[66929]

12

RM 4,200

MDA Reg.No : GB6802321-60838



YUWELL Oxygen Concentrator
7F-10 (10L/MIN)
Supply oxygen continuously.
[73573]

12

RM 6,740

MDA Reg.No : GB5929419-34859



HUMIOXY Portable Oxygen Concentrator
(5L/MIN)
Indoor & outdoor supply oxygen continuously.
[71348]

12

OUT DOOR
RM 10,800

MDA Reg.No : GB8793420-38468



SEAMLESS STEEL Cylinder Oxygen Tank
SET 10L
Exist in difference sizes for emergency oxygen supply.
[61578]

6

EMERGENCY USE
RM 980

MDA Reg.No : GC1470622-89555



BERRY Pulse Oximeter
BM1000C
Detect oxygen level and heart rate.
[64450]

36

OXYGEN THERAPY MUST USE
RM 99

MDA Reg.No : GC1470622-89555



LYCO Pulse Oximeter
PG1050C
Highly accuracy with upgraded Cypress CPU.
[100056399]

60

OXYGEN THERAPY MUST USE
~~RM 169~~ **RM 129**

MDA Reg.No : GC9264520-47073



Accessories

Humidifier Bottle

To moisten the air coming out from oxygen tank/oxygen concentrator.



Oxygen Tank Regulator

To regulate delivery of oxygen from oxygen tank.



MDA Reg.No : GC4490623-122110

Nasal Cannula
To ease the delivery of oxygen into lungs via nose.



Suction Catheter
Use together with suction pump to remove thick mucus.



Oxygen Mask

To ease the delivery of oxygen into lungs via nose and mouth.



Breathing Care

YUWELL Suction Pump
7E-C
Helps to remove excessive mucus in airway.
[54836]

~~RM 600~~
RM 518.90

MDA Reg.No : GB10439221-54335



ANGELBISS Suction Pump
Helps to remove excessive mucus in airway.
[66985]

RM 500

MDA Reg.No : GB718071343619



Nebulizer

ROSSMAX Compact Nebulizer
NB60
Turning liquid medicine into fine mist for patients to inhale.
[100144385]

RM 295

MDA Reg.No : GB52961338117



APEX Miniplus Nebulizer
Lightweight & convenient. Turning liquid medicine into fine mist for patients to inhale.
[64751]

RM 268

MDA Reg.No : GB10452320-46815



APEX MobiMesh Nebulizer
Palm Size nebulizer for outdoor use. Suitable for frequent traveller.
[55699]

PORTABLE

RM 378

MDA Reg.No : GB10476120-46946



ANGELBISS Valve Holding Chamber
Makes a metered-dose inhaler easy to use. Suitable for children and the elderly.
Infant [68081]
Child [68080]
Adult [68079]

RM 60

MDA Reg.No : GMD71231669618A



Take Note :

7 DAYS

RETURN POLICY

6

6 Months Installment Available.

36

36 Months Warranty.

12

12 Months Installment Available.

60

60 Months Warranty.

All these medical devices registered under Act 737

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| Installment Available For CIMB & Maybank Credit Card Holder Only.





PRICE DISPLAY IS
ALPRO MEMBER PRICE

POST-DISCHARGE CARE **SAFE SLEEP** HOSPITAL BED



HOSPITAL BED

BESTMADE
Electric Homocare
SHIFT BED

- | Wheelchair & Nursing Bed Combo |
- | One-button electric switch from lying position to sitting position |

[100060462]

12

~~RM 19,800~~
RM 18,000



PRE-ORDER

COMFORT
Electric
Homocare Bed

- | Luxurious Design |
- | Adjustable Sleeping Position |
- | Germany Motor System |

[100044973]

PRE-ORDER

12 12

~~RM 5,000~~
RM 4,750

*Included Mattress.



ULTRA LOW HEIGHT Fall Prevention

MOVEN

***3 Function Luxurious Ultra-low**
ELECTRIC Hospital Bed BM503D-32

- | Adjustable position for head and feet |
- | Collapsible siderail | 3" mattress |

[73585] + [70137]

12 12

~~RM 5,130~~
RM 4,500

MDA Reg.No : GA9566520-49347



Included Mattress

Extended
12
MONTHS
WARRANTY
Exclusive to
SILVERCARE
MEMBERS

***7 DAYS**
Return Policy

BMATE B-S231LN

Two Crank Manual Hospital Care Bed

- | Adjustable position for head and feet |
- | Collapsible siderail |
- | Non-height adjustable | 3" mattress |

[100073147] + [70137]

12

RM 1,900

MDA Reg.No : GA1949922-86677



Included Mattress

***7 DAYS**
Return Policy

MOVEN

***3 Functions Manual Bed B-S331LN**

- | Adjustable bed height |
- | Adjustable position for head and feet |
- | Collapsible siderail | 3" mattress |

[66801] + [70137]

12

~~RM 3,600~~
RM 2,950

MDA Reg.No : GMD57430969219A



Included Mattress

***7 DAYS**
Return Policy

NEOLEE

***Electric Hospital Bed NL302D**

- | Adjustable position for head and feet |
- | Motor-controller | Collapsible siderail |
- | Adjustable bed height | 3" mattress |

[67164]

12

RM 3,600

MDA Reg.No : GMD98298527418A



Emergency
Manual Crank
For Power
Outage.

Included Mattress

Take Note : **12** 12 Months Installment Available.

12 12 Months Warranty for Motor.

All these medical devices registered under Act 737

*Important Notice : T&Cs Apply. | Delivery charge excluded. | Images are for illustration purposes only. | Installment Available For CIMB & Maybank Credit Card Holder Only. |

| Price subject to change without prior notice. | Price display is Alpro Member Price. |

RIPPLE MATTRESS



**12 MONTHS
WARRANTY**

APEX DOMUS 1, BUBBLE
| 2.5" height bubble cells |
| Medical Grade PVC |
| Suitable for low risk pressure injury |

[52553]

~~RM 450~~ **RM 350**

MDA Reg.No : GMD25608743518A



APEX DOMUS 2, TUBULAR
| Pillow Function | Nylon/PU Cover |
| CPR quick release tab |
| Ventilated low-air-loss |
| Weight Indicator Reference |

[53166]

~~RM 1,299~~ **RM 950**

MDA Reg.No : GMD25608743518A



APEX DOMUS 3, TUBULAR
| Suitable for high risk pressure injury |
| 5" height mattress |
| Superior medical grade |
| Dual Therapy Modes |

[80202]

~~RM 4,200~~ **RM 3,650**

MDA Reg.No : GA6298720-42801

All items is registered under Act 737



Domus 1 Suitable for

Stage 1 for prevention.



STAGE 1

- Skin intact
- Non-blanchable erythema.

Domus 2 & Domus 3 Suitable for

Prevention and ALL stages of Pressure Ulcer.



STAGE 1

- Skin intact
- Non-blanchable erythema.



STAGE 2

- Partial loss of dermis.
- Shallow open ulcers.



STAGE 3

- Full thickness skin loss.
- Fat exposed.



STAGE 4

- Full thickness skin loss.
- Exposed bone, muscle or tendon.



UNSTAGEABLE

- Covered with slough or eschar.
- Depth under-terminated.



SUSPECTED DEEP TISSUE INJURY

- Purplish skin discoloration.
- Potential for deeper tissue damage.

EXTRA TIPS

1. Must use TED Stocking

To improve blood circulation & reduce chance of blood clot at the leg due to immobility.



**UGOKU UA-010
Anti-Embolism Stocking**

Size:
XS (70835) L (71312)
S (71310) XL (71313)
M (71311) XXL (71314)

~~RM 79~~ **RM 59**

MDA Reg.No : GA6357820-40765

2. Body repositioning every 2 hours.



MATTRESS

**MOVEN Hospital Bed
FOLDABLE PU MATTRESSS
3 FOLDS**
| Use for hospital bed | Nursing bed |
| Good ventilation make comfortable |

[70137]

3 Inches
RM 300

[61969]

4 Inches
RM 400



**HAPPI HI-DENSITY
Support Mattress**
| 4" thickness mattress |
| 100% first hand material |
[72467]

~~RM 650~~ **RM 550**



PWP

RM 480

With Rental/Purchase
Hospital Bed

**LIFELINE
PU Mattress For
Hospital Bed**

[73601]

5 Inches
RM 700



Take Note : **6** 6 Months Installment Available.

12 12 Months Installment Available.

All these medical devices registered under Act 737

*Important Notice : T&Cs Apply. | Delivery charge excluded. | Images are for illustration purposes only. | Installment Available For CIMB & Maybank Credit Card Holder Only. | Price subject to change without prior notice. | Price display is Alpro Member Price. | 60 months warranty for Etac brand on manufacturing defect only.



PRICE DISPLAY IS
ALPRO MEMBER
PRICE

POST-DISCHARGE CARE SAFE MOVE MOBILITY AIDS



One-handed Grab Support

HOPKIN
Walking Stick - T-shape
(Block)
[100049949]
RM 28
MDA Reg.No : GA7914922-95180

ANZEN BA338L3
Adjustable Walking Stick
[70665]
RM 59 **RM 37**
MDA Reg.No : GA4965520-38265

ANZEN BA538L1
Foldable Walking Stick
[70666]
RM 69 **RM 42**
MDA Reg.No : GA7978920-38261

HOPKIN
Foldable Walking Stick
[100156363]
RM 30⁹⁰
MDA Reg.No : GA7914922 - 95180

ANZEN BA1148
Quad Cane
Narrow / Broad Base
[71678 / 70664]
RM 89 **RM 63-69**
MDA Reg.No : GA8656520-38275

BMATE BB1148
Aluminum Quad Cane
Narrow / Wide Base
[74533 / 74534]
RM 53
MDA Reg.No : GA8502921-53777

Two-handed Grab Support

BMATE BB118L
Aluminum Reciprocating
Walker
[74536]
RM 109
MDA Reg.No : GA8911321-52637

ANZEN BA118L
2 in 1 Walking
Frame
[70660]
RM 189 **RM 129**
MDA Reg.No : GA7163120-38298

ANZEN BA118LG-5
2 Wheeled Walker
[70661]
RM 219 **RM 149**
MDA Reg.No : GA4251520-38253

HOPKIN
Rising Walking Frame
[100049915]
RM 129
MDA Reg.No : GA2120722-100701

Walk and rest

ANZEN BA638
Tripod Cane Seat
[70667]
RM 89 **RM 69**
MDA Reg.No : GA4489320-38291

GREENCITY C911
Chair Cane /
Praying Chair
[54995]
RM 82⁹⁰

Injury Support

ANZEN
BA108LM / BA108LL
Shoulder Crutches
Adult / Giant
[70669 / 70703]
RM 129 **RM 72**
MDA Reg.No : GA4267920-38283

BMATE BB108LM
Alluminum Shoulder
Crutches 1 Pair
[74535]
RM 65
MDA Reg.No : GA8641921-52661

ANZEN BA158L2
Elbow Crutches 1's
[70663]
RM 64⁵⁰ **RM 39⁵⁰**
MDA Reg.No : GA4468220-38250

HOPKIN
Elbow Crutch Alum
[100049923]
RM 32
MDA Reg.No : GA7914922-95180

SPECIAL !

ANZEN
Folding Hiking Pole
90cm-110cm [100005701]
110cm-135cm [100005719]
RM 105 **RM 79**

HOPKIN
Deluxe Foldable Rollator
[100156157]
RM 599
MDA Reg.No : GA8358121-80254

Take Note : **12** 12 Months Warranty.

2 Correct Methods To Use The Walking Aid !



All these medical devices registered under Act 737

*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice. | Price display is Alpro Member Price. |

POST-DISCHARGE CARE BATHROOM SAFETY COMMUNE & SHOWER CHAIR



Commode Chair

HOPKIN ECON. Folding Comm Seat

| Foldable |
| Easy storage & transportation |
[100105105]

RM 79

MDA Reg.No : GA8337622-100931



HOPKIN ECON. Folding Comm Chair/ Back Rest

| Foldable |
| Easy carry & storage |
[100049907]

RM 119

MDA Reg.No : GA8337622-100931



HOPKIN Folding Comm Steel

| Foldable |
| Height adjustable |
[100105113]

RM 189

MDA Reg.No : GA8337622-100931



HOPKIN DELUXE Heavy Duty XI Epoxy Commode Chair

| Foldable |
| Easy carry & storage |
[100051945]

RM 339

MDA Reg.No : GA8337622-100931



ANZEN BA517L Alum Commode

| Anti-slip handle |
| Foldable & lightweight |
| Height adjustable |
[70704]

RM 275

MDA Reg.No : GA8348520-38277



ANZEN BA516L Alum Commode Mobile

| 2 safety wheels with locker |
| Foldable |
| Lightweight |
| Height adjustable |
[70705]

RM 430 **RM 375**

MDA Reg.No : GA9531220-38272



etac SWIFT Toiletseat Raiser

| Fits Over The Toilet Bowl |
| Height Adjustable |
| Easy Cleaning |
[100045384]

60

RM 599

MDA Reg.No : GA2296821-78624



etac SWIFT Commode

| 3 In 1 Function |
| Height Adjustable |
| Easy Cleaning |
[100045368]

60

RM 1,150 **RM 985**

MDA Reg.No : GA2296821-78624



etac HI-LOW with Bracket

| Stable And Comfortable |
| Various Size 6cm & 10cm |
| Secure Fitting |
[100045350]

60

RM 399 **RM 355**

MDA Reg.No : GA2296821-78624



MOVEN 606LABJ Commode Wheelchair

| Caring & Comfortable Design |
| Foldable Backrest |
| Foldable Footrest |
[67045]

RM 729

MDA Reg.No : GMD39058823418A

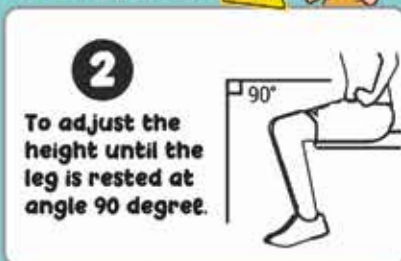
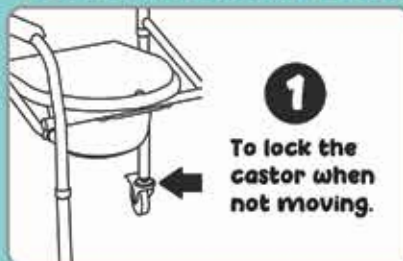


Take Note :

60 60 Months Warranty
On Manufacturing Defect



2 Correct Methods To Use The Commode



Shower Chair

HOPKIN Alum Shower Chair W/Armrest & Backrest

| Lightweight Aluminium |
| Height adjustable |
| Anti-rust material |
[100049899]

RM 169

MDA Reg.No : GA8337622-100931



NEOLEE Showerchair with slide handle

| Height adjustable |
| Padded side arms |
| Lightweight Aluminium |
[70792]

RM 250 **RM 230**



etac EDGE Shower Stool

| Safe And Stable |
| Height Adjustable |
| Easy To Assemble |
[100045392]

RM 395

MDA Reg.No : GA2296821-78624



etac SWIFT Shower Chair

| Stable On Any Floor |
| Height Adjustable |
| Easy Cleaning |
[100045376]

RM 749

MDA Reg.No : GA2296821-78624



etac CLEAN MOBILE Shower Chair

| Safe & Comfortable |
| Fits Over The Toilet Bowl |
| Easy To Manoeuvre |
[100045442]

RM 4,500

MDA Reg.No : GA2296821-78624



etac CLEAN Shower Commode

| Safe & Comfortable |
| Fits Over The Toilet Bowl |
| Slim But Roomy |
[100045426]

RM 3,900 **RM 2,798**

MDA Reg.No : GA2296821-78624



FREE

Service Charge

On The Repair of Anzen
Walking Aids

7 Days

Exchange Return
Guarantee

Exchanges

1 Session Of Rubber Tip
Within 12 Months

Extended

12
MONTHS
WARRANTY



Exclusive to
SILVERCARE
MEMBERS

All these medical devices registered under Act 737

*Important Notice : T&Cs Apply | Delivery charge excluded | Images are for illustration purposes only | Installment Available For CIMB & Maybank Credit Card Holder Only | Price subject to change without prior notice | Price display is Alpro Member Price | 60 months warranty for Etac brand on manufacturing defect only.

MEET

Our Top 20 Certified
Repair Specialist
of the season.



Your Expert In Fixing Medical Rehab Item



Sheikh Mohd Izwan
ALPRO PHARMACY
Jalan Berserah, Kuantan.



Sazli bin Ibrahim
ALPRO PHARMACY
Malim Jaya, Melaka.



Mohd Khairul B ABD Jalil
ALPRO PHARMACY
Negeri Sembilan.



Eric Loh
ALPRO PHARMACY
Negeri Sembilan.



Calvinsten Lee
ALPRO PHARMACY
Hui Sing, Kuching.



Yong Li Chung
ALPRO PHARMACY
Tanjung Tokong, Penang.



Lim Cheong Jing
ALPRO PHARMACY
Bukit Mertajam, Penang.



Haziqah Bohari
ALPRO PHARMACY
Taman Flora, Batu Pahat.



Lee Seng Keet
ALPRO PHARMACY
Bandar Puteri Puchong,
Selangor.



Auni Nur Qamarina
ALPRO PHARMACY
Bandar Sri Permaisuri, Cheras,
Selangor.



Nurul Shuhada
ALPRO PHARMACY
Petaling Jaya Seksyen 17,
Selangor.



Liow Hui Yi
ALPRO PHARMACY
Kluang, Johor.

“

Why
THROW
When We Can Fix!

”



ALPRO PHARMACY
Kota Kemuning, Selangor.



ALPRO PHARMACY
Bidor, Perak.



ALPRO PHARMACY
Bandar Seri Putra Kajang,
Selangor.



ALPRO PHARMACY
Bentong, Pahang.



ALPRO PHARMACY
Kuantan, Pahang.



ALPRO PHARMACY
Taman Gaya, Johor.



ALPRO PHARMACY
Kota Bharu, Kelantan.



ALPRO PHARMACY
Jalan Pesta Muar, Johor.



ALPRO PHARMACY
Kampung Pasir Pekan,
Kelantan.



ALPRO PHARMACY
Kulim, Kedah.



Wheelchair Tyre, Seat,
Arm/footrest, Alignment,
Routine Servicing.



Hospital Bed, Oxygen
Concentrator, Ripple Mattress.



Accuracy Check For Blood
Pressure Monitoring Meter
or Glucometer.



Change Walking Aid Tip.

Time To Service? Need A Fix?

Call Us Now : 019-750 0612





PRICE DISPLAY IS
ALPRO MEMBER
PRICE

POST-DISCHARGE CARE BEST SELLING WHEELCHAIR



FUNCTIONAL WHEELCHAIR SPECIAL CONDITION

MOVEN BM659XG
Heavyduty
| Flip Up Armrest |
| Detachable Footrest |
[74527]

6 12



RM 1,100 RM 850
MDA Reg.No : GA1462521-55663

FELCO FMW021CHROMED 24 Inch
Extra Bariatric Wheelchair
| Flip up armrest |
| Detachable footrest |
[74066]

6



RM 899
MDA Reg.No : GA35873477817

PROLIFE Reclining
| Reclining high backrest |
| Detachable armrest |
| Detachable elevating
leg rest |
[70413]

6



RM 678.50
MDA Reg.No : GMD696378618A

RANGE OF WHEELCHAIR

**WEIGHT
16-20kg**

HOSPITECH-SFN-SWC-STD-101
Standard Wheelchair 16KG
| Fixed Backrest/Armrest/
Footrest | Weight 16kg |
[67281]

RM 279



MDA Reg.No : GA7791220-41048

BMATE-CA902
Standard PVC
| Fixed Backrest/Armrest/
Footrest | Weight 16kg |
[71521]

RM 350 RM 279



MDA Reg.No : GA2911519-32159

ELCO PLUS-FMW043
Standard FABRIC
| Fixed Backrest/Armrest |
| Weight 12.5kg |
| Detachable Footrest |
[100126044]

12

RM 380



MDA Reg.No : GA3292220-45340

**WEIGHT
13-15kg**

MOVEN BM3979LFH
Flexi Plus
| Hexagonal pattern
seat & backrest |
| Seamless elliptical
frame | Swing-away
& detachable footrest |
[74528]

6 12

RM 799



MDA Reg.No : GA8355920-50618

BMATE Lightweight
BA1769LFH-A
| Light weight
aluminium frame |
| Fixed arm rest |
| Flip-up legrest |
[69834]

12

RM 639 RM 529



MDA Reg.No : GA7200920-40816

HOPKIN WS-HRW-CSJ
Compact Steel
Wheelchair
| Steel frame |
| Fixed armrest & footrest |
| Flip down backrest |
[100151562]

12

RM 419



MDA Reg.No : GA4849722-91090

**WEIGHT
9-12kg**

MOVEN BM6689LFH
Travel
| Aluminium frame |
| 8" castor wheel |
| Breathable & comfortable
seat cushion |
[74529]

12

RM 650 RM 570



MDA Reg.No : GA6545721-52265

MOVEN BM01LABJ
Transport
| 12" transport wheelchair |
| Swing footrest |
| Detachable footrest |
| Foldable backrest |
[100079383]

12

RM 699



MDA Reg.No : GA9618422-91832

MOVEN Q05
Lightweight
| Light weight aluminium
alloy frame |
| 20" rear wheel |
| Flip-up armrest |
| Flip-up legrest |
[63985]

6 12

RM 899 RM 770



MDA Reg.No : GMD61644891918A

MOVENGO

Electric Wheelchair
| Aluminum Alloy Frame |
| Simple Operation |
| Interchange Manual &
Electric Mode |
[68088]

6 12

RM 8,395 RM 5,099



MDA Reg.No : GMD79630799918A

MOVEN

Active Sport Wheelchair
| Tension adjustable backrest |
| Quick release rear wheel |
| Lightweight & compact |
[71680]

6 12

RM 5,270 RM 3,800



MDA Reg.No : GA6598720-38644

MOVEN

Supreme Deluxe Wheelchair
| Extra comfort for 165cm & above |
| Breathable cushion & upholstery |
| Foldable backrest |
[71792]

6 12

RM 1,399 RM 988



MDA Reg.No : GA607920-38659

HOPKIN

Commode Wheelchair
| Chrome Steel Frame |
| Fixed Backrest/Armrest/Footrest |
| Comes with Detachable
Plastic Seat Tray and Pot |
[100156264]

RM 599

MDA Reg.No : GA4849722-91090



Only for **MOVEN**
WHEELCHAIR

7 Days
Exchange Return
Guarantee

Up to RM300
Buy Back Value
*Selected Model

12 Months
Warranty
*Frame Only

Extended

12
MONTHS
WARRANTY

Exclusive to
SILVERCARE
MEMBERS

Take Note : **6** 6 Months Instalment Available. **12** 12 Months Warranty.

All these medical devices registered under Act 737

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BES+MADE Advanx Sliding
Transfer Board
| 2 sided anti-slip pads |
| High density polyethylene |
[80925]

PWP
RM 225
With Any Wheelchair
Purchase

RM 354.90
RM 319

MDA Reg.No : GA3854021-63644

PER-ORDER WHEELCHAIR



Karma - A Better Wheelchair A Better Fit

Karma S-ERGO 125 DAF Wheelchair

- Pressure Relief Seating System
- Flip-Back Armrest
- Detachable Legrest



[100042050]

~~RM 2,000~~ **RM 1,900**

MDA Reg.No : GA6765919-33289

Karma ERGOLITE KM2501 Travel Wheelchair

- Compact & Ultralight
- Pressure Relief Seating System



[100041961]

~~RM 1,789~~ **RM 1,699**

MDA Reg.No : GA6765919-33289

Karma ERGOLITE 2 Lightweight Wheelchair

- Pressure Relief Seating System
- Detachable Legrest



[100105014]

~~RM 2,122~~ **RM 2,015**

MDA Reg.No : GA6765919-33289

Karma KM5000 Reclining Wheelchair

- Reclining Back Support
- Elevating Legrest



[54433]

~~RM 3,099~~ **RM 2,944**

MDA Reg.No : GA6765919-33289

Karma VIP515 Positioning Wheelchair

- Tilt-In-Space
- Foldable & Compact



[100042076]

~~RM 3,299~~ **RM 3,134**

MDA Reg.No : GA6765919-33289

Karma VIP2 Positioning Wheelchair

- 2 in 1 (Tilt & Recline)
- Tension Adjustable Backrest



[100042134]

~~RM 5,599~~ **RM 5,319**

MDA Reg.No : GA6765919-33289

60 Months Warranty on frame manufacturing defect.

soma Powered by Karma

soma 105 Standard Aluminum Wheelchair

- Standard Lightweight
- Stylish & Durable



[100041870]

~~RM 749~~ **RM 711**

MDA Reg.No : GA5627119-34201

soma 215 Lightweight Aluminum Wheelchair

- Compact & Ultralight
- Swing-away Footrest



[100041904]

~~RM 839~~ **RM 797**

MDA Reg.No : GA5627119-34201

soma AGILE DAF Wheelchair

- Flip-back Armrest
- Detachable Legrest
- Easy Transfer
- Self-Propelled



[100041938]

~~RM 1,299~~ **RM 1,234**

MDA Reg.No : GA4132622-89655

24 Months Warranty on frame manufacturing defect.

KAWAMURA Japanese Brand Wheelchair

KAWAMURA Standard Basic

- Standard Lightweight
- Aerospace-Grade Alum Alloy Frame



[100044981]

RM 1,535

MDA Reg.No : GA8714420-42791

KAWAMURA Portable Wheelchair

- Compact & Ultralight
- Aerospace-Grade Alum Alloy Frame



[100045012]

RM 1,950

MDA Reg.No : GA8714420-42791

KAWAMURA Rollator Wheelchair

- 3 in 1 Functions
- Rollator Mode



[100045004]

RM 2,150

MDA Reg.No : GA8714420-42791

KAWAMURA Comfort DAF

- Tension Adjustable Backrest
- Comfortable With Extra Cushion
- Detachable Armrest & Footrest



[100045038]

RM 2,345

MDA Reg.No : GA8714420-42791

KAWAMURA DAF Wheelchair

- Adjustable Seat Height
- Tension Adjustable Backrest
- Detachable Armrest & Footrest



[100041870]

RM 3,304

MDA Reg.No : GA8714420-42791

KAWAMURA FULL Reclining Wheelchair

- Reclining Back Support
- Soft & Comfortable
- Adjustable Armrest



[100045020]

RM 3,840

MDA Reg.No : GA8714420-42791

* Colour randomly pick.

12 Months Warranty on frame manufacturing defect.

USE TOGETHER

**ROHO® QUADTRO SELECT®
HIGH PROFILE® Cushion**
| Made of soft, flexible aircells |
| Quick and easy adjustments |
| 4" cell height |
[70999]



RM 1,999

MDA Reg.No : GMD33837925218A

**MOSAIC®
Cushion with Cover**
| Shape adjustable |
| Easy to adjust |
| Cell height 7cm |
[50440]



RM 480

MDA Reg.No : GMD41951983319A

**BESTMADE Coccyx
Memory Foam Seat Cushion**
| Pressure relief |
| Cooling gel pad |
| Washable outer layer |
[100057173]



~~RM 199~~
RM 168

**PWP
RM 118**
With Any Wheelchair Purchase



Cushion For Your
Comfort

All these medical devices registered under Act 737.

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Installment Available For CIMB & Maybank Credit Card Holder Only.

Be A Part Of
Our Family
NOW!

Silvercare

Family Day



Silvercare Family

Gatherings

are a member benefit that takes place on the 18th of every month.

We host regular casual face-to-face gatherings that members can join to meet one another, share health information, teach how to take good care of themselves, share best practices and learn from each other's experiences.

With different topics of common interest every session will build the relationships and just have some time together to maintain their independence. Register now and join us!

MAY-JUNE 2023

GATHERING!

Join Our Next
Silvercare Family Day



Alpro Physiotherapist
EUGENE SIOW

Move Better Healthy Muscle

2 Keys to Keep Muscle
Strong As You Age.

脚没力，蹲了站不起来？
大专陪你预防【肌肉流失】

019-750 0612

CALL US TO REGISTER NOW!



Largest in Malaysia

WHEEL-CHAIR

Repair Service

ROUTINE SERVICE
Once Every 6 Months

FOOTPLATE

BRAKE

TYRE

ALIGNMENT & BALANCING

ARMPATE

SEAT

CLEANING

Let's make your wheelchair safe & comfortable to use again!



BOOK NOW!
019-750 0612



Full Range Of Spare Parts & Accessories



Kill 99.9% Of Viruses & Bacteria



Door-to-door Service
*Depend on areas



Services Done Within 15min
*Depend on areas

15 min, unless high crowd in outlet then need to put down first and get back later.

Service Charge
As Low As

RM10

*Excluded changing new spare parts



*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | For Allianz Insurance customer enjoy silvercare member service charge. |

SPECIAL PROMOTION

Only for Silvercare Member

Available On Silvercare Day **Every 18th** Of The Month.

1 DAY ONLY!



S SELECT DENTURE CLEANSER TABLET 108S

[100122852]

SPECIAL DEAL

RSP RM63⁵⁸

BUY 2 @ RM 52*

MDA Reg.No : 4971902071152



WODAPHIL GENTLE HYDRO CLEANSER 250ML

[73961]

SPECIAL PRICE

OFF 40%

RM40⁹⁰ RM 22⁵⁰*

Breath Care [100064849]
Gum Care [100064856]
Multi Care [100064864]



ORALDYNE SENSITIVITY TOOTH PASTE 100G

SPECIAL PRICE

OFF 31%

RM18⁹⁰ RM 12⁹⁹*



1000mg Vitamin C With Zinc For Adults
(Sweetened with Natural Stevia Leaf)



EFFERMUNE ZIN-C 3X10S

[100055276]

SPECIAL PRICE

SAVE RM33

RM62⁹⁰ RM 29⁹⁰*



ENSURE GOLD/ GLUCERNA 850G

SPECIAL DEAL

Get RM5* DISCOUNT

Available in a Collection of Flavours.

* 1 tin/ Silvercare Member every month.



MAPLELAND LUTEIN 20MG 30S

[69123]

SPECIAL PRICE

SAVE RM50

RM70 RM 19⁹⁰*

*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice.



MAL2066094NC

[10060300]
**POWERLIFE GINKGO PLUS
PHOSPHATIDYLSERINE 30S**

SPECIAL PRICE

~~RM163⁹⁰~~
RM88*

SAVE RM75⁹⁰



MDA Reg.No : G854115886818

FREE ADAPTER

[70875]
**FORA P30 PLUS SMART
BLOOD PRESSURE MONITORING
MACHINE**

SPECIAL DEAL

~~RM389~~
RM269*

SAVE RM120



MDA Reg.No : G8879322041739

[73763]
**OMRON HEM7156
BLOOD PRESSURE METER**

SPECIAL DEAL

~~RM10~~
REBATE



MDA Reg.No : G839668337717

[72276]
**ROSSMAX AW150
BLOOD PRESSURE METER**

SPECIAL DEAL

~~RM3~~
REBATE



NOT20400243K

NOT20313946K

Quick & Easy

15 MINUTES

Shampoo & dye hair in one go!
Natural Black Color [100057041]
Dark Brown Color [100057033]

[100057041]
**FARG HERBAL FOAM
HAIR DYE FOR GRAY HAIR
4X20ML**

SPECIAL PRICE

~~RM69⁹⁰~~
RM 29⁹⁰*

SAVE RM40

All these medical devices registered under Act 737



[71949]
**SILVERCARE
GOLF UMBRELLA
30 INCHES**

SAVE RM40

~~RM59⁹⁰~~
RM19⁹⁰*

Special Promotion Only For Silvercare Member. Available On Silvercare Day Every 18th Of The Month.

*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice.

55
Years Old
And Above

BE OUR

Silvercare Member

How to Join?

STEP 1

FREE

Register for free
at Alpro Pharmacy.



JOIN

Join our
Facebook Group

STEP 2



华语群组

or



Malay Version

STEP 3

DONE

Get your Silvercare
Member sticker.

* Silvercare membership applicants must be individuals aged 55 years and above. Free registration only applicable for all Alpro members and it is a lifetime membership.



Exclusive Silvercare Member Benefits



FREE RM10



Cash Voucher
For Every RM200 Spent.

(For Any Items In The Store With
No Star(*) Labeling in Alpro Outlet.)

FREE



3 Rebate Vouchers

FREE



Hearing Assessment
Worth RM80.

FREE 12 MONTHS



Extended Warranty

MOVEN | Anzen | reli—able

Monthly Discounted



Every 18th

Monthly Discounted Items.

Silvercare Family Day



Gathering

* Selected rehab product.

*Term and conditions apply.

Join & Engage
With Us
NOW!

Silvercare

Facebook Groups



You can ask whatever you want to know about health.



Engage With Our
Professional Medical Team

SCAN

& join!



马来西亚家庭照护支援群



Penjagaan dan Perkhidmatan
Kesihatan Keluarga



**Feeling Hard or Weak
Getting up from sitting or
Lying position?**

They may be signs of muscle loss
and risk of falling down.

**Just
Walk-In**

FREE

Muscle Strength Assessment

Get your result in 3 seconds!

Choose your date and outlet now.

Areas	Date
Negeri Sembilan, Melaka	MAY 25/05 - 21/06/2023
Kuala Lumpur, Selangor, Sabah & Sarawak	JUL 02/07 - 29/07/2023
Kelantan, Terengganu, Pahang, Sabah & Sarawak	AUG 09/08 - 05/09/2023
Johor	SEPT 16/09 - 13/10/2023
Kedah, Penang, Perak	OCT 24/10 - 20/11/2023

Contact us for more details : **019 - 750 0612**





Join & Win

Gintell G-Feetie
Multifunctional
Foot Massager **x5**



**x1 Winner
per Month**

UP TO
RSP RM

11,440

WORTH OF PRIZE TO BE WON!

How to Join & Win ?

1 Visit



Visit outlet to do the
**Muscle Strength
Assessment**

2 Register



Congratulations!
You have successfully
registered for 1 entry
into the Lucky Draw!

+ Reward 10 Alpro points /
limited x1 per Alpro member
Spend RM 1 = 1 Alpro Points

3 Win

A Winner will be announced on
Alpro Pharmacy Facebook Page



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**EXTRA+1
LUCKY DRAW
ENTRY**

1. For Silvercare Member
2. Purchase Any
"Muscle Recovery
Package"

From **25 MAY - 20 NOVEMBER 2023**

*T&C Apply

Muscle Recovery **Solutions!**

The Key is the Combination of **Nutrition & Exercise**

STEP 1

Complete & Balanced Nutrition



Metabolic Energold
3-in-1 Convenient Formula
► Kobayashi Hmb Protein
► Type 2 Collagen
► Calcium & Vitamin D

STEP 2

Protein

Metabolic Oteine
Premium whey protein powder & versatile in any drink/meal.



STEP 3

Vitamin Supplement

Vitamin D and Omega 3
Improve muscle function, reduce inflammation & scientifically proven reduce falling risk.



STEP 4

Resistance Exercise

Exercise Band suitable for variety of exercise.



With different colour in different strength.



MDA Reg.No : GMD56590164217A

See improvement in **Just 2 weeks!**

Vitality Package

Jumpstart Package

1 X Metabolic Oteine [68519]
3 X Exercise Band [100183458]



~~RM 149.60~~
RM 101

SAVE RM 48.60

1 X Metabolic Energold [70363] or [100045772]
1 X Metabolic Oteine [68519]
3 X Exercise Band [100183466]



~~RM 278.50~~
RM 193

SAVE RM 85.50

Gold Package

1 X Metabolic Energold [70363]
1 X Powerlife Essential Omega 3 60s [73026]
1 X Metabolic Oteine [68519]
3 X Exercise Band [100183474]
FREE Powerlife Vitamin D3 1000iu 60s [66667]



~~RM 487.40~~
RM 298

SAVE RM 189.40

FREE Physio Consultation

*For purchase Jumpstart package, Vitality package and Gold package.

Worth RM50

Grab the Package NOW at any Alpro Pharmacy outlets!

All these medical devices registered under Act 737

Love Your Parents

爱要及时



THE BEST Parent's Gift

To Keep Them Strong As They Age !



3-in-1 Combination Vitality Package

- 1 X Metabolic Energold [70363]
- 1 X Metabolic Oteine [68519]
- 3 X Exercise Band [100183466]

FREE X1
Physio Consultation
Worth RM50

~~RM 278.50~~

RM 193 **SAVE RM 85.50**

Recommended By Healthcare Professional

All these medical devices registered under Act 737

MEDICATION SAFETY · OUR PRIORITY · 药安全 在大专 | 113



The easiest way to get vitamin D is by exposure to sunlight.

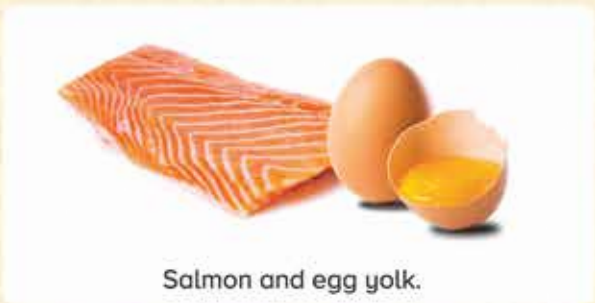
2 Taking adequate amount of vitamin D.

If the amount of vitamin D in the body is insufficient, it will not only affect calcium absorption, but also cause a decrease in muscle strength and lead to sarcopenia.

The easiest way to get vitamin D is by exposure to sunlight. According to research, it's best to expose oneself for 10-15 minutes between 10:00 am and 3:00 pm when the sun is strong, 3-4 times a week without applying sunscreen in order to obtain sufficient vitamin D.



Vitamin D also occurs naturally in animal foods such as salmon, egg yolk and animal liver or foods fortified with vitamin D such as milk, cereals and orange juice which will be stated on the food labeling. However, it's not easy to take sufficient amount of vitamin D from food which found only in the small amount and vitamin D supplement would be recommended especially for the elderly.



Salmon and egg yolk.

Currently, the recommended daily vitamin D intake in Malaysia

For Adult	400 I.U (10 mircogram)
For Elderly (> 65 years old)	600 I.U (15 mircogram)

Food	Serving	Vitamin D (mircogram)
Milk, cow fortified	1 cup	2.5
Sardines, canned	1 oz / 1 tablespoon	2.1
Salmon	3 oz / 1 palm size	11.1
Liver, beef, cooked	3 oz / 1 palm size	0.4
Egg yolk	1 egg yolk	0.6



EXTRA TIP - Omega 3

"Omega-3s are well known as a good fat that protects our heart. Many doesn't know that with its anti-inflammatory properties, it may also help to prevent muscle loss and improve muscle strength and function in older adults.

However, food sources that are rich in omega-3s, such as fatty fish, nuts, and seeds, are often not consumed in sufficient quantities, so supplements are usually recommended for the elderly to obtain these benefits."

Second Key: What to exercise?

Focus on performing resistance exercises as they have been proven and recommended to increase muscle protein synthesis, increase the size of muscle fibers, and improve overall muscle strength and physical performance in older people with sarcopenia, as well as to prevent sarcopenia.

Benefits of Resistant Exercise:

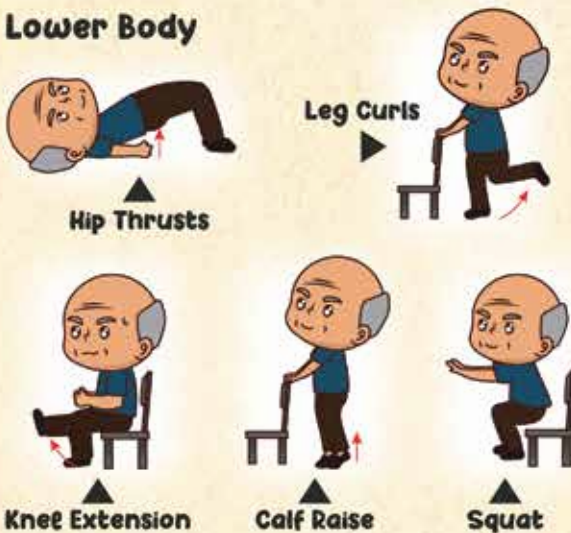
- Build strength.
- Maintain bone density.
- Improve balance, coordination, and mobility.
- Reduce your risk of falling.
- Maintain independence in performing activities of daily life.

To fight sarcopenia, the elderly should focus on multi-joint exercises targeting the major muscle groups. Resistance exercise programs should consist of **two full-body exercise sessions per week**.

Lower Body Exercises should involve the quadriceps, hamstrings, gluteal muscles, calves, and the muscles of the ankle and foot, which help in performing activities of daily living including walking, rising from a chair, climbing stairs, and lifting items from the floor, among other things.

Exercise Selection

Lower Body

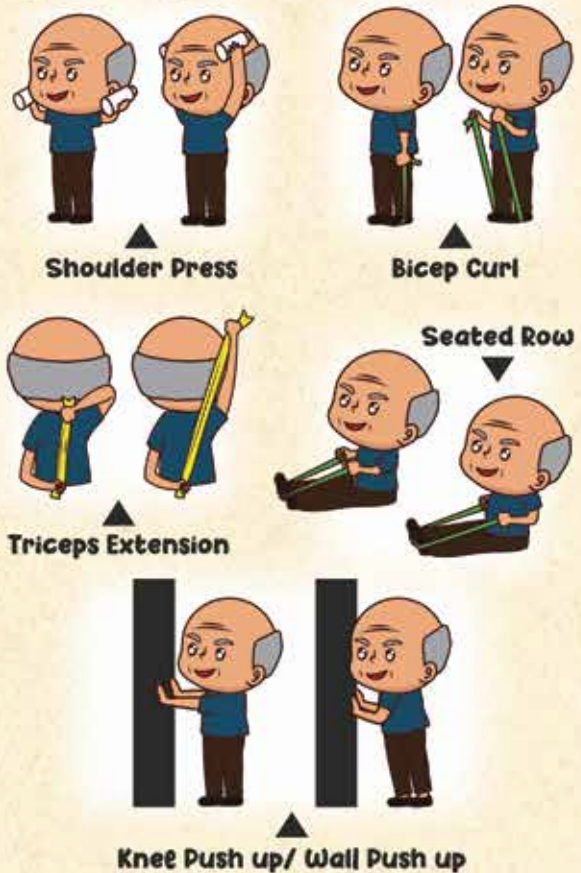


Written by :
Mr. Gan Chi Tat,
Certified Fitness Instructor

Upper body exercises should involve the chest, back, shoulder, arm muscles, and grip strength, which help in performing basic daily activities such as carrying items, retrieving items from a cabinet, pulling or pushing a chair, and opening cans, among other things.

Exercise Selection

Upper Body



All exercises are intended for general knowledge. Each individual has different body conditions; therefore, you should consult an experienced Personal Trainer or physiotherapist to develop an exercise regimen which suits you.

For best results, it is recommended that you perform 10-15 repetitions per set, and complete 1-2 sets per day, with a rest period of 2-3 minutes between each set.

Exercise tools can be used to improve training outcomes, such as resistance band and dumbbells or a 500ml water bottle can also be used as an alternative.



Sarcopenia?

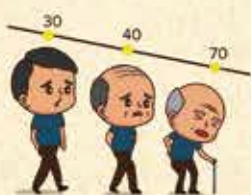
Muscle loss with aging.

A Silent Killer after age of 40!



Written by :
Ms. Pearly,
Physiotherapist

As we hit age of 40s, our bodies will start to lose muscle mass, strength and function, leading to age-related muscle loss, known as **"Sarcopenia"**.



The condition worsens as muscle loss speeds up around the age of 70, with a loss of 10-15% of muscle mass each decade. This sarcopenia condition commonly affects the elderly.

"Evidence suggests that 1 in every 4 older adults aged 60 and above is affected by sarcopenia"

What Could Have Happened?

This is a major factor in increased frailty, falls and fractures, and can lead to hospitalizations and surgeries, which increase the risk of complications, including death.

Most people might not "feel" the muscle loss. In fact, as our muscle mass decreases, our body's metabolism also slows down. This can interrupt normal metabolism of blood cholesterol and sugar, causing accumulation in the body and increasing the risk of cardiovascular disease, diabetes and eventually, the risk of death.

What Caused That?

Sarcopenia can be caused by several factors. Aging, reduced physical activity, and poor nutrition are among the major causes.

"In a study of 12 countries, almost two-thirds of older study participants were identified as being at malnourished"

In addition, chronic diseases like diabetes, an excessively low or high BMI, long-term use of medications (especially steroids), and a history of falls can also increase the risk of sarcopenia.

Self-check for 5 Major Signs & Symptoms of Sarcopenia:

- 1 Reduced Walking Speed On Flat Ground**
Unable to walk 6 meters in 8 seconds.
- 2 Difficulty Carrying Objects**
Unable to carry a 5kg weight, such as cooking oil.
- 3 Weight Loss**
Losing 5% body weight in 6 months.
- 4 Frequent Falls**
Falling more than twice in a year.
- 5 Difficulty Moving**
Needing support to get up from a chair or bed or needing frequent rest while climbing stairs or walking.

Does this
sound familiar
to you ?

If yes, then
they may be at
high risk of
"Sarcopenia".



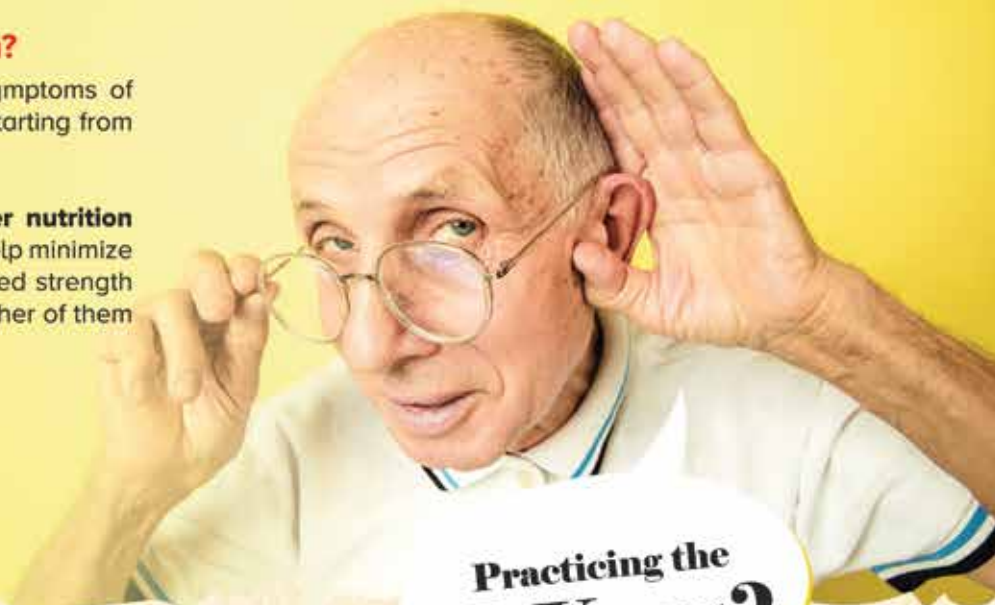
Can We Solve The Problem?

The key is to detect signs and symptoms of muscle loss as early as possible, starting from the age of 40 onwards.

Practicing the two keys of proper nutrition and exercise in combination can help minimize the loss of lean mass and diminished strength that occurs with aging. However, either of them alone won't be sufficient.



Written by :
Ms. Kelly Gan,
Dietitian



Practicing the
2 Keys?

First Key: What to eat?

1 **Sufficient Intake of Protein.**
Ensure that you have a sufficient intake of protein (1.0-1.2g/kg/day) everyday, as it is an essential nutrient for muscle growth.

For example,



If you use 1.0g/kg/day as your standard and your weight is 50kg, then you should consume 50g of protein daily.

It is generally recommended to divide this protein intake into separate meals, with each meal containing about 15-17 grams of protein in the above case.

While high-quality protein sources such as chicken, fish, beef, eggs, and milk should be prioritized, but honestly, it may not be practical for all elderly individuals to calculate and consume accordingly. Factors such as reduced appetite, ability to chew, swallowing difficulties, and limited food accessibility can pose challenges.

In such cases, protein supplements can be a suitable alternative for the elderly to meet their daily protein requirement in addition to their current food intake. They only need to remember how many scoops to take per day to easily meet their protein needs.

Example of breakfast:



1 glass of milk (240ml)
(7g protein)

+

2 tablespoons oat

+

1/2 scoop of metabolic
oteine protein powder
(3g protein)

+

1 boiled egg (7g protein)

+

1 slice of whole grain bread

= Total 17g protein

It's important to note that individuals with kidney disease should consult a dietitian or doctor before increasing their protein intake.

Additionally, consuming an adequate amount of calories from a variety of foods is crucial for maintaining a balanced diet, rather than solely focusing on consuming excessive amounts of protein."





The Story Behind *Silvercare*

In February 2020, both parents of the founder of Silvercare, Pharmacist Chan, were involved in a car crash in Kuantan and were admitted to the hospital in a coma. When he received the call from the hospital, he was totally stunned and didn't know what to say because, at that very moment, he knew that he could have lost the two people he loved the most forever at the same time.

Upon reaching the hospital, it tore his heart to see how traumatized his parents were. His dad had to live on a respirator, and his mother couldn't even recognize him due to the internal bleeding in her brain. Fortunately, his mum finally remembered who he was after 5 days when her condition improved. But trust me, being forgotten by your mother is not an experience that you would ever want to go through again.

During his parents' recovery journey, he faced many problems that he needed to solve to ensure their fast recovery, such as getting their medicines, walking support, preparing their hospital bed, providing oxygen therapy, nutrition, diaper care, and figuring out the proper bathing method, among others.

This left him with a question: If you have no medical background, how in the world are you going to know what to prepare, where to get the equipment, and how to take care of elderly or bedridden patients?

Hence, he decided to set up Silvercare division in Alpro pharmacy all around Malaysia with the aim of helping more people like him.

What is the specialty of Alpro Silvercare?

One Stop Solution for Elderly Care and Post-Discharge Care from the aspects of medicines, nutritions, physiotherapy, rehabilitation equipments and many innovative services.

Filial Piety[™]
您养我小，我养您老。

What is Filial Piety?

It is our slogan, which in Confucianism means a virtue of respect, love, support and to be good to one's parents and elders. In general, I hope to empower the idea of taking good care of our parents and elders, just like they take good care of us when we were small.

Our vision is to minimize any suffering experienced by elderly or post-discharged patient and maximize their sense of wellness.



DISCOVER A BETTER, MORE VIBRANT YOU WITH OUR EXPERT GUIDANCE AND SUPPORT

NEGERI SEMBILAN

Regina Mall	019-662 9001
Teluk Kemang	019-333 9010
Tampin	019-399 9012
Sikamat	013-380 9007
Mantin	019-654 2603
Garden Homes	019-266 9015
Taipan Senawang	019-301 0112
Seremban City Centre	019-214 0939
Ampangan	010-401 1903
Kuala Pilah	013-647 0304
Rasah Jaya	019-980 1923
Rembau	013-362 3588
Bahau	019-751 1923
Gemas	019-723 1923
Jln Dato Bandar Tunggal	019-448 1923
Mahajaya	019-689 9002
Nilai	013-286 1923
Biz Avenue	019-389 1923
Jejebu	013-982 1923
Lukut	019-280 1923
Lobak	019-333 2923
Rasah Prima	019-265 8923
Pekan Nilai	019-666 8923
Centrio	019-653 8923
Bukit Coral	019-750 6923
The Plazo	017-246 1663
Rantau	010-211 0520
Taman Tuanku Jaafar	019-665 8923
Taman Ampangan	011-1198 4849

WILAYAH PERSEKUTUAN

Wangsa Maju	019-336 9005
Bandar Sri Permaisuri	019-203 1923
Kepong	019-414 2923
Trilium Sungai Besi	019-446 1923
Prima Setapak	018-969 4923
Taman Kok Lian	010-988 3822
Presint 15 Putrajaya	018-350 6789

SELANGOR

Bandar Seri Putra	019-220 2059
Bandar Baru Bangi	013-270 1923
Sri Gombak	013-685 1923
Subang Perdana	019-465 2923
Salak Tinggi	019-264 3923
Teluk Pulai	019-281 3923
Kota Kemuning	019-981 3923
Bandar Puteri Puchong	019-274 1923
PJ SS17	019-470 1923
Selayang	019-686 1923
Jalan Besar, Kapar	018-266 1923
Nec Cyberjaya	019-984 5923
Sungai Besar	019-962 0923
Tanjong Karang	019-908 6923
Tanjong Sepat	019-841 7923
Jenjarom	011-1875 4804
Klang Utama	011-1628 4923
Bukit Tinggi 2	019-712 6923
Kuala Selangor	019-397 4923
Semenyih Vista Valley	019-310 9043
Semenyih Tmn. Pelangi	018-988 6610
Prima Saujana	014-323 4094
Banting	017-535 2355
Setia Alam	011-1124 6535
Pekan Meru	014-928 8862
Puncak Jalil	010-841 8152
Taman Sri Muda	010-823 5700
Bukit Serdang	019-225 2923
Kota Warisan	012-300 7408
Bdr. Mahkota Cheras	011-2342 8559

PULAU PINANG

Bayan Lepas	013-598 3923
Farlim	013-591 3923
Sunway Perdana	019-571 3923
Jalan Tembikai	019-327 3923
Balik Pulau	019-386 1923
Chulia Street	013-362 3923
I-Avenue	019-415 1923
Jalan Perak	019-985 1923
The Promenade	019-687 1923
Jalan Kulim	019-392 8923
Batu Lintang	019-903 1923
Tanjung Tokong	019-980 5923
Kota Permai	014-960 4923
Gemilang, Bkt. Mertajam	019-712 5923
Jln. Oren, Butterworth	019-791 3923
Tmn. Desa Murni, B'worth	019-736 6923
Bukit Panchor	019-464 6299
Raja Uda	019-566 7711

PERAK

Kamunting	013-593 2923
Bidor	019-261 1923
Tapah	018-986 1923
Jalan Raja Omar, Sitiawan	018-785 1923
Ipoh Selatan	019-742 7923
Gunung Rapat	019-707 8923
Kg. Koh	019-742 8923
Ayer Tawar	019-759 8923

KEDAH

Taman Semarak	019-534 2923
Simpang Kuala	019-787 6923
Legenda Heights	019-701 0923
Baling	019-669 8090
Tuanku Haminah	019-559 0038

PAHANG

Jalan Berserah	019-987 1923
Jalan Mahkota	019-215 1923
Bentong, Pahang	019-252 1923
Mentakab, Pahang	019-276 1923
Taman Tas	019-357 1923
Jln Tun Ismail	013-986 1923
Indera Mahkota	019-266 1923
Bukit Setongkol	013-280 3923
Bandar Jengka	019-293 3923
Pekan	019-747 2923
Sungai Isap	019-361 8923
Air Putih	019-691 8923
Batu 3	019-906 6923
Temerloh	019-945 5923
Raub	018-969 1923
Kuala Lipis	012-282 6399
Sentral Triang	014-719 9273

JOHOR

Taman Flora	013-288 1923
Parit Raja	013-326 1923
Taman Maju	013-701 1923
Simpang Renggam	013-512 1923
Kluang	019-283 1923
Pekan Muar	019-512 1923
Taman Intan	019-591 1923
Jalan Pesta	019-462 1923
Yong Peng	013-588 1923
Bandar Baru Uda	013-986 2923
Bandar Seri Alam	019-620 0204
Bukit Indah	019-815 1923
Nusa Bestari	013-810 1923
Mount Austin	019-745 2923
Kota Tinggi	013-477 1923
Taman Impian Emas	013-584 1923
Taman Molek	019-510 1923
Parit Sulong	013-816 1923
Indahpura	019-548 2923
Masai	019-352 8923
Bukit Pasir	019-358 8923
Tongkang Pechah	019-694 8923
Setia Indah	019-695 8923
Pasir Gudang	019-326 3923
Pekan Nanas	019-967 6923
Bukit Bakri	019-915 9923
Taman Gaya	019-953 5923
Taman Universiti	019-983 5923
Taman Tiram Baru	019-282 2923
Tun Aminah	019-718 0923
Parit Jawa	019-820 4810
Sri Tengah	019-956 4923
Tanjung Agas	013-346 4923
Taman Teratai	019-701 6923
Jalan Meriam, Muar	019-768 6923
Kelapa Sawit	019-708 6923
Setia Tropika	019-729 3923
Permas Jaya	019-724 7923
Labis	019-791 2923
Tangkak	011-1098 8739
KSL City Mall	013-209 6002
Taman Sutera Utama	012-800 4002

KELANTAN

Tanjung Chat	013-460 1923
Kubang Kerian	013-430 1923
Tanah Merah	019-201 3923
Bandar Bentara Tumpat	019-977 1923
Pasir Pekan	013-841 1923
Sultan Yahya Petra	019-683 1923
Pasir Puteh	016-937 1923
Kuala Krai	019-926 5923
Gua Musang	019-938 4923
Bandar Baru Jelawat	013-395 6923

TERENGGANU

Bandar Chukai	019-331 1923
Kuala Terengganu	019-774 1923
Dungun	019-713 1923
Kubang Kurus	013-920 2923
Gong Badak	019-476 2923
Kuala Ibai	019-225 1923
Jln. Baru Pak Sabah	019-989 5923
Paka	019-986 8322
Kerteh	013-983 6322

MELAKA

Jln Munshi Abdullah	019-659 1923
Jasin	010-403 1923
Masjid Tanah	013-756 1923
Malim Jaya	019-931 1923
Batu Berendam	013-587 1923
Alor Gajah	019-757 1923
Taman Rambai Utama	019-323 1923
Bertam	019-796 2923
Bukit Baru	019-255 0923
Merlimau	011-081 6894

SARAWAK

Satok	013-391 2923
Premier 101	019-775 2923
Tabuan Jaya	010-400 2923
Matang Jaya	019-354 2923
3rd Miles	019-985 3923
7th Miles	019-984 3923
Batu Kawa	013-371 3923
Hui Sing	019-475 3923
Siburan	019-312 8923
Kota Samarahan	019-332 8923
Medan Jaya	019-943 3923
Sibiyu Utama Comm.Centre	019-901 4923
Jalan Keppel	019-955 3923
Junction 5	019-962 3923
Park City	019-953 3923
Metrocity	019-955 6923
Jalan Channel	019-758 0923
Sungai Merah	011-3301 7923
Pahlawan	019-912 4923
Jalan Permaisuri, Miri	019-936 4923
Boulevard, Miri	019-910 4923
Sarikel	011-1650 5923
Pelita, Miri	019-796 0923
Delta, Sibuan	019-710 1923
Permy Jaya	019-790 6923
Saradise	011-1684 0923
Serian Town	019-737 6923

SABAH

Jalan Gaya	010-396 1923
Menggatal	010-259 1923
KK Plaza	010-261 1923
Taman Tuan Huat	019-641 5923
Likas	019-654 5923
Beverly Hills	019-352 2923
Lintas Plaza	019-323 7923
Donggongan	019-390 7923
Lido	019-242 2923
Damai Plaza	010-264 1923
Putatan (Bataras)	019-678 8923
River Park Hotel	019-693 8923
1 Beaufort	019-702 8923
Taman Indah Permai	019-740 5923
One Place Mall	019-754 6923
Pekan Tuaran	019-268 3923
Grand Plaza Putatan	019-271 0923
Telipok	019-257 7923
Pegalan Shopping Complex	019-628 1923

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MAY-JUNE 2023

CATALOGUE VOL.12



SILVERCARE

News And Insight For Elderly And Post Discharge Care

Sarcopenia

Affects 1 in every 4 elderly
A Silent Killer **after age of 40!**



Muscle Recovery **Solutions!**

The key is the combination of
Nutrition & Exercise

THE BEST
Parent's Gift
**Keep Them Strong
As They Age!**

3-in-1 Combination
Vitality Package



Nationwide!
FREE
Muscle Strength
Assessment



Join & Win



Gintell G-Feetie
Multifunctional Foot Massager

UP TO
RSP RM **11,440**

UP TO RM6,000 TAX RELIEF

Cost of basic supporting equipment for disabled self, spouse, child or parent.



The Malaysian Society
Of Rehabilitation