



HEALTH MATTERS

EXCLUSIVELY FOR ALPRO VIP MEMBER | MAY-JUNE 2022

VOL 20



THE WONDERWALL TIMES

The wall of Community Happiness from Alpro Foundation.



It's another season of Wonderwall Times! In this issue, we have some great news to share to everyone!

We won **The Best in CSR (Platinum)** for **The SOBA Awards 2021**, held in March 23rd at One World Hotel. It was a moment of gratefulness as this award is an acknowledgement of all the support given and the hard work of our team members whom have put in.

Last year, in total, we have contributed a total of **2480 bags of Metabolic Basic (An Oral Nutrition Support)** for **135 patients throughout the year**. We have also helped these 135 families saved an average of **RM800,000** by factoring an average cost of nutrition support which costs **RM1,300** every month per patient. We are still holding strong, all thanks to our supporters and customers who have been supporting the Buy one Donate One Metabolic Basic program, and also our Nutritionist and Dietitians who have been our guardians at work to ensure these patients get the correct amount of nutritional support required. Last but not least, the fellow Alpro staffs whom have behind the scenes helped in the preparation of the supplies to be sent for the patients.

The Growing Stars Project

Last year, we have supported 151 students in total and there are 28 students graduated from primary school and moved up to secondary schools. It was a heart-warming news to also know that there are 12 students from secondary schools moved up and graduated from Form 5 studies and completed their SPM examinations earlier this year.

Right now, we have 149 students whom we are supporting, and we are expanding our support to help out another 200 more students.



To support more students, we need more funds, and we have a new project with Elianware Malaysia to raise these additional fundings to support these students.

**Introducing
The Alpro Foundation x
Elianware Limited Edition
Charity Bottle.**

This is our latest initiative by joining efforts with local companies to create value to the community and at the same time contributing back to the society. This limited edition charity bottles will be our main project this year to support additional 200 students whom came from single parent family background, and living in poverty conditions. Throughout Malaysia.

These students have dreams and based on our existing students, more than 45% of them aspires to be teachers and to contribute back to their community. Other students from "The Growing Stars Project" aspires to be in careers like being a doctor, a dentist, nurses, athletes and other uniformed group civil servants. That is why for this year, our theme will be

"Dreams can come true",

because with your support, we can help and support more children to complete their basic education journey and move up to their dreams and aspirations.

These limited-edition bottles are all available in all Alpro Pharmacy outlets and we really do hope you can support "The Growing Stars Project" by purchasing one bottle for yourself, or as a gift to your friend and family members. All the sales proceeds will be channeled to fund the children's schooling expenses.



You can also purchase this bottle on our



platform to support

THE GROWING STARS PROJECT

SCAN & BUY



Terima Kasih Xie Xie Ni! Bringing Hope, Changing Lives _The Alpro Foundation

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



RM **1** /bottle
Charity Water
500ml

Drink to make a change

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

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



Winnie Hsiung Szu Yuan

Branding, Promotion & Trade
Marketing Manager

Alpro Pharmacy

EDITORS:

Winnie Hsiung Szu Yuan
Ph. Lee Yin Chen

CONTRIBUTORS:

Chia Ling Ling
Ph. Wong Wen Jun
Ph. Lim En Ni
Ostwin Paw Yen Thng
Bryan Ong King Sien
Tan Hern Yen
Masayu Binti Masry
Oliver Mun Lai Hoong
Toh Shu Hua
Anson Tan
Uzair Abdullah

GRAPHIC ARTISTS:

Kalaimani Supramaniam
Aki Eng Shef Kei
Eng Wen Lin
Rachel Fong Pui Heng
Michelle Yip Hiong Kuan

PUBLISHED AND PRODUCED BY

Alpro Pharmacy Sdn. Bhd. (561739-W)
Unit V1-A, Lot 45880, Jalan Techvalley 3/2,
Sendayan Techvalley, 71950
Bandar Sri Sendayan, Negeri Sembilan.

Tel: 06 - 781 3923
Website: www.alpropharmacy.com
Facebook: www.fb.com/alpropharmacy

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FROM THE EDITOR

Welcome to the 20th edition of Alpro Pharmacy Health Matters, the May edition for the year of 2022.

Welcome to a new year, one that is filled with hope and new beginnings as well as in transitioning to the endemic phase of Covid-19. Year 2022 will be a remarkable year for us. I am pleased to share with all that Alpro Pharmacy had the opportunity to creatively transform and expand our community service for the past 20 years in community pharmacy chain that provides one-stop healthcare solutions. In Alpro, we are a big family supported by healthcare professionals, Pharmacist JJ, Nutritionist Nieza, Physiotherapist Min Min and Doctor Ram, 4 of them represent our perseverance in creating a healthy and vibrant community.

At the beginning of this year, we have been awarded [ISO 9001:2015 certification](#) for the retail of pharmaceutical products, to ensure quality and safety in both products and services that meets customers' needs. In the meantime, we also bagged [The Star Outstanding Business Awards \(SOBA\) 2021 on the Malaysian Business of the Year](#), [platinum awards for the Best in CSR and Best in Customer Service](#). All these achievements would not have been possible without the hard work and effort from all Alproeans, our ever-supportive customers and business partners.

Being awarded the Best in CSR is a testament to our continuous efforts through [Alpro Foundation](#). Recently, we have launched a program called [#ProjectBangku](#), is our latest environmental sustainability initiative where used wooden pallets are upcycled into benches. These benches will be placed outside Alpro Pharmacy outlets nationwide as well as places such as schools, and other community areas. By upcycling the wooden pallets, we want to create the awareness of environmental sustainability among Malaysians. We also have started the petition (<https://chng.it/4f6PDNYGpN>) to have more local councils nationwide to grant approval for the placement of the benches in specific community areas.

As all know, Alpro have been dedicating to elderly care and services for the past years. Recently I found out there's a certain group of people having hearing loss problem but most of them just decided to accept it as one of aging process. The worst part is, when they started to have hearing loss, they didn't know to whom they should reach help due to lack of accessibility to the professionals and end up accepting the hearing loss in their lives. Therefore, we provide free hearing assessment at all pharmacy outlets, and we also provide hearing aid with lifetime follow up by our Audiologist.

Lastly, [Parents' Day](#) is around the corner, it is a great opportunity to look after parents' physical mobility and their health. Starting from April to June, we have launched mobility assessment at all pharmacy outlets, to ensure independent lifestyle and quality of life among elderly, maintaining their mobility level via strengthening of muscles and joints. On top of that, we also provide a personalized prepacked vitamins [VitaPack](#), a multi-dose dispensing pack that enable to remind our parents take daily supplement properly.

On behalf of all Alproeans, **thank you for being with us** and I hope you enjoy our first issue of 2022. We will continue to focus on our long-term goals for the improvement of quality and service to create a *Healthy and Vibrant world!*

STAY SAFE AND HEALTHY

Terima Kasih, Xie Xie Ni

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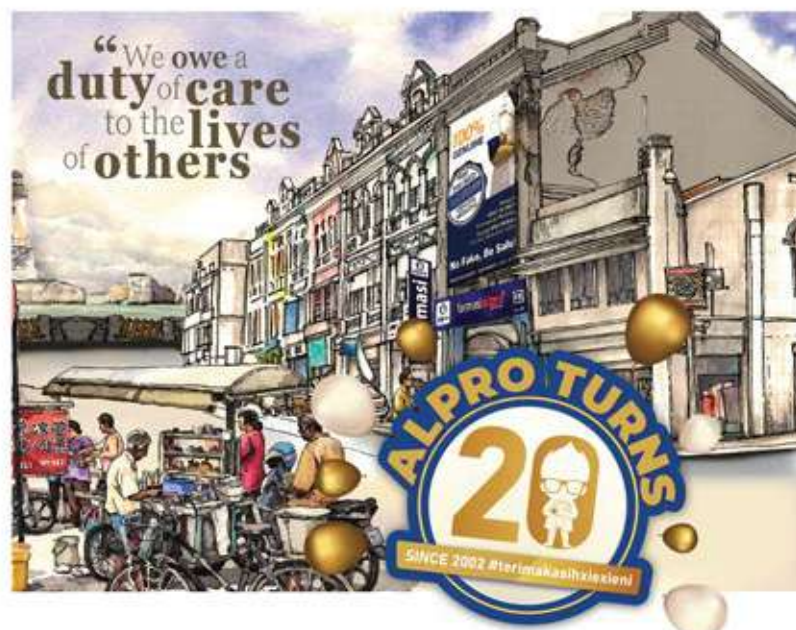
The Inner Thoughts of the Stomach

Why The First 1000 Days Is Important?

PROMOTION

SILVERCARE

The 3 Keys To Recover Your Mobility



20 years not too long, but is a meaningful duration to Alpro as we accompanied

more than **1,000,000**

families in Malaysia

achieving a healthier and vibrant life.

*20 years of happiness;
20 years of determination;
20 years of care;
20 years of trust;
20 years between you and us.*

How should we start this story?

A LITTLE Pharmacy
FROM 300 SQUARE FEET...

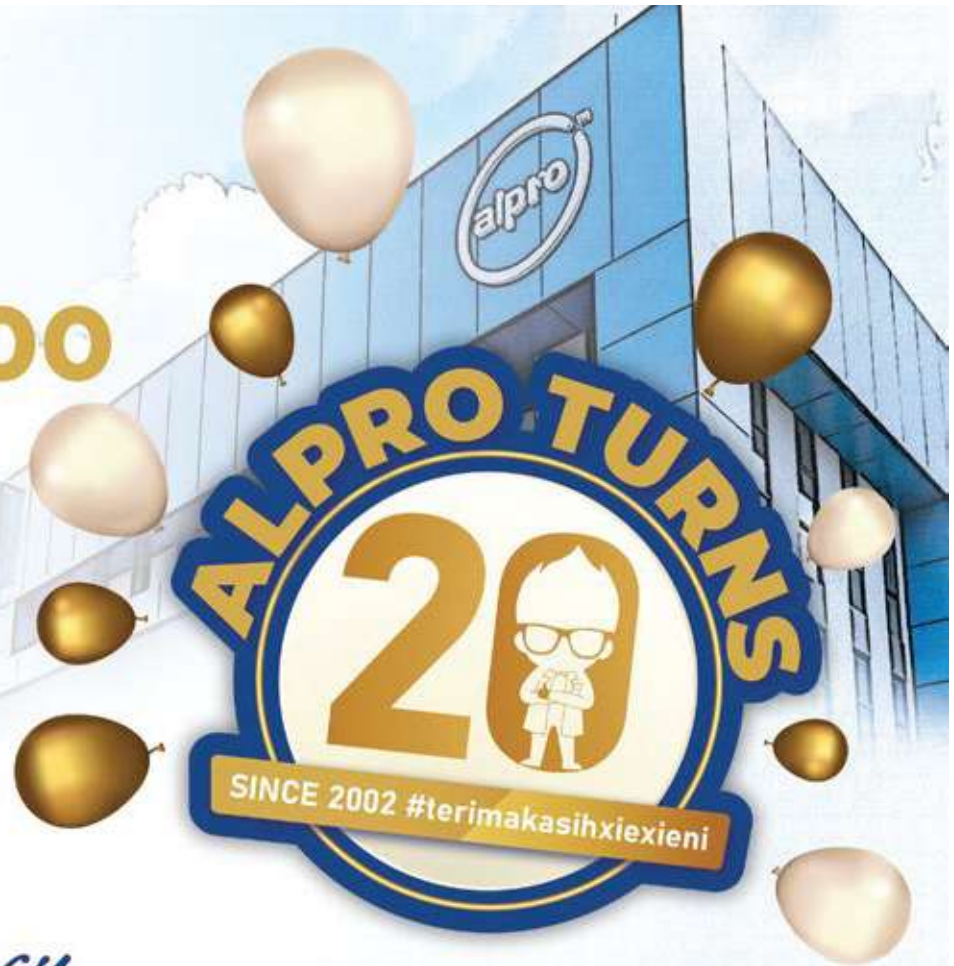


-First Alpro Pharmacy outlet at Regina Mall P.D., 2002

Job feeds the family, and more importantly, it creates value to the society surrounding us. Today, Alpro has

more than **1,500**
employees

whom are also our family members in more than 180 locations nationwide.



In 2002, our three founders, Pharmacist Low Swee Siong, Pharmacist Hiew Fei Tsong and Miss Chia Ling Ling set up the first outlet in Regina Mall, Port Dickson.

This little pharmacy is where all stories begin. Every single gondola is put up by the founders just to save some money. Where resources are limited and not many know Alpro, it was tough for the three of them.

Alpro hired our first employee, Kak Nor Asikin and the best thing is, she still works in Alpro today. From walking to work, to getting a motorbike, then supporting family income, then getting a car and later a piece of land; we walked the talk in trying best to fulfill achievement of Alproeans both spiritually and financially.



No.1 Prescription Pharmacy in Malaysia

Alproeans are happy to be announced by the Malaysian Book of Record as the pharmacy with most numbers of prescription dispensed. We are excited not because of the award, but the trust we gained from the community in medication management.

Medication management can be challenging as everyone's health condition is different. Patients and care-takers might feel burden financially and mentally when a starting off medication too. For example, diabetes management is often a life-time care but some patients spend efforts in looking for a miracle drug that will "cure" diabetes. The condition became stressful when patients experienced some side effects from long term medications.

Our team of experts make medication management easier, safer and more effective. We truly appreciate the tremendous supports from the public in recognizing us as the No.1 Prescription Pharmacy in Malaysia. Everyone's health matters to Alpro.



With the enhanced awareness on women and child's right, more education is given on how to take care of babies. In public centres like shopping malls, better facilities for example breastfeeding rooms are set up to give more support.

And we think that the same weightage of care needs to be given to elderly as well. Elderly care is named as Silvercare in Alpro.

Age is just a number; it is more important to be able to assist silvercare members and their families to achieve independent and vibrant lifestyles. From training our front

-liners to be silvercare specialist and identify quality equipment for silvercare members, the team further expanded the service to hearing aid, homecare, wound care and rental services.

One may perceive wheelchairs are just the same, but imagine if you need to be on wheelchair more than 10 hours a day, the thoughts would be different. In these 20 years, Alproeans committed to be involved and considerate in our daily practice.



ALPRO Pharmacy AND AWARDS



In 2022, Alpro Pharmacy is honoured to be awarded three big prizes from **SOBA 2021** (The Star Outstanding Business Awards)

- **Best Customer Service Award (Platinum)**
- **Best in CSR Award (Platinum)**
- **Malaysian Business of the Year Award 2021**

It was truly a tearful moment for all Alproeans.

Going through pandemic with Malaysians is definitely another page of Alpro Pharmacy's history. At the most frightened time when there was no vaccine, seeing Alpro Pharmacy lights on in the street, our customers say they feel safe.

Our employees have family and loved ones, but they braved themselves as a healthcare frontliner to serve the community. With face mask and face shield that made us breathless and sweaty, then alcohol rubs that almost rubbed off our skin, we went through the tough times together with you.

Awards are encouraging, but what motivates us best is our customers' health and medication safety.



ALPRO Pharmacy & THE FUTURE LEADERS

Since 2015, we engaged **more than near to 100,000** students nationwide

Healthcare professionals are always deemed serious. It is the same in Alpro, just that we are seriously passionate about healthcare that we wanted to share the knowledge since young.

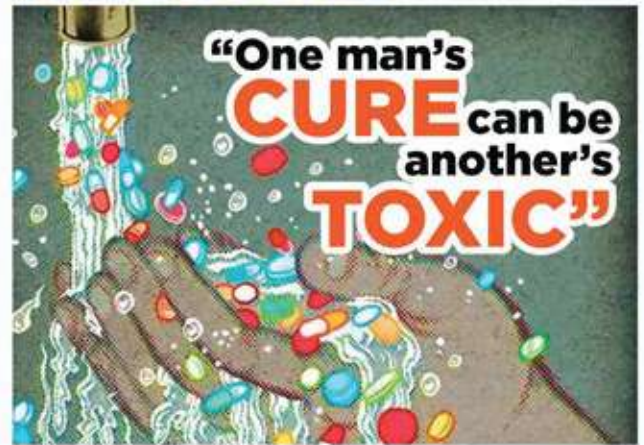
From school talks to medication safety competitions to drawing contests, it feels good to be able to empower future leaders to take care of their health. We may not be able to see the direct return of investment, but just like a bamboo tree, we see nothing in the first 5 years regardless of amount of hard work.

Children are the future leaders, and in Alpro, everyone has the same opportunity to succeed. We find that education is the golden key to achieve one's dream. That is why in Alpro Foundation our main call is to support children going back to school. **Each month, an entitled student received a scholarship of RM100.** The difference is we do not focus on grades, rather we want them to go to school. Education is not just about textbook, you gain new friends, connections, knowledge and help in a school. **We are currently supporting nearing 150 students nationwide, and we definitely strive to do more.**



You can support us through purchasing charity water at **RM1 per bottle** in any of Alpro Pharmacy outlets or donate to **alpro foundation**
Bringing hope, Changing lives

A Pharmacy FOR THE FUTURE



- said Ostwin, CEO of Alpro Foundation.

When we are working hard to dispense medication safely, we think about future, our children and their next generations. Improper medication disposals are rarely highlighted; we were taught on how to identify recycled materials but not on how to dispose medications. In recent surveys, Malaysians are aware of the importance to discard medication properly but not sure where and how to execute rightful disposal.

Our water sewage is not prepared to filter medication and drugs, and the residuals could be impacted on our health. For example, residuals of antibiotics are found in rivers and if ingested it could further challenge the risk of antimicrobial resistance in the community.

Since 2021, **all Alpro Pharmacy Outlets are equipped with bins for safe medication disposal.** We encourage you to bring along **unused medications** to our pharmacy and **discard safely.**



ALPRO FAMILY

ALWAYS HERE,
FOR YOU

- SERVICE SINCE 2002



THANKS FOR THE COVER, NIEZA,



CAN'T IMAGINE THE OLD DAYS I WAS FIGHTING ALONE, NOW I HAVE A FAMILY HERE.

I DIDN'T DO IT FOR YOU RAM, I DID IT FOR ALPRO.

THAT'S WHAT THE FAMILY IS FOR!



THE FAMILY IS STRONGER NOW. LET'S MAKE A BLAST!



AN EXTRAORDINARY Pharmacy - HOUSE OF HEALTHCARE PROFESSIONALS

PHARMACIST JJ AND TEAM OF MEDICINE SAFETY GUARDIANS

In Alpro, we have more than 250 registered and licensed community pharmacists to safeguard medication safety of community. Our pharmacists not only smart and careful, they are warm and thoughtful like Pharmacist JJ.

Sharing a story of Uncle John, the best uncle but also a stubborn one. Uncle John wants to do everything independently. But his doctor, Dr. Ram realized that his blood pressure was uncontrolled because Uncle John forgot to take medication. Uncle John refused to admit and got very angry whenever anyone questioned him on that matter.

At the same time, Uncle John revealed to Pharmacist JJ that the true reason was he felt scared to acknowledge his memory



declined. He has friend who suffered from Alzheimer, and he was really afraid that he may have that too.

Pharmacist JJ comforted him and referred him to Dr. Ram for a health check. Thankfully all is well then Pharmacist JJ innovated Malaysia's first Pilcube (*individual medication packing system*) for Uncle John. The love to Uncle John made medication taking much easier, and more efficient. This genuine love to patients gives us motivation for better pharmacy services day-to-day.

NUTRITIONIST NIEZA AND AUNTY LINA

In these 20 years, we realized that customers do not just come to us for medications.

Aunty Lina, our top fans always dropped by after her Pasar visit to check blood pressure. She will bring us homemade biscuit and cake. We were so worried to know that she had a fall, she couldn't eat well and she started to shy away from crowd. Nutritionist Nieza is a saviour. She gave the best comfort to Aunty Lina by preparing menu which is tasty and nutritious to build muscle strengths.

And that is why Alpro Pharmacy is the first chain pharmacy in Malaysia with nutritionists and dietitians. Instead of getting customers or patients to book appointments in hospital, you can see a dietitian or nutritionist in Alpro just by walking in.

Our nutritionists and dietitians are experts in nutrition. They are the best companion to new moms, toddlers, school children, growing adults, busy adults and elderly. Food and nutrition indeed can be a cure when used well. Food is essential and enjoying food can be less guilty.



COMMUNITY PHYSIOTHERAPIST MIN MIN IN ALPRO!

Both Uncle John and Aunty Lina are Alpro's fan, a resemblance of our strong relationship with community. In Alpro Pharmacy, you noticed that the setup and ambience is simple, clean and bright. We want to make the environment safe and comfortable for our elderly customers.

When Alpro Pharmacy first expanded, we located surrounding residential areas. Everyone has dreams to achieve, and our ageing parents are always the soft spot in our heart. Parents like Uncle John and Aunty Lina will face challenges physically and mentally in their silver age.

However, getting old can be just a number. Our best friend whom is also a certified community physiotherapist Min Min presence made a difference. Physiotherapist Min Min is stationed in pharmacy and provide immediate relief and diagnosis to customers and care takers. For patients who are unable to move, Min Min went extra miles to provide homecare services. The intention is simple, we hope that recovery can be as convenient and affordable as possible.





PHARMACY

SKILLFUL TRAINING



COLLABORATION WITH MULTIDISCIPLINARY PROFESSIONALS



DYNAMIC & FUN WORKING CULTURE



CERTIFIED ACCREDITATION FOR CAREER ADVANCEMENT



Physiotherapist Min Min

Doctor Ram

Pharmacist JJ

Nutritionist Nieza

STRONG COMPETITIVE EDGE



ATTRACTIVE INCENTIVES & REMUNERATION



WE'RE HIRING

- Pharmacist •
- Provisionally Registered Pharmacy (PRP) •
- Nutritionist •
- Dietitian •
- Physiotherapist •

In Alpro, we aim to cultivate an environment where our people can flourish in both professional & personal lives.

Together we achieve a healthy & vibrant world through Alpro Career Horizons.

#alpropharmacy
 #mycareerjourney
 #funlifeinAlpro



mycareer@alpropharmacy.com

019-987 3923

大专药剂对于营养的专业

不一样的营养师&饮食治疗师

通常见到穿着白袍在医院工作的我们称为医生；而穿着白袍在药剂行工作的我们称药剂师。也许只有少数的人认识营养师或饮食治疗师。这是因为我们目前的医疗体系运作往往要等到病人得了重病才会被转介会见营养师与饮食治疗师。而且因为在每间医院执岗的营养师或饮食治疗师有限，要见到营养师或饮食治疗师本人更是难上加难。可眼见我国慢性非传染性疾病如肥胖症、糖尿病、高血压、高胆固醇等等的病例处于上升趋势，到底哪里出问题了呢？又该怎么办好呢？



营养师及饮食治疗师： 不仅是食疗那么简单

其实这些疾病的根源都是来自于饮食和生活作息的不当。病从口入，饮食过剩和缺乏运动都是这些慢性非传染性疾病的罪魁祸首。常言道“预防胜于治疗”，也只有透过食疗、改正生活作息也才可远离病魔。说来容易，做很难。

网络上充斥着种种诱人的广告如“不运动就可以瘦”“一招解决糖尿病”“有了XXX癌症可以得救”这些广告都非常让我们愤怒，通过消费者希望可以令身体马上变好的心态，滥用了他们对于产品的信任。轻则无效，重则断送自己的宝贵的肾脏甚至生命。



在大专，我们拥有超过130名受过 专业培训的营养师及饮食治疗师

我们可成为您的“知己”帮助您克服病魔或饮食上的难题。我们坚信食物或饮食上的改变可以帮助治疗与减轻病情。这130多名营养师或饮食治疗师愿意走入社区，让大众能轻轻松松在遍布大马各个市区的大专药剂 (Alpro Pharmacy) 接受到免费的营养咨询。





在大专药剂，我们的营养师或饮食治疗师提供社会大众专业的营养与保健咨询无论是大病还是小疾都可以透过我们的营养师或饮食治疗师得到您想要的答案。他们擅长的专业领域包括了体重管理、三高管理、癌症饮食、肾病饮食和喂食管管理 (tube feeding regime) 等等。近年来也因为行动管制令 (MCO) 的推促下，更拉近了我们的顾客与营养师或饮食治疗师之间的距离。因为顾客能够透过手机的应用程序 (Health2sync) 与我们营养师或饮食治疗师在线上交界。而也是因为科技的发达，让营养师或饮食治疗师能够更有效一对一帮助顾客跟进他们的状态和及时给予饮食上的建议。除此之外，各个大专药剂还设立了各自的 WhatsApp 群组让各位大专会员对于健康资讯触手可得。

“

来，让我们听听静儿饮食治疗师对于自己的工作岗位有什么看法？

“对于在大专服务的营养师或饮食治疗师来说，顾客不再是病人而已，而是我们的家人朋友。因为在大专，顾客无需预约，只需上门就能会见我们的营养师或饮食治疗师。还有个原因就是我们在药剂行的时间比自己待在家还长时间。能接触顾客的时间也更长，对顾客的了解更深。大家相处久了也就渐渐关系变的更好了。在大专工作最开心的事就是每当看到顾客再次出现时脸上的笑容和亲眼见证他们身体状态在我们的饮食指导下得到了良好的改善”

“身为一名社区营养师或饮食治疗师不容易，因为在我国这行业还不算普遍。大家也许会把我们误认为药剂行工作的药剂师。也许还有很多人不知道在大专药剂行能找到营养师或饮食治疗师给予饮食上的帮助。可我们坚信借由所有大专人的付出和努力能让大家认识大专的营养师或饮食治疗。跟希望透过大专药剂这个平台能让普罗大众跟容易接触到正确的营养知识和更进一步的了解健康饮食之道。最后想说我们很荣幸能走入社区，让人拥有选择健康的权利。希望有一天我们能成功打造【健康与充满活力】的社会，这也是我们大专人的宗旨”

毕业前，我不曾想象自己会在药剂行创下这么精彩的一页。加入大专药剂那种忐忑的心情至今让我难忘。我非常感谢自己当下的勇气，因为这份勇气让我走出不一样的事业里程碑。短短的几年，我得到的不仅是事业上的认可和薪酬，更是难能可贵的人脉和与顾客交流时的感动。

”

赖静儿

大专药剂首席饮食治疗师



您也希望可以成为一名为社会贡献的营养师或饮食治疗师吗？

当大专药剂引进第一批的营养师与饮食治疗师，许多人都报以观望的心态。然而，当使命与回报得到相互的回应时，越来越多拥有同样抱负的专业人士加入大专的大家庭。今天，几乎每一家大专药剂都有一名营养师或饮食治疗师，在顾客或病人或照护者最需要的时候，陪同并解决食疗与营养的问题。所以，我们希望更多有热忱的营养师或饮食治疗师可以加入我们的团队，为自己的事业与青春写下有意义的一章。



Healthy & Trusted Family Brand

NOW @
RM **86.90** / unit

GoodMorning
GSure
900g
NP: RM89.00



YOUR BEST CHOICE FOR A HEALTHIER AND LOW GI DIET!

Drink GSure!

Balanced and Complete nutrition is the best solution



COMPLETE BALANCE NUTRITION



SUITABLE FOR VEGAN AND VEGETARIAN



GoodMorning
VGrains 1kg
NP: RM64.00



NOW @
RM **68.90** / unit

GoodMorning
VPlus Premium 1kg
NP: RM78.00



PWP **NOW @**
RM **24.90** / unit

GoodMorning
VGrains
Convenience Pack 360g
(30g x 12 sachets)
NP: RM28.30



FREE GSure 7-Day Trial Pouch
(60g x 7 sachets; worth RM48.00)*
with any purchase of **GoodMorning**
Products worth **RM160.00**
or above in a single receipt.

*While Stocks Last.

*Redeem your free gift at Alpro Pharmacy Outlets nationwide.



No.1 Multigrain Beverage Brand in Malaysia
According to research study by Providence Strategic Partners Sdn Bhd





**REBATE
RM**

8

for every purchase of
AL Active Soymilk & AL Oat Plus 23 Extra

Campaign period :

1st April 2022 - 30th June 2022

Love Your Gut, Love Your Heart

NOW @
RM 57.30 / unit



NOW @
RM 59.90 / unit



 **Helps in Regulating Blood Pressure**



- with natural minerals:*
- ✓ Potassium
 - ✓ Magnesium
 - ✓ Calcium
 - ✓ Suitable for cooking

NOW @
RM 7.60

50% LESS SODIUM SALT






**Your Health,
We Care!**



NH Detoxlim®
— Your Trusted Brand —

NOW @
RM 37.80



NH Gluco-K
御糖茶
4g x 23s

NOW @
RM 54.10



NH Nutri Grains Plus
穀糧飲 Plus
Campuran
Mazrin Segera
dengan Keledek Ungu
800g

Goat's Milk Powder from the Netherlands

Rich In A2 Beta Casein

According to the Food and Agriculture Organization of the United Nations (FAO) (2019), goat's milk only contributed 2% of the global milk production (1). Goat's milk protein is unique from Cow's milk. It contains smaller and easily digestible fat globules, thus enhancing gastrointestinal absorption (2,3). Besides, goat milk is naturally an excellent source of calcium, magnesium, and potassium (2,3). The loaded nutrients provide optimum nutrition to children, adults and elderly individuals. Goat milk contains higher levels of A2 beta-casein compared to Cow's milk. A2 beta-Casein is vital to aid better digestion (2,3), making goat milk an alternative for those who are suffering from lactose intolerance.



NOW @
RM **89.90** / unit



Purenat GOLD

Bonlife Purenat GOLD pure goat milk powder is the best nutritional supplement for all ages. It is especially beneficial for those with stomach sensitivity, indigestion, malnutrition, or gastric ulcers.

Purenat GOLD has added organic probiotics (*Bifidobacterium lactis*) and prebiotic (FOS). These probiotics and prebiotics are beneficial for promoting gut health and enhancing immunity (4). The added goodness of DHA and ALA as a source of energy and omega-3 fatty acids thereby helps decrease the risk of having cardiovascular disease (5). It is also suitable for lactovegetarians as DHA used is derived from algae.

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Best Gift of health this Parent's Day

I love you

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Bird's Nest With Red Dates & Wolfberries
75g x 6s
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2. **Kinohimitsu**
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4. **Kinohimitsu**
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RM 65.90 / unit

吃不多又胀气

解辛苦

安中散

流传方汤

是由7种药材组合而成
可以有效解除

及胃炎
口吐酸水、胃胀气
长期胃痛

根据卫生部统计，平均每5人就有1人有肠胃问题。现代人压力大、饮食不定时、外食比例高、口味辣又重咸，长期下来容易造成肠胃不适，尤其以消化不良、胀气问题最常见。

【安中散记载于《太平惠民和剂局方》，是宋代太医局编写的一种成药处方配本，收录了大量当时临床常用的有效中药方剂，记述了有很多珍贵的方药。】



甘草

消炎止痛



煨牡蛎

中和胃酸



高良姜

促进胃黏膜
达到保胃效果



生姜

消除胀气



小茴香

消炎



桂皮

健胃；调理胃



延胡索

缓解腹部疼痛



长期胃不舒服，吃了东西胃就烧痛的，一直需要戒口。之后开始吃了安中散，吃了七天，早晚2粒，就有了明显的改善。



因为我的胃不好，差不多半年下来一直打嗝，胃一直胀气，开始我一直用了安中散，胀气的次数已经不像以前那样动不动吃一点东西就胀了。

温馨提示：

1. 保持精神愉快。
2. 饮食宜三餐正常，少量多餐，多咀嚼，避免偏食，食物要温软营养易消化，适量。
3. 食物要避免辛辣、油腻、咖啡、浓茶等刺激物。
4. 禁烟、不可酗酒。
5. 养成良好的饮食习惯，三餐宜定时定量，避免饮食偏食。
6. 少食易生痰或促进胃酸分泌的食物、难消化的食物。
7. 避开不容易消化的食物(如：粽子、年糕、汤圆、糯米、饭团...等)，不论是寒性瓜果、蔬菜或辛辣、燥热、有刺激性的食物都尽量少吃。如寒性瓜果、蔬菜或辛辣、燥热、有刺激性的食物都尽量少吃。
8. 情绪宜稳定，要适当的抒发
9. 不得擅自服用未经医师诊断开立的不明胃药、止痛药或是抗生素等，对溃疡病的发作和恶化有影响，应避免使用。

扫描以查询更多





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

THE INNER THOUGHTS OF THE STOMACH



"I don't want ulcers on my part!"

"Hi! I'm Alice's stomach. All is good for the past few months. That I happily break down foods and liquids into their chemical components—carbohydrates, fats, proteins - so that the body can absorb as nutrients and use for energy or to build or repair cells."

"Not until recently. Alice has been busy with work, that she skips her meals. Not to mention the stress that she got to meet all the deadlines. Gastric acid has been going haywire and Alice has been afraid of the side effects from the medication and will not take any of it."

Alice's colleague "Hey Alice. No appetite to eat again? Do you want to try **Metabolic Relieve**?"

Relieve sounds so Relief. I hope Alice will try it. Yesss! She's going to try it.

I started to see the changes in myself (*stomach*). I feel so comfortable! It's such a comfort food for me! Not to mention that Metabolic Relieve is a **complete and balanced nutrition** to fulfil daily nutrients requirement especially when one doesn't have the appetite. What's more, Metabolic Relieve provides **instant gastric relief**, as fast as 15 minutes*!

This was all made possible with :



Gastro-Ad®

A patented non-GMO soy flour fermented by *Lactobacillus delbrueckii*, that helps with decrease in stomach acidity, which quickly **alleviates heartburn and stomach burning sensations.**



Jujube extract

Helps to **reduce gastric acidity** and **juice secretion**. Furthermore, it also helps strengthening the lining of the stomach by increasing the gastric wall mucus, thus providing a protective coating against antioxidative stress and activities.



Fenugreek extract

Helps to have better appetite. Fenugreek extract contains a substantial level of antioxidants, giving it a great potential as an **anti-inflammatory agent** and thus **reduce mucosal injury.**

Metabolic Relieve comes in sachet form. Just mix 1 sachet with lukewarm water, giving you natural berry flavour as meal replacement during gastric discomfort. I'm a happy stomach now! And Alice is able to concentrate at work without the disturbance of heartburn and gastric problems!

*Study based on Bogdanov et al. 1978 & Fatani et al. 2020



Dr. Ram

METABOLIC+



STOMACH COMFORT

SIMPLE CHOICE



*Study based on Bogdanov et al. 1978 & Fatani et al. 2020

So much to do & Taking it in stride

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How many
Duragenz
bottles you can spot
above!

A. 3

B. 4

C. 5

D. 6

*Terms and conditions apply.

3 STEPS* TO WIN!



01 Scan to Join



02 Answer



03 Win Your Prize



**GEAR UP
FOR
YOUR
DAY!**



MAL21026127NCR



**GOOD
NIGHT,
SLEEP
TIGHT!**



MAL21026092TC



**3 KEY
NUTRIENTS**



**RELIEVES
FATIGUE**



**IMPROVES
WELLNESS**



**4 NATURAL
HERBS**



**USED FOR
DIFFICULTY
IN SLEEPING**



**ONCE-A-DAY
DOSE**



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Chan Fong
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氣
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Ini adalah iklan produk suplemen kesihatan. KKLIU: 1059/2021 (exp: 31 December 2023) MAL2183007 12 Apr 2021

BIO-LIFE Vitamin C Range



Once-A-day



Gentle on stomach



Halal certified

VITAMIN C

The antioxidant properties of Vitamin C and its role in collagen production making it a vital molecule for body health.


HEALTH TIPS

Vitamin C also **helps in the absorption of iron** by the body. Therefore, it is suggested to pair food rich in Vitamin C with iron-rich food such as nuts, spinach, and red meat.

HOW MUCH SHOULD YOU CONSUME?

The published research recommends healthy adults to increase their daily intake of Vitamin C to **250 - 1000 mg**.

DO YOU KNOW?

 **51** Lemon (medium size)¹

1000 mg Vitamin C =  **25** Oranges (medium size)¹

 **11** Guava (slice)¹

References 参考文献 Rujukan:

1. Tee et al., 1997 Nutrient composition of Malaysian Foods pg 69, 71, 75



BIO-LIFE Nat C

6 in 1 formula which contains **natural antioxidant nutrients** (Vitamin C, Citrus bioflavonoids, Rutin, Hesperidin, Rosehip & Acerola extract)



BIO-LIFE Non-Acidic C

Sustained released tablet that delivers slowly over a period of 8 hours



BIO-LIFE MEGA- C Plus Bioflavonoid

Convenient sachet pack, great for on-the-go

KKLIU 1799/2020

Tarikh Tamat Tempoh: 31 Dec 2022

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We care For Your Wellness



Everyone is Unique, so does your Vitamin!

“

**Mr. James,
Architect,
age 34.**

**Always engage
with phone
and long hours
working.**

”

**High stress
level**



1. Energy Booster:
*Improves vitality
and energy in men*
2. Spirulina: *Provides
energy from
multivitamins and
minerals*
3. Lutein: *Protects
eyes from UV light*

“

**Ms. Angeline,
ballet dancer,
age 42.**

**Recently,
she has been
busying on
monthly opera
performance
preparations.**

”

**Joint
Inflammation**



1. Olive Leaves Extract:
*Improve bone mineral
density*
2. Astaxanthin + Omega 3:
Supports healthy heart
3. Turmeric Curcumin:
Reduces inflammation
4. Evening Primrose:
*Promotes hormonal
balance*

The RIGHT VITAMINS, For you... All it takes is 5 minutes.

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Scan the QR Code
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health assesment



STEP 2

Customize
your own
VitaPack



STEP 3

Chat with
Nutritionist



H-DRATE with Science

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

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Flavettes Effervescent H-drate 30s

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PROVITON

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PROVITON

PROVITON Multivits CoQ10 plus

PROVITON Multivits CoQ10 Plus 90s

MAL 10025031N

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

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BAYER

B **B** **B** **B** **B** **B**

Mg **C** **Zn** **C** **Mg** **Zn** **C** **B**

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Berocca **Berocca**

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Berocca
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NOW @
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Berocca
Orange 15s

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Semangatkan Ramadan**

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Chil-kid

AA + DHA

GOS

Nucleotides

*less Sweet
more Oishi*

Best BUY!

27 Key Nutrients

JAPANESE FORMULATION

✓ Suitable for Asian Children
✓ 100% Produced and Packed in the Netherlands

✓ Japanese formulation with well-balanced essential nutrients
✓ Undergoes stringent quality control with double inspection process
✓ Balanced ratio of AA and DHA, suitable for asian children
✓ Mild vanilla taste & reduced sweetness

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Speed-up recovery by **3 days***

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BUY 2 @
RM109.50

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Source: Nielsen MAT December 2020



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* Zakay-Rones Z, Thom E, Wollan T, et al. Randomized Study of the Efficacy and Safety of Oral Elderberry Extract in the Treatment of Influenza A and B Virus Infections. The Journal of International Medical Research. 2004; 32: 132-140.
Rao A, Setthi M, Dick C. A double-blind, randomized, placebo-controlled study to evaluate the safety and efficacy Sambucol® liquid formulation to reduce the duration and severity of the common cold symptoms in adult. PMA-SAM05, 2016.

METABOLIC
+ junior
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**Lactose intolerance?
 Maybe not.**



Red Spots



Bloating



Itchy

**No More Allergies
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Lutein  **VISION**
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Borage Oil  **BREATH**
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Prebiotic & Probiotic  **DIGESTION**
 改善消化



WHY THE FIRST 1000 DAYS is IMPORTANT?



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

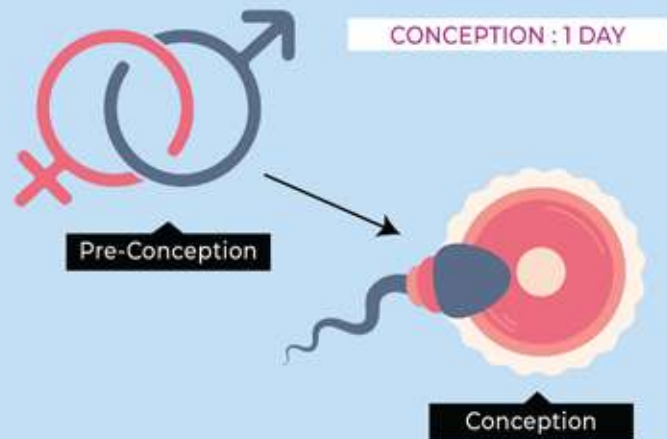


First 1000 days is a period that initiates with pregnancy and ends when the child turns 2 years old.
Pregnancy (270 DAYS) + year 1 (365 DAYS) + year 2 (365 DAYS) = 1000 DAYS

The first 1000 days of life is a unique window of opportunity to support child development and long-term health. It's a time where the brain, body and immune system develop significantly. The baby develops from 1 cell to 500 trillion cells during the **first 1000 days!**

This critical period of time has an enormous short and long-term impact on the health and wellbeing of unborn babies, infants and young children, as well as on pregnant and lactating women. Your growing baby will rely on you to get the right nutrition during their first 1000 days of life. Thus, it is essential that before, during and after pregnancy, you should try to maintain a healthy diet from a range of food groups, to help ensure you and your baby are getting enough essential nutrients.

SUCCESSFUL CONCEPTION AND HEALTHY PREGNANCY



OMEGA-3 FATTY ACIDS ARE CRITICAL IN THE FIRST 1000 DAYS OF LIFE

Till today, we were aware of specific nutrients which are important for mother and child, such as calcium, iron, protein, folic acid but according to recent studies, Omega-3 fatty acids, particularly Docosahexaenoic acid (DHA) play a vital role in pregnancy and post pregnancy.

DHA is an Omega-3 fatty acid that plays a critical role in every cell in your body. More specifically, your brain, skin, and eyes rely on adequate DHA levels for optimal health. As your body cannot make DHA in significant amounts, dietary sources or supplemental DHA is often recommended during pregnancy.

Nutritional status of a woman before becoming pregnant determines early development of the baby. While DHA is vital for a healthy baby, it is also extremely important when trying to conceive.

An in vivo study has shown that supplementing with Omega-3s helps with egg quality, as well as to extend the age range for fertility. Another study has also described women who have higher intakes of Omega-3 fatty acids are more likely to get pregnant than women with low intake. This study shows the importance of DHA in the diet. Not only for women, studies on male infertility show the benefits in sperm motility and sperm count from Omega-3 supplementation.

MOTHER-INFANT DHA RELATIONSHIP

PREGNANCY : 270 DAYS



Looking beyond just trying to conceive, higher DHA levels are also important for the health of the baby. DHA is incorporated into the neurons of the brain and essential for the baby's development. Studies show that infants who received enough DHA during pregnancy exhibited improved psychomotor development and mental processing scores by four years of age.

Low DHA levels have been linked in several studies to an increased risk of preterm births. A Danish study has reported that women with low levels of DHA were at a 10-fold risk of having their baby prematurely. Whilst US study found that women who supplemented with 600mg DHA had babies with greater birth weight, larger head size and more likely to be full term. Intakes of at least 600mg DHA daily may provide greater protection against early preterm birth. Thus, a sufficient intake of DHA by mothers during pregnancy can also reduce the risk of preterm birth.

SPECIALLY FOR MOMMIES

It isn't uncommon that women can be forgetful during pregnancy – this is because as your baby grows in the womb, the omega-3 fats are shuttled from the mother's supply (primarily her brain) to the placenta. Thus, it's essential for mummies to supplement DHA into her diet so they don't deplete their own supply.

Besides that, the depletion of mummies' DHA stores may be responsible for postpartum depression. Some studies have shown that by consuming a diet that is rich in DHA can reduce the risk of postpartum depression. This was supported by the study conducted at the University of Connecticut, which women taking DHA were found to improve symptoms of anxiety/insecurity, as well as emotional liability as compared to placebo group.

BENEFITS OF DHA DOESN'T JUST STOP AT PREGNANCY

BABY'S
1ST YEAR :
635 DAYS

1st Year
of Life



BABY'S
2ND YEAR :
1000 DAYS

2nd Year
of Life



DHA is naturally found in the breast milk of mothers who eat fish that is rich in DHA. It is critical

for the growth and development of your baby's brain and nervous system, especially since your baby's brain grows very quickly in his first year of life and triples in size by his first birthday. It also plays a significant role in the development of a baby's eyes.

The best sources of DHA are cold-water fish such as salmon, tuna, sardines, anchovies and herring. However, many people are concerns about mercury and other toxins in fish, especially during pregnancy. Thus, purified, quality fish oil supplements are often the safest source of DHA, without the risk of toxicity.

"YOU ARE WHAT YOU EAT AND SO IS YOUR BABY".

Nutritionist Nisra



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with every unit of
Systane[®] Complete
Purchased

ALL
IN
ONE

2 DROPS,
1 UNSTOPPABLE YOU



Promotion Period : 1 May - 30 June 2022

HOW TO REDEEM?

Step 1 : Buy 1 unit of Systane[®] Complete 10mL.

Step 3 : Click Touch'n Go E-Wallet

Step 2 : Scan QR code to WhatsApp the receipt



+6011-51109041



Type<TnG>

Step 4 : RM8 TnG E-Wallet Reload Pin Credit Code will be sent to you.

*Terms & Conditions:

1. This promotion is only valid from 1st May till 30th June 2022. Any redemption after this date will not be accepted.
2. This promotion entitles you to get RM8 off when you purchase one unit of Systane[®] Complete 10mL.
3. Discount will be reimbursed via Touch 'n Go E-Wallet credit.
4. E-Wallet redemption capped at RM48 per consumer.

5. Alcon Laboratories (M) Sdn Bhd reserves the right to change the terms & conditions without prior notice.
6. Alcon Laboratories (M) Sdn Bhd reserves not to honour this promotion if there is reasonable suspicion of forgery, fraud or any other reason in the absolute discretion of the company.
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Note: Promotion is for consumers/patients only. Not valid for resellers such as hospitals, clinics, pharmacies and any related intermediaries.

Alcon

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Reference: 1. Silverstein S. et al. Symptom Relief Following a Single Dose of Propylene Glycol-Hydroxypropyl Guar Nanoemulsion in Patients with Dry Eye Disease: A Phase IV, Multicenter Trial. Clinical Ophthalmology 2020;14 3167-3177. ©2020 Alcon Inc. 11/20

MY-SYC-2100098 MDAMD 0029/2021

FREE YOUR EYES FROM DRYNESS AND IRRITATION

It's time to Refresh!



365 Safe to use daily¹⁻³



Suitable for contact lens users⁴



**Best
BUY!**



GB61160359917



GB67363498317



GB6585530916



Refresh Tears®
Provide immediate,
long lasting relief²



Refresh Liquigel®
Suitable for moderate
to severe dry eye⁵



Refresh Plus®
Preservative free¹

References: 1. Refresh Plus Product Insert 2. Refresh Tears Product Insert 3. Refresh Liquigel Product Insert 4. Data on file, Allergan Inc. 5. Ueviers C. et al, Contact Lens and Anterior Eye. 2019 Aug 1;42(4):443-9. Further product information is available upon request.

Allergan
an AbbVie company

ALLERGAN MALAYSIA SDN. BHD. (831025-D)
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MY-RFS-210029, 31/JAN/22.

Boost-Up Skin Hydration
Deeply Hydrates Skin for 24hrs

24hrs
Deep hydration

RM58.60-RM71.20

Hada Labo
HA Supreme Hydrating Concentrate Cera 30ml/
Hydrating Snow Dew 50g
NP: RM73.20-RM89.00

RM46.20

Hada Labo
Hydrating Lotion
(Light/ Rich)
NP: RM66.00

Visible results. Continuous usage of the product after 28 days on individual bottles and glass.

OXY Cleanse Your Way
to Healthier Skin

RM12.60

OXY
Face Wash Range
NP: RM15.80

Anti Blackhead Range Anti Acne Range Oil Control Range

Anti-blackhead Fight Pimples Oil Control

ROHTO
EYE DROPS

ROHTO
EYE DROPS
EXTRA COOL
Tired Eye Relief
SOOTHING & REFRESHING

ROHTO
EYE DROPS
COOL
Tired Eye Relief
SOOTHING & REFRESHING

FAST COOLING RELIEF
SOOTHING by Hydration
LONG Lasting Relief

FAST COOLING RELIEF
SOOTHING by Hydration
LONG Lasting Relief

Reg. No. :GB2112320-43609 Reg. No. :GB69037490817

RM12.90-RM15.90

Rohto Eye Drops
Rohto Extra Cool/Cool
13ml
NP: RM17.45-18.90

Registered under Act 737

SUNPLAY
SKIN AQUA
DAILY

Sunscreen with 360° Protection
Combat UV, Blue Light & Pollutants

Dry Skin ALL Skin Type ALL Skin Type

Brightening Weightless Hydration 6 Free Irritants No White Cast

RM32.70-RM36.70

Sunplay
Skin Aqua UV Super Moisture SPF50+ PA++++
(Essence 50g / Gel 80g)
Skin Aqua UV Brightening Moisture Gel 80g
NP: RM40.90-RM45.90

RM39.90-RM55.90

Sunplay
Ultra Shield SPF130
Mist/ Lotion
NP: RM49.90-RM69.90



SHOP NOW!

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

**MAY - JUNE 2022
PROMOTION**

Buy 2@
RM **183⁸⁰**
Nestle Nutren Fibre 800g

RM **149⁹⁰** / set
Metabolic+ Recovery 850g Gift Box
FREE MUG (on pack)

*Free gift while stocks last

Actishake Premium Rich Chocolate 468g
RM **79⁹⁰** / unit



Wyeth Nutrition Enercal Plus Vanilla 900g
RM **67⁸⁸** / unit



GKB Antrodia 450mg 2x60's
FREE 10's (on pack)
RM **298** / set



*Free gift while stocks last

MAL1506002ZT

Powerlife Duragenz 60's
RM **89⁹⁰** / unit



MAL20306103T

Powerlife ProB8 60's
RM **118** / unit



MAL19991942KCE

Buy 2@ RM **179⁸⁰** / unit
Powerlife Bio-A CDE Coenzyme Q10 50mg



MAL19106072N

THC Lacto-5 500mg 2 x 90's + 30's
RM **219⁹⁰** / pack



MAL09072807XC

Abbott Surbex Calcium D3 2 x 60's
RM **85⁹⁰** / pack



MAL15025029XC

FREE 1x Effermune Zin-C 10's
*Free gift while stocks last

MAL17035013NC

Abbott Surbex CoQ10 60's **RM 88⁸⁰** / pack



MAL15055022NCX

Thomson Activated Ginkgo Extract 400mg 500's x 30's **RM 485** / pack



MAL19970871T

Prunus Domestica 18g x 15's **RM 49⁹⁰** / unit



Premerix Getset Smooth'D 20g x 10's **RM 49⁹⁰** / unit



Tolak Angin Herbal Liquid with Honey & Mint 15ml 5's **RM 5²⁹** / unit



MAL18106083T

Sensodyne Deep Clean 100g **RM 12⁵⁰** / unit



NOT190400938X

Systema Toothbrush 3's Full Head / Compact **RM 13⁸⁰** / pack



DD Adult Diaper Cream 120ml **RM 39⁹⁰** / unit



NOT200700716K

Buy 2@ **RM 69⁹⁰**



The Original Vegesorb Moisturiser 100ml

Buy 2@ **RM 30⁹⁹**



Biore UV Perfect Block Milk Moisture SPF50 25ml

NOT200306640K

Pernacare Gel 125ml **RM 83⁹⁰** / unit



JF Sulfur 10% Anti-Acne Face & Body Soap 100g x 3's + 1's **RM 27³⁰** / pack



RM 9 /unit
Eye Mo Moist 15ml



RM 7 /unit
Eye Mo Moist 7.5ml



MAL19973559XC

RM 5³⁰ /unit
Eye Mo Regular 7.5ml



RM 6⁹⁰ /unit
Eye Mo Regular 15ml



MAL19973559XC

Musclesmooth Herbal Plaster 5's **RM 11⁹⁰** / pack



MAL10100092T

Deoproce Pure Aloe Soothing Gel 95% 300ml **RM 21** / unit



NOT13040642JX

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.

SUPER DUPER

wow!

OMG!

GUARANTEE LOWEST PRICE

买贵退差价

SAVE MONEY, LIVE BETTER. :)



Nestle
Nutren
Optimum
Vanilla
800g



Nestle
Nutren
Diabetik
Complete
Vanilla
800g



Biogrow
Oat
BG22
480g



Ural
Effervescent Granules 28x4g

MAL05070373XC

Abbott
Iberet Folic 500mg
30's



MAL07021532XS



Appeton
Essentials
Folic Acid
90's

MAL19988555XZ

Viartril-s
Sachets 1500mg x 30's



MAL20031758X

Scotts DHA Gummies
Orange / Strawberry / Blackcurrant
60's



Scotts Emulsion Cod Liver Oil
Orange / Original 400ml x 2's



MAL20013599XC

MAL19931942XC

Listerine Original / Coolmint
750ml X 2's



NOT200107159K

NOT141202477K



Alcon
Tears
Naturale
Free
32x0.8ml

MAL19940431XZ



Nivea
Extra White
with
Vitamin C & E
Body Lotion
320ml



Garnier
Micellar
Cleansing
Water Pink
400ml



Dove
Beauty
Nourishing
Body Wash
1L

NOT170307629K



St. Ives
Green Tea
Blackhead
Clearing
Scrub/
Apricot
Scrub Acne
Control
170g



Oral-B
Essentialfloss
Waxed
Dental
Mint
50m

BUY 2 & REDEEM 1*

TOTAL IMAGE®
— creating wellness since 1984 —



MAL 13115067N

NOW @
RM 99 / unit

Whita Glo
L-Glutathione
400mg 30s



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 bottle of Whita Glo 30s (No Bonus Voucher) will be deliver to your doorstep with a minimum of 20 working days.

* T&Cs apply

Promotion Period: 1 May – 30 June 2022

MAL 09072802XR



NOW @
RM 195 / unit

Collagen Plus
60s Twin Pack +
10s

MAL 20040328XR



NOW @
RM 185 / unit

Collagen
80s Twin Pack +
Collagen Plus 20s

Eliminate Odour Naturally

Keep You Fresh & Confident All Day Long

SMELLY-NO-MORE

100% Natural-based
Ingredients

Alcohol &
Fragrance Free

Hypoallergenic

ZERO-irritants

NOW @
RM 12.50 / unit

Smelly-No-More
Crystal Roll-on
Deodorant 60g



NOW @
RM 19.90 / unit

Smelly-No-More
Crystal Roll-on
Deodorant 120g



MooGoo

Natural solutions for skin problems



BEST SELLERS

Natural Cleansers

Natural Moisturisers



Face & Body

Baby & Kids



Normal & Dry Skin

Very Dry Skin

Red, Itchy, Troubled Skin

Tip : For best results, use MooGoo Milk Wash or 2-in-1 Bubbly Wash as your daily cleanser to prep skin for these amazing moisturisers!

NO STRIPPING. NO DRYING.

Try it today for your delicate skin!

Wodaphil Satisfied

REAL CUSTOMER REVIEWS

*Free from most common irritants

- Mineral Oils
- Silcons
- Alcohol
- Fragrance
- Colourant
- Parabens
- MIT



NOW @
RM 24.50 / unit
MEMBER PRICE



Aloe Vera



Black Swallow-wort



★★★★★
此产品质量非常好用,很适合我干燥的皮肤,尤其是有割伤的小伤口用来清洗过后没碰上任何药物都会自然的修复和复元,我会继续支持此产品 🙌🙌🙌
10:53 AM



★★★★★
I have a very good experienced with Wodaphil products. It's really help me moisture, refreshing, smoothly my skin. It was a low pH products & come a loog with soft smelly lotion type. I loved 🙌🙌🙌 It so much. Will be strongly recommended to friends & family's.
10:22 AM



★★★★★
Setakat nie Prodk nii the beest sangat tidak buat kulit kita perit... Kulit yg bermasalah bagus menggunakan wodaphil ini saya juga sudah menggunakan... 3 botol...
8:11 PM



All day advanced Sun Protection Enjoy the sun FUN!



NOW @
RM 28.99 / unit
MEMBER PRICE

Sun Protection is needed!

- ✓ Vacation
- ✓ Hangout
- ✓ Sports
- ✓ School children Moms!!*
• Fetching children, buying groceries etc.

1. Carica Papaya, Manuka Honey20+, Sunflower Seed Oil
2. Care Solution For Sensitive Skin
3. Double Intense Care Formula
4. No Parabens, Colourants, Mineral Oil



Repair Chapped Lips, Cuticles & Dry Skin



Quick Relief of Skin Irritations



Multipurpose, from Top to Toe



Rapid Absorption to Keep Your Skin Hydrated All Day Long



Grandpawpaw
MADE IN AUSTRALIA



NOW @
RM **29.90**
/ unit

Grand Paw Paw
Manuka 20+
Hand Cream 75g



NOW @
RM **19.90**
/ unit

Grand Paw Paw
Manuka 20+
Ointment 25g

DERMAVEEN
CREATED BY NATURE PROVEN BY SCIENCE

FOR DRY, SENSITIVE SKIN

Hari Raya
Aidilfitri

PARABEN FREE | LAMOUR FREE | FRAGRANCE FREE | EYE SAFE | NOT TESTED ON ANIMALS | VEGAN FRIENDLY | HALAL

NOW @ RM 38.20 / pack

DERMAVEEN® DAILY NOURISH 500mL RANGE

NOW @ RM 22.90 / pack

- DERMAVEEN® DAILY NOURISH MOISTURISING CREAM 100mL
- DERMAVEEN® DAILY NOURISH OATMEAL CONDITIONER

Terms and Conditions Apply. While stocks last.

inova pharmaceuticals

NEW

Dequadin e-mune plus

Best BUY!

Mixed Elderberry, Honey & Turmeric Drops

Dequadin e-mune plus

TURMERIC

MIXED ELDERBERRY

HONEY

BOOST YOUR INNER WELLNESS

Further information is available on request from:
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inova pharmaceuticals

DURO-HERB™
The Natural Chesty Cough Relief

NOW @ RM 14.90 / pack

Duro-Herb Chesty Cough Liquid 100mL
NIP: 1945630 each

- Livens & Expels Excess Phlegm
- Relieves Chesty Coughs
- 2+ Suitable for Children from 2 years old & above
- No-drowsy Formula
- No added alcohol, sugar & colouring
- Coughing Soothed by Leaf Powder Extract

Further information is available on request from:
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1F-2A, 10th Floor, Tower 4, The PTCC, Jalan Puteh 1/2, Bandar Puteh, 47100 Putrajaya, Selangor, Malaysia.
Tel: 603-8933 3800 Fax: 603-8933 3801

inova pharmaceuticals

FOR OILY SKIN

CLEAN SKIN BEFORE ACNE STARTS

FOR SENSITIVE SKIN

NEW

ACNE-AID

NEW

ACNE-AID

NOW @ RM 13.75 / pack

ACNE-AID Soap Bar Oil Control 100mg
NIP: 1949120 each

NOW @ RM 23 / pack

ACNE-AID Liquid Cleanser Oil Control 100mL
NIP: 1942875 each

NOW @ RM 20 / pack

ACNE-AID Gentle Cleanser Sensitive Skin 100mL
NIP: 1942500 each

inova pharmaceuticals

bath A PRODUCT OF GSO

Dry Skin

We've got you covered!

NOW @
RM 16.50 / unit
MEMBER PRICE

**5 SHOWERS
 IN A DAY
 UNDER THE ENDEMIC?!!**



pH 5.5

- Kills 99.9% Germs
- Antibacterial with Ag+
- With Ecocert Fragrance

A PRODUCT OF GSO

BIONIER
 SKIN ESSENTIALS

REMOVE ALL
 traces of makeup in a **SWIPE!**

RINSE FREE

REFRESHING FEEL!

CUSTOMER GOOD REVIEWS

NOW @
RM 19.90 / unit
MEMBER PRICE

Felicie Fern recommends GSO
 2 weeks ago · 48
 Tried the bionier micellar cleansing water and it really surprised me. Remove all the make up without leaving your skin dry and suitable for sensitive skin as well. Price is reasonable compare to other big brand. Worth your money. Highly recommend!

Shihy Heang recommends GSO
 3 weeks ago · 48
 I love using gao product, especially bionier micellar water. It doesn't dry my skin and not makes my eyes sore before this, I always using garnier micellar water but now switch to bionier because it is also much more cheaper! Highly recommend!

Rahmah Adawiyah recommends GSO
 2 weeks ago · 48
 Saya dah try Bionier Micellar Water, produk ini sangat recommended!!!, tak mengeringkan kulit dan semasa kotoran pada muka saya keluar dengan sekali wipe je. Muka lebih fresh and lembut.
 So, I suggestkan kepada semua, pilihlah Bionier ni, sangat best!

Cetaphil

NEW & IMPROVED

DERMATOLOGICALLY TESTED.

COMPLETE CARE FOR YOUR SKIN.

6 Steps To Clean & Healthy Hands



Use a wash that cleanses without drying the skin.



Scrub palms, between fingers & back of your hands.



Wash the back of your fingers, base of thumbs & under your nails.



Don't forget your wrist.



Keep washing for 20 seconds then rinse & dry.



Finally, moisturise skin with rich, hydrating cream.



Bright Healthy Radiance



DERMATOLOGICAL SKIN CARE BRAND IN MALAYSIA

The Healthy Way to Visibly Brighter Skin in 4 weeks^{2,3,4}



White Sea Daffodil
Reduces the size and color of dark spots

GentleBright Technology With Natural White Sea Daffodil & Niacinamide

Niacinamide (Vitamin B3)
Lightens & evens out skin tone

New



HYPOALLERGENIC • FRAGRANCE-FREE • DERMATOLOGICALLY TESTED

References: 1. IMS data on Emollients and Protective, MAT Q2-2018, 2. Galderma data on file 203150, 3. Galderma data on file 203141, 4. Galderma data on file RD.27.5PR.203148

GLOW & WIN Contest

RM18,000!

Contest Period:

1st April - 31st July 2022



Scan To Join Contest!



Grand Prize:
Apple
Ipad Mini



1st Prize:
Dyson Hair
Dryer



2nd Prize:
Fitbit
Smartwatch
Versa



Participating products

*Term & Conditions Apply

HOW TO PARTICIPATE


-  **Purchase**
-  **1st Submission**
1st April - 15th June 2022
-  **WhatsApp**
to 017-651 8786
-  **2nd Submission**
15th May - 31st July 2022

PHOTO SUBMISSION

Snap 3 clear photos of your face
(Front, Left & Right)
for 1st & 2nd Submission



Get that Natural Glow with Garden of EDEN Skincare



Glowing skin is a result of healthy skin. Just like our body, the skin needs to be nourished from within for it to function its' its best. One of the few things that can rob our skin's elasticity and glow are stress and environmental factors like pollution, UV, lifestyle such as lack of sleep, stress, proper nutrition, and choice of skincare.



Primrose E - Proven for 24-Hour Hydration & Glow

Perfect for dull and dry skin types, PRIMROSE E Radiant Skin Serum is clinically proven to infuse more than 24 hours hydration into your skin. The 100% plant-based serum is made from a powerful blend of essential skin nutrients derived from Evening Primrose Oil, Jojoba Oil, Grape Seed Oil and powerful antioxidants Natural Vitamin E.



From
RM 29⁹⁰ - RM 56⁹⁰

ROSA E - Fades Pigmentation in Just 6 Weeks

Pigmentation is caused by UV exposure that can be treated using 100% natural Garden of EDEN ROSA E Pigmentation Serum. It helps boost faster cell turnover and regeneration to fade pigmentation, reduce wrinkles and brighten the skin tone - all in a safe yet effective way!



From
RM 31⁹⁰ - RM 61⁹⁰

Natural Brightening Skin Routine

For your natural brightening skin routine, after cleansing and toning in the morning, apply PRIMROSE E Radiant Skin Serum during the day followed by Satin White Day Cream SPF 30. At night, apply ROSA E Pigmentation Serum after cleansing and toning for the perfect skin glow.



NOW @
RM 53⁹⁰



Getting Your Sun Protection

Skin protection should never be forgotten or taken lightly! Garden of EDEN Satin White Day Cream SPF 30 is a broad spectrum sunscreen that protects against UVA and UVB rays. It is also a hydrating cream that helps brighten the complexion, thanks to the Vitamin C ester content!



NOW @
RM 31⁹⁰

Counterpain®

Effective Pain Relief. Anytime, Anywhere.



Best Buy!



THIS IS A MEDICINE PRODUCT ADVERTISEMENT

K.K.L.I.U 3147/2020 TARIKH TAMAT TEMPOH: 31 DESEMBER 2022.

Ezerra™

The Complete Skincare for Children with Dry & Sensitive Skin



NOW @
RM 41.80

Ezerra Cream 50g



Ezerra Extra Gentle Cleanser 150ml

NOW @
RM 17.90



More Than Moisturise!



FIGHT OFF BODY ACNE
WITHOUT COMPROMISE

MUST TRY!



NOW @
RM 23.50

WASH

STEP 1

A refreshing body wash that helps in reducing body acne

360°

COMPLETE BODY ACNE SOLUTION

No.1* IN MALAYSIA



NOW @
RM 15.50

SPRAY

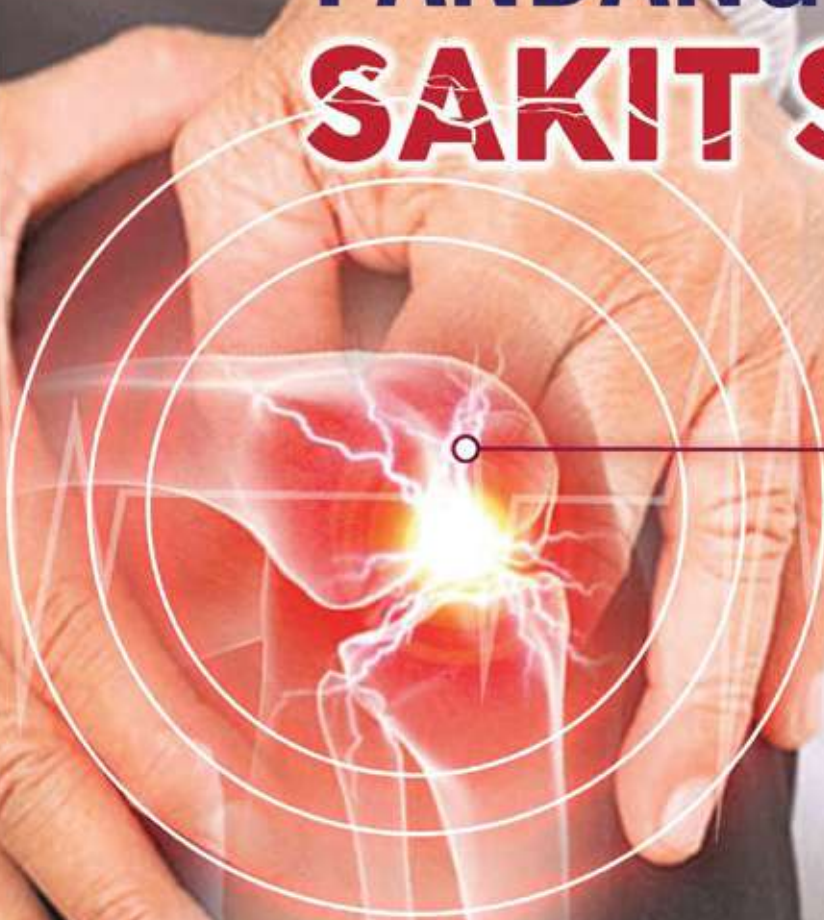
STEP 2

Intensive care for body acne

Source: IPII data on Topical Anti-Acne Preparations (Body Wash and Body Spray), MAT Q3 2021



JANGAN PANDANG RINGAN SAKIT SENDI!



Legakan
Sakit



MAL21036065T

Anda tak perlu tahan sakit,
anda perlu **ParAflex Joint**

Ini adalah iklan produk tradisional No. Siri: KKLIU 0893/2022

The 3 Keys to *Recover* Your *Mobility*

Yes, we know that as we age, our mobility gets worse due to the deterioration of bones, joints and muscles, which can be further worsen after stroke, surgery and accidents.

However, does that mean that we have to accept that we won't be able to walk smoothly again as we age?

NO! The answer clearly is a big NO! First, you have to know what is your current mobility level.

Depending On Severity, Our Mobility Is Classified Into 5 Levels:

Level 1



Able to walk fast without support.

Level 2



One hand need a grab support in order to walk fast.

Level 3



Both hands need to grab support in order to walk fast.

Level 4



Bedridden but not 100% immobile. Able to use self-propelled wheelchair.

Level 5



Bedridden & 100% immobile. High risk of bed sores.

The target is to achieve mobility level 1 and maintain it. The key lies in the strengthening of muscles, protection of knee joints and the use of mobility aiding tool.



Written by:
Chan Chiew Ying,
Pharmacist

The First Key : **Strengthening of Muscles**

Age-related muscle loss, called *sarcopenia*, is a natural part of aging. After age 30, you begin to lose as much as 3% to 8% per decade, which further speed up after the age of 60.



This involuntary loss of muscle mass, strength, and function is a fundamental cause of and contributor to disability in older people.

This means that the earlier you start to take care of your muscles, the longer you will be able to maintain your mobility. This is especially important for post-stroke, post-accident or post-surgery patients.

For an instance, the first **90 days after recovery of a stroke** is referred to as the 'golden period' which is considered extremely important in the complete rehabilitation of a patient because most of the neurological recovery happens during this time.



So, how do we **Recover & Strengthen our Muscle Mass?**

1 Ensure you have sufficient intake of protein (0.7g/kg/day – 1.0 g/kg/day) everyday, which is the essential nutrients to grow your muscles.

*For example,
If you were to use :*

*1.0g/kg/day as your standard
and your weight is 70kg,
then you should take 70g of protein a day.*

As much as we know that meat, poultry, fish, eggs, and dairy foods are good sources of proteins, but honestly it is not practical for elderly to be able to calculate and eat accordingly, not to mention that they have reduced appetite.

In this case, protein supplements would be a suitable alternative for elderly as they only need to remember how many scoops to take per day.

2 Do leg exercise for at least 30min a day and repeat 5 times per week.

This is because exercise creates microscopic tears in your muscle tissue. But during rest, cells called fibroblasts repair it. This helps the tissue heal and grow, resulting in stronger muscles and hence better balancing while walking.

Different mobility level requires different types of exercises (*eg. bed exercise for mobility level 5 and sitting exercise for mobility level 4*) so it is best to consult a physiotherapist beforehand.



Pedal exerciser is often used to aid in the mobility recovery process at home as some elderly may still have the fear of falling down while doing exercise outside their house.





Take note that our knee joint is a very unstable structure, which is highly dependent on the muscles around to keep it in good term, hence muscle weakness is one of the common culprits in causing knee pain.

The Second Key : **Protection of Knee Joints**

During the process of recovering our mobility, it is important to have a proper protection of our knee to prevent exhaustion of joint fluid and inflammation as a result of over wear and tear.

How to **Protect & Strengthen our Knee Joints?**

1 Wear knee support in daily basis, especially during exercise or doing housechores.

It helps to “grab” the muscles around the knee firmly in place so as to maintain the stability of our knee and prevent it from overdamage.

The fact that many people think knee support is not working for them is mainly due to **2 reasons**: *wearing the wrong size and wrong type.*

2 Taking nutrients that have the effect of Replenishing joint fluid

(eg. glucosamine, eggshell membrane)

Recovering joint cartilage

(eg. chondroitin, eggshell membrane)

Reducing inflammation

(eg. MSM, Turmeric, Devil’s Claw)

The effect of each food supplement varies from person to person so there’s no saying that which one is the best.



“ Should we continue to walk if we have knee pain? ”

“ Yes, you should continue to walk under proper protections, because the knee pain will get worse without minimal level of mobility due to poor blood circulation to the knee, which results in insufficient delivery of oxygen and nutrients.

In addition, insufficient knee movement will also result in uneven distribution of joint fluid and results in severe joint stiffness. ”



Written by:
Chan Chiew Ying,
Pharmacist

The Third Key : ***Mobility Aiding Tool***

Mobility aids, such as wheelchairs and walking aids are designed to help assist individuals in moving and other daily activities.

The elderly and disabled often require assistance when it comes to mobility, and aids are designed and tailored specifically to promote safety and independence.

However, you will be surprised that many people tend to choose the wrong type of wheelchair or walking aid that doesn't match with their current mobility level.

For example, most of our customers with mobility level 3 would go for one-handed support instead of two-handed support as they feel that it makes them look old and useless.

Choosing the wrong support would highly increase the risk of falling down!



Talk to our
Silvercare Specialist
For advice in choosing the
correct support for your
loved one.



Written by:
Chan Chiew Ying,
Pharmacist





MOBILITY BALANCE CHALLENGE

JOIN & WIN
APR-JUN 2022

GRAND PRIZE

PRIZES WORTH
RM1,800

Xiaomi
Walking Pad R1

Space Saving

APP Control

How To Win Lucky Draw!

1 Visit

Visit any outlet to do the challenge

Star Excursion Balance Assessment



And earn extra Alpro points!

2 Register

Congratulations!

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

3 Win

Lucky draw winner will be announced on Alpro Pharmacy Facebook Page



Scan Here To Like & Follow

EXTRA LUCKY DRAW ENTRY

1. For Silvercare Member
2. Purchase "Step Up package"

T&Cs Apply. | Images are for illustration purposes only.



MOBILITY



LEVEL 5

LEVEL 4

Mobility Aids



Hospital Bed
(Refer page 34)



Reclining Wheelchair
(Refer page 24)



Wheelchair
(Refer page 24)



Shoulder/Elbow Crutches
(Refer page 32)



Transfer Board
(Refer page 25)

Scan & Learn Home Exercise



Passive Bed Exercise



Active Bed Exercise



Wheelchair Exercise

Muscle & Nerve Health



Abbott Ensure
(Refer to page 60-61)



Metabolic+ Recovery
(Refer to page 40-41)



Metabolic+ Oteine

Joint & Bone Health



Powerlife ParAflex



Powerlife Boswego

Physiotherapy



Anzen Pedal Exerciser



STEP UP Packages

FREE RM10

Metabolic Recovery Product Voucher (Inside Gift Box)

Walker Package



[80712] METABOLIC+ Milk Powder
[100000439] UGOKU Knee Support

SAVE RM10

~~RM194~~
RM184

Jogger Package



[80712] METABOLIC+ Milk Powder
[71783] ANZEN Pedal Exerciser

SAVE RM30

~~RM288.90~~
RM258



RECOVERY

Step Up With Alpro!
Recover your walking ability and enjoy independent lifestyle



2 Hands need to grab on something in order to balance & walk.
(Able to stand up)



1 Hand need to grab on something in order to balance & walk.



Able to walk but slow.

LEVEL 3



Walking Frame
(Refer page 32)

LEVEL 2



Tripod Seat Cane



Walking Stick
(Refer page 32)



Quad Cane

LEVEL 1



Walking Frame Exercise



Walking Stick Exercise



Daily Home Exercise



Metabolic+ Energold



GKB Lion's Mane



Ugoku Knee Support



Powerlife Bonvital

FREE CONSULTATION



Mr. Gan
Rehabilitation Expert

019-659 7808

alprophysio

(*Depend on locations.)



Runner Package

[80712] METABOLIC+ Milk Powder

[79984] POWERLIFE Paraflex Joint

[71783] ANZEN Pedal Exerciser

SAVE RM65

~~RM456⁹⁰~~
RM391⁹⁵

BEST BUY

Athlete Package

[80712] METABOLIC+ Milk Powder

[71306] UGOKU Snug Knee Support

[79984] POWERLIFE Paraflex Joint

[71783] ANZEN Pedal Exerciser

SAVE RM139⁹⁰

~~RM628⁹⁰~~
RM489

Fun Activities for SilverCare Member

APR-JUN 2022
GATHERING!



Interaction Day! Walk In The Park!




Do you know? You can stay healthy and strong as you age! In order to convey this concept, SilverCare-Alpro decided to host **SilverCare Interaction Day** on the 18th of every month, sharing health information with the SilverCare members and teaching them how to take good care of themselves.

019-659 7808

CALL US TO REGISTER NOW!

JOIN US on
EVERY 18th of MONTH!

 Alpro SilverCare Member

 Every Month 18th

 Selected Alpro Pharmacy Outlets

* T&Cs Apply

Fun Activities for Silver Care Member

APR-JUN 2022
LUCKY DRAW!



BUY

RM300 & above in a single receipt

& WIN

x3 WINNERS

PRIZES WORTH

RM30,000

1 April-30 June 2022

STEPS TO JOIN:

1



Sign up as an Alpro Pharmacy member.

2



Purchase RM300 & above in a single receipt on any Ensure Gold & Glucerna items.

3



Congratulations! You are entitled for the lucky draw!

Winner Announcement Date:
5 May | 6 June | 7 July

4

Don't Miss out our announcement!



SCAN & LIKE
our official facebook page!

*Picture shown are for illustration purpose only *T&C apply



Ensure Gold

SAME STRENGTH 50% LESS SUGAR*



PWP
NOW @
RM 6.90 / unit

Ensure® Gold™ Liquid
1st - 31st May 2022

MAJ2021.22335.ENS.VJAN2024



*50% less sugars (4.0g/100ml) as compared to Ensure Gold Vanilla previous formulation (8.0g/100ml) sugars.

IMPROVES
STRENGTH



IN 8 WEEKS**

BUILDS AND REPAIRS
MUSCLE TISSUE*

+



References:
* CaHMB (or Calcium-hydroxy-Methylbutyrate) is needed by the body to support tissue building.
† Argiles JM et al. J Am Med Dir Assoc 2016. "Ensure Gold with CaHMB and protein that helps build and repair muscle tissue." Gombart et al. Nutrients 2020; 12:236.
‡ Ensure® Gold™ contains protein, vitamin A, B6, B12, C, D, E, folate and selenium, copper, zinc and iron that help support immune function.
§ Berton, et al. 2015. PLoS ONE 10(11):e01417757. Doi:10.1371/journal.pone.0141757.
¶ When taken twice daily and consumed along with light daily exercise.

MAJ_2021.22335.ENS.VJAN2024

#LIVELIFESTRONG

Nutraceuticals for Your Joint



Osteoarthritis (OA), sometimes called as wear and tear arthritis, is the most common arthritis which is characterized by joint pain, stiffness and swelling on the joint. OA is a chronic disease of the entire joint, involving breakdown of the cartilage (the tissue that cushions the ends of the bones between joints), deterioration of the tendons and ligaments, and various degrees of inflammation of synovium (the joint lining). The arthritis tends to occur in the hand joints, spine, hips, knees and great toes. OA is a major cause of disability in the elderly and it mostly affects middle-age to elderly people.

Nowadays, joint health has become a major public health concern worldwide, largely due to an ageing population.

Quality ingredients are important to ensure the purity of the ingredients and effectiveness of the treatment. **b-glu®** is a high purity pharmaceutical grade glucosamine HCl from Bioiberica S.A.U., Spain which has been clinically tested and proven to be beneficial for joint health. **CS b-Bioactive®** is the researched chondroitin sulfate on the market and was also developed by Bioiberica, S.A.U., Spain. Both of these nutraceutical ingredients have been studied as a combination.

On the other hand, **OptiMSM®** is the quality methylsulfonylmethane (MSM) from Bergstrom Nutrition, Inc., United States. For more than 25 years, **OptiMSM®** has produced the quality MSM in the world.

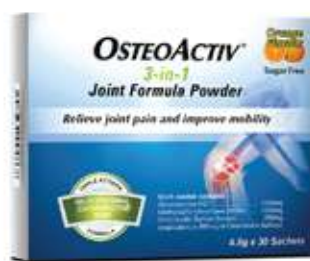


b-glu® and CS b-Bioactive® are registered trademark licensed by Bioiberica, S.A.U., Spain. OptiMSM® is a registered trademark of Bergstrom Nutrition, Inc., USA.

There is no cure for the disease, but some treatments attempt to prevent or slow disease progression. The goals of OA treatment are to reduce pain, improve joint function and restore mobility. Glucosamine, chondroitin and methylsulfonylmethane (MSM) are popular adjuvant treatments for various stages of knee OA. These 3 ingredients are usually given in combination to provide better efficacy in reducing pain as well as improving the joint functions.



MAL07091052X



MAL130656070X



MAL12045022X



This is a medicine product advertisement KKKLIU 1449/2021 Expiry Date: 31 December 2023

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THE IMPORTANCE OF MOVEMENT TO MAINTAIN PHYSICAL



By : Chang Zhong Han
Community Physiotherapist
Alpro Physio Seremban 2

Common question that being asked by my patients ever since I was in my clinical placement.



Extensive scientific evidence has suggested, people should engage themselves in regular moving in order to improve their overall health and prevent worsening of conditions. For example, Parkinson patients get benefitted through consistent and long-term movement training in terms of their body reaction, body control, coordination and strength. While, diabetic patients have lower sugar level after aerobic exercise as the body is more sensitive to insulin after workout.

Rest is not the ideal answer and movement is the one. In fact, in certain condition we should rest immediately after the injury such as muscle strain and ligament sprain to allow our body's natural reaction to stop and repair damage. Upon inflammation (*redness, swelling of body parts*) goes off, we should start gentle joint movement to prevent the scarring of soft tissue. Scarring formation in soft tissue will reduce the joint flexibility and prone to recurrent injury. Please bear in mind that, we should avoid movement when fracture and advised to consult doctor or physiotherapist prior to each movement. This is to make sure that we did not disturb on the bone healing mechanism and prevent any health complications.



TIPS TO IMPROVE AND MAINTAIN YOUR MOBILITY



SHOULDER AND NECK STRETCH

Purpose : To improve shoulder and neck muscles flexibility.

Technique: Bring left arm cross the body midline, use right hand to push on the elbow until feel a pulling sensation at upper back; turn your head to left side and hold, repeat on another side.

Duration and Repetition: hold the stretch for 15 seconds and repeat 10 times.

TRICEPS AND UPPER BACK STRETCH

Purpose : To improve forearm and trunk muscles flexibility.

Technique : Stretch left arm up, support the elbow with tight hand; bend the body to right side until feel a pulling sensation at the side of trunk, repeat on another side.

Duration and Repetition : hold the stretch for 15 seconds and repeat 10 times.



HAMSTRING STRETCH

Purpose : To improve hamstring muscle flexibility.

Technique : Sit on a stable chair, bend your body down and reach your hand towards your toes until you feel a stretch under your thigh, repeat on another side.

Duration and Repetition : hold the stretch for 15 seconds and repeat 10 times.

LOWER LIMB STRENGTHENING

Purpose : To increase the strength of both quadriceps and hamstring.

Technique : Hand hold on a chair, base of support on shoulder width, bend the knee up; repeat on another side.

Duration and Repetition : hold the for 10 seconds and repeat 10 times.



CORE AND LOWER LIMB STRENGTHENING

Purpose : To increase the strength of core and lower limb muscles as well as train proper knee control.

Technique: Lean your back against the wall, hand across the chest, feet keep one step distance from the wall, slowly squat down little bit and hold.

Duration and Repetition: Hold for 10 seconds and repeat 10 times.



alprophysio
Get Better - Stay Better

H.O.P.E.
HOLD ON. PAIN ENDS



Scan to view



Special for

SENIOR REHABILITATION



**Exerciser
Leg & Arms**



**Great For
Physical Therapy**



**Enjoy Increase
Comfort & Knee
Function**



DIGITAL PEDAL EXERCISER



Unique Foldable Design

The office workout equipment exercise bike convenient for carry and store.



Functional Digital Monitor

Digital screen displays exercise time, revolution count, revolutions per minute (RPM), calories burned and resetting button



Adjustable Resistance

Easily adjust the resistance level

www.bestmade4living.com

TRY Salonpas.



ALIF SATAR
Celebrity & Entertainer



**WORLD'S
BRAND No. 1**

OTC topical analgesics in patch category*

*Source: Euromonitor International Limited. In terms of retail sales value in 2020. Based on data from research conducted in March-April 2021 in the countries that account for more than 75% share of the global topical analgesic/anesthetic market in 2020.

KKL10-2607-2020. This is a medicine product advertisement. Exp: 31 December 2022

**Each @
RM27.90**



**Hisamitsu
Salonpas Spray
80ml**

**Buy 2
@
RM29**

**Hisamitsu
Salonpas Patch
40's**



Hisamitsu®



PROTECT YOUR
LOWER BACK
WITH UGOKU
COMFORT-PULL
BACK BRACE



Ugoku^{TX}
MOVE FREELY, STAY ACTIVE

**WEAR & SAY
GOODBYE TO**

**WORMY
LEG**

IN 2 WEEKS

*Result varies by individuals.



The Best
**COMPRESSION
STOCKING**
for Varicose Veins



MDA Registration:
GA8927621-57430





NEW Recovery Nutrition Package
For Purchase / Rental Medical Equipment

RENTAL MANUAL BED



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

STEP 2

Delivery Fee

Depend on Address Area
Refer to next page for contact

RM200 /month

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

STEP 1

Pick Your Package

RM900 6 months **SAVE RM650**



F9HBR20210829900

FREE X-1

1 Ripple Mattress
Brand Apex Domus 1
worth RM399



RM1,500 6 months **SAVE RM930**



F9HBR20210889900

FREE X-1

Tubular Ripple Mattress
Brand Apex Domus 2
worth RM1,230



RENTAL ELECTRIC BED



- Subject to availability
- Addition RM20 processing fee.
- Returnable deposit RM500 will be collected.

STEP 2

Delivery Fee

Depend on Address Area
Refer to next page for contact

RM300 /month

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

STEP 1

Pick Your Package

RM1,500 6 months **SAVE RM699**



F9HBR20210829900

FREE X-1

1 Ripple Mattress
Brand Apex Domus 1
worth RM399



RM2,000 6 months **SAVE RM1,030**



F9HBR20210889900

FREE X-1

Tubular Ripple Mattress
Brand Apex Domus 2
worth RM1,230



剛出院?
BARU DISCAJ

KAMI HANTAR DALAM
MASA 4 JAM!

4小时送到你家! 让你不再无助

ANDA TIDAK KESEORANGAN!

*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. | RM30 Voucher for Allianz Insurance Customer. |



出租服务

SEWA



**RM8,000
TAX RELIEF**
Cost Of Basic Supporting
Equipment For Disabled
Self, Spouse, Child Or Parent.

RENTAL RIPPLE MATTRESS

APEX Domus 2

RM150 /month

RM300 3 month **SAVE RM150**

RM550 6 month **SAVE RM350**

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



APEX
Care for a Healthy Life

MATTRESS FOR PURCHASE

NEW Recovery Nutrition
Package
For Purchase / Rental
Medical Equipment

3 Inches [70137]
RM300
Folded Mattress

4 Inches [61969]
RM400
Folded Mattress

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



Purchase / Rental
Hospital Bed

~~RM650~~
RM480 4 Inches
High Density Foam
Support Mattress
•Special price for rental service.



CONTACT US FOR MORE DETAILS

019-984 2923
Negeri Sembilan / KL / Selangor

013-286 3923
Pahang / Kelantan / Terengganu

019-386 1923
Penang

013-288 1923
Johor

013-587 3923
Kuching

019-323 1923
Melaka



SCAN & RENT NOW



*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. |
| RM30 Voucher for Allianz Insurance Customer. |



RM8,000
TAX RELIEF
 Cost Of Basic Supporting
 Equipment For Disabled
 Self, Spouse, Child Or Parent.



MOVEN

RENTAL MANUAL WHEELCHAIR

Moven Supreme

RM60 /week

RM100 2 weeks **SAVE RM20**

RM180 4 weeks **SAVE RM60**

*Returnable deposit RM300 will be collected.

*Subject to availability

NEW Recovery Nutrition Package
 For Purchase / Rental Medical Equipment

RENTAL ELECTRIC WHEELCHAIR

RM300 /week

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.

MOVEN GO



*Subject to availability

剛出院?
BARU DISCAJ

KAMI HANTAR DALAM MASA 4 JAM!

4小时送到你家! 让你不再无助

ANDA TIDAK KESEORANGAN!

*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. | RM30 Voucher for Allianz Insurance Customer. |

出租服务 SEWA



RENTAL OXYGEN THERAPY



Oxygen Concentrator
5LPM
RM320/month
*Subject to availability



Oxygen Tank 10L
RM100/month
Exclude Refill Fee
RM50-RM100
(depend on tank size)
*Subject to availability



Oximeter
RM80/month
*Subject to availability

OXYGEN CONCENTRATOR RENTAL PACKAGE

2 months
RM600 **SAVE RM200**

F9SCV20200408000

2 months
RM700 **SAVE RM300**

F9SCV20200410000 F9SCV20200408000

6 months
RM1500 **SAVE RM1500**

*Returnable deposit RM 800 will be collected for any oxygen tank/ oxygen concentrator/package.
*Returnable deposit RM 80 will be collected if renting oximeter alone.

CONTACT US FOR MORE DETAILS

019-984 2923
Negeri Sembilan / KL / Selangor

013-286 3923
Pahang / Kelantan / Terengganu

019-386 1923
Penang

013-288 1923
Johor

013-587 3923
Kuching

019-323 1923
Melaka



SCAN & RENT NOW



*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. | RM30 Voucher for Allianz Insurance Customer. |



CARE FOR BEDRIDDEN PATIENTS

Designed for **PREVENTION & TREATMENT** of pressure ulcer



1 YEAR
WARRANTY
MOTOR PUMP

2x
SERVICE
MAINTENANCE



3 in 1 Alternating System
Better for pressure management



Ultra Silent Air Pump
To ensure patient sleeping quality



18 Tubular Cells
Interchangeable individual tubular cell



16 Ventilation Holes
Reduce skin damage up to 50%



Weight Indicator
To adjust air pressure according to patient's weight up to 140 kg



CPR Tag
Quickly deflate the mattress during emergency



SCAN ME TO WATCH!

APEX
Care For A Healthy Life

First-ever in Malaysia

WHEEL-CHAIR SALON



FOOTPLATE

BRAKE

TYRE

ALIGNMENT & BALANCING

ARMPATE

SEAT

CLEANING

Let's Make Your Wheelchair
NEW & SAFE Again!



BOOK NOW!

019-750 0612



Full Range Of
Spare Parts &
Accessories



Services Done
Within 15min
*Depend On Areas



Kill 99.9% Of
Viruses & Bacteria



Door-to-door
Service
*Depend On Areas

Service Charge
As Low As
RM10

*Excluded Changing
New Spare Parts

@ Uncle Jon



KENAPA SUARA SEKELILING MAKIN TIDAK JELAS?



By : Elya Nadzri,
Audiologist



Pernahkah apabila rakan-rakan cuba untuk berkomunikasi dengan kita, suara seakan terlalu jauh dan tidak jelas terutamanya ketika berada di kedai makan? Untuk memahami setiap butir perkataan kita terpaksa fokus dan bergantung kepada gerakan bibir. Sekarang, pandemik mengubah segalanya dan menyebabkan kita lagi susah memahami pertuturan disebabkan pemakaian pelitup muka yang menghalang daripada membaca gerakan bibir.

TELINGA PUNCA SEGALANYA!

Ramai antara kita yang sering mengabaikan masalah pendengaran apabila ianya terjadi kepada diri sendiri. Kebanyakannya lebih suka untuk tunggu sehingga masalah tersebut menjadi lebih teruk sehingga suara sekeliling menjadi makin sukar untuk difahami. Kajian mendapati individu yang mempunyai masalah pendengaran menunggu sehingga 7 tahun sebelum mendapatkan nasihat professional.

(Davis, Smith, & Ferguson, 2007)

MASALAH PENDENGARAN DAN DEMENTIA

Masalah pendengaran dapat menyebabkan seseorang individu tersebut terdedah kepada Dementia atau masalah nyanyuk. Kajian daripada Hopkins Universiti mendapati individu yang mempunyai masalah pendengaran terdedah kepada masalah nyanyuk 2-5 kali ganda lebih tinggi mengikut tahap pendengaran masing-masing jika dibandingkan dengan individu yang tidak mempunyai

masalah pendengaran. Individu yang mempunyai masalah pendengaran tahap teruk berisiko untuk mendapat Dementia 5 kali ganda lebih tinggi dan masalah pendengaran tahap teruk ini merupakan masalah yang selalu berlaku dalam golongan berusia.

(Lin, 2014)

MASALAH MENJADI MAKIN TERUK

Untuk masalah pendengaran, ianya bukan sahaja melibatkan pendengaran tetapi juga melibatkan keupayaan untuk berfikir. Apabila dibiarkan masalah pendengaran terlalu lama, minda akan menjadi semakin lemah disebabkan oleh kurang rangsangan bunyi yang diterima oleh otak. Lama-kelamaan minda akan mengalami kesusahan dalam pemahaman pertuturan yang menjejaskan memori dan juga keupayaan kita untuk berfikir.

PEMERIKSAAN TELINGA SATU KEMESTIAN!

Pemeriksaan telinga sangat penting bukan sahaja untuk golongan yang berisiko mempunyai masalah pendengaran tetapi juga untuk individu yang ingin memastikan telinga dalam keadaan baik. Pemeriksaan telinga merangkumi pemeriksaan fizikal telinga untuk memastikan telinga dan gegendang telinga sihat. Tahi telinga yang berlebihan juga dapat mengakibatkan sesetengah individu untuk mengalami kesukaran mendengar. Pemeriksaan telinga digalakkan untuk dilakukan sekurang-kurangnya 2-3 kali

dalam setahun. Melakukan pemeriksaan telinga sama pentingnya dengan melakukan pemeriksaan mata kerana sebarang masalah berkaitan dengan telinga juga mengakibatkan individu terabit mengalami gangguan emosi dan berkurangnya aktiviti sosial harian.

ALAT BANTU DENGAR MEMBANTU?

Ya! Untuk alat bantu dengar ianya dapat membantu jika individu tersebut mengalami masalah pendengaran. Alat bantu dengar hanya akan menguatkan bunyi yang kurang jelas berdasarkan tahap pendengaran kita. Alat bantu dengar tidak akan menguatkan kesemua bunyi sekeliling dan hanya akan fokus kepada butir-butir pertuturan.

* SEBELUM MEMBELI ALAT BANTU DENGAR PERLU TAHU ini!

Terdapat beberapa faktor yang perlu kita fahami sebelum kita menggunakan alat bantu dengar

- Mudah digunakan dimana sahaja sangat penting kerana jika kita perlukan sebarang bantuan atau pertanyaan mengenai alat bantu dengar kita tahu dimana kita perlu rujuk.
- Elakkan mencari pusat bantu dengar yang hanya tertumpu di kota besar sahaja kerana alat bantu dengar memerlukan tetapan beberapa kali untuk memastikan pengguna alat bantu dengar berasa selesa menggunakan alat bantu dengar tersebut.
- Servis yang ditawarkan selepas pembelian terutamanya penjagaan alat bantu dengar penting untuk kita tahu apabila memakai alat bantu dengar kita boleh minta untuk mendapatkan tetapan alat bantu dengar mengikut keselesaan masing-masing.
- Ramai yang tidak tahu sebenarnya alat bantu dengar dapat ditetapkan mengikut keselesaan kita dan mementingkan keselesaan pengguna ketika menggunakan alat bantu dengar tersebut.
- Khidmat konsultasi bersama audiologis - khidmat audiologis sangat diperlukan ketika pemakaian alat bantu dengar kerana audiologis dapat membantu dalam pemeriksaan dan penjagaan alat bantu dengar dalam memastikan alat bantu dengar dalam keadaan yang baik.



Sebagai kesimpulannya, masalah pendengaran bukan sahaja menjejaskan pendengaran namun begitu akan menjejaskan hubungan kita dengan keluarga. Apabila masalah pendengaran dibiarkan begitu sahaja, makin lama masalah pendengaran makin melarat sehinggakan ahli keluarga enggan berkomunikasi kerana terpaksa menjerit. Ketahuilah masalah pendengaran pencuri terbesar dalam kehidupan yang memudahkan kasih sayang ahli keluarga.

Hear great with Mimitakara®



愛は君の声が聞こえる

1/2
PRICE
IN THE MARKET



ONE CLICK
PERSONALIZED



LIFETIME
PROFESSIONAL
SERVICE



BUY BACK
GUARANTEE



365 DAYS
WARRANTY

Registered under ACT 737
MDA Registration Number:
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GB9503920-46643 (ITC)



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NOW!

019-317 1923

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Love, is being able to Hear



**12 Months
Warranty**



Cloud Based System
Tune Your Hearing Aid
Anytime Anywhere



**Lifetime
Audiologist Follow Up**



**150+ Centers
All Over Malaysia**



100
days buy back
GUARANTEE



FREE
7 Days Trial
Before Start Renting

•Subject to availability



RENTAL HEARING AIDS

Mimitakara

RM380 1 Piece
/month

RM570 2 Piece
/month

SAVE 50%
For 2nd Piece

+RM80 **SAVE 50%**
For 2nd Set
(Accessories, System Tuning, Sterilisation)

•Returnable deposit RM800 will be collected.

•Important Notice : T&Cs Apply | Images are for illustration purposes only. | 5% discount for both Hearing Aids and Powerlife Magnesium for Allianz Insurance customer. |

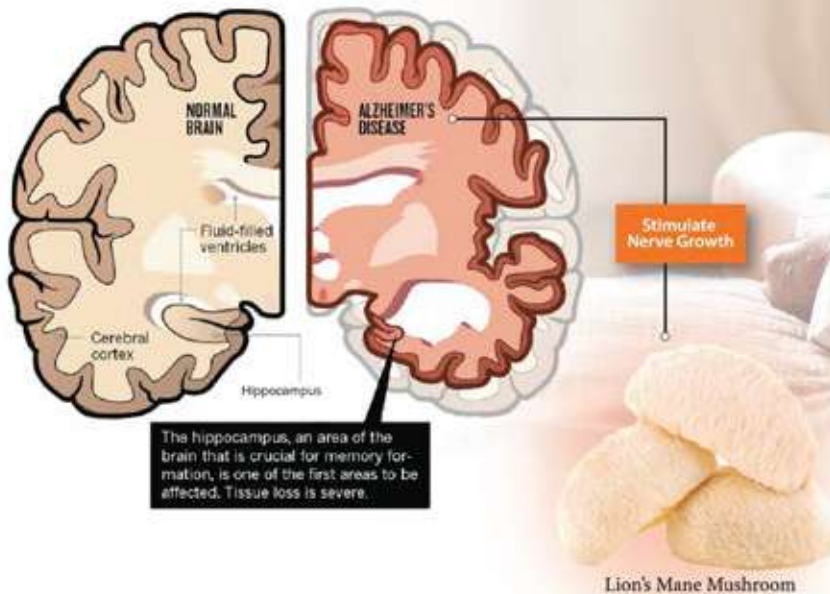
NEW HOPE FOR ALZHEIMER'S

Have you ever thought your loved ones could be one of them?

In Malaysia itself, it affects almost 1 in 11 people over the age of 60. Imagine if one day your loved one could not remember your name, forget how to go to the toilet or get dressed. So how can they enjoy life together with you?

Alzheimer's is a progressive disease and it will only worsen over time. Unfortunately, there is no known cure. But there are research studies that have shed some light on this topic.

A study conducted by University of Malaya showed that Lion's Mane mushroom has the ability to help in neuroprogressive diseases including Alzheimer's. It contains nerve growth factors (NGF) that helps to stimulate healthy nerve growth.



Written by:
Chang Ji Shen
Dietitian



It is a type of rare culinary mushroom that grows in the wild and has been consumed as food by the Chinese and Japanese for thousands of years. Although we can certainly reap its benefits from daily intake, but through various researches, we have proven that the ones we take as food is less effective than the cultured ones.

Today, Lion's Mane mushroom is already available as a supplement in the market. But, it's important to find products that are registered under the Health Ministry of Malaysia or from certified sources such as pharmacies. Manufacturers that produce them should also be GMP and ISO certified to ensure the good quality of the product.

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Oleh:
Nur Izzani Binti Kordeary
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Oleh:
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"BIRTHDAY WISH" SAYA SEKEPING KEK DAN "McCHICKEN"

Cantik manis raut muka anak kecil ini, apabila ketawa sesekali ternampak lesung pipit di kedua belah pipinya. Apabila melihatnya, terbayang anak sendiri di rumah yang seakan sebaya. Siapa sangka anak kecil ini salah seorang di antara ribuan Pejuang Manis Mama Papa, dia disahkan menghidap penyakit Kencing Manis Jenis 1 seawal usia 8 tahun.

Ikuti satu daripada beribu kisah mengenai Kasih seorang ibu buat anak kecilnya Lily (*bukan nama sebenar*) yang menghidap penyakit Kencing Manis Jenis 1.

“

"Apabila Lily didiagnosis penyakit Kencing Manis Jenis 1, saya masih ingat lagi bagaimana panik dan bimbang saya. Saya difahamkan Lily perlu cucuk insulin sepanjang hidup dan perlu buat ujian tahap gula dalam darah sekurang – kurangnya empat kali setiap hari bagi mengetahui keadaan gula dalam darah seterusnya memastikankencing manisnya terkawal"

"Saya seorang ibu yang tiada pengalaman dalam penjagaan Kencing manis, di dalam minda saya terfikir di mana saya boleh dapatkan strip ujian gula dengan harga yang berpatutan dan tidak terlalu membebankan kewangan saya. Saya bersyukur berpeluang mengenali program daripada seorang ahli farmasi. Kini, sudah hampir dua bulan saya menjadi salah seorang pelanggan kepada program SUGO365 ini dan sepanjang 2 bulan ini saya dan Lily mendapat sokongan yang berterusan dari mereka!"

”



Melalui program ini, kami di **SUGO365™** dapat memberi ilmu bermanfaat berkaitan penjagaan Kencing Manis Jenis 1 seperti cara untuk menangani hipoglisemia (*kurang gula dalam darah*) yang kerap terjadi pada mereka yang menghidap Kencing Manis Jenis 1.

Pada awalnya, Lily sangat kerap mengalami hipoglisemia. Hal ini telah menarik perhatian kami. Kami dan Mama Lily berbincang tentang punca dan cara menangani hipoglisemia yang dialami oleh pejuang manis kecil itu.

Kini, mereka lebih faham berkaitan unit insulin yang sesuai untuk kandungan karbohidrat selepas beberapa perbincangan dan “*adjustment*” dibuat melalui gambar makanan Lily yang dimuat naik di aplikasi Health2Sync (*aplikasi yang membantu pemantauan gula darah*). Sekarang Lily sudah amat jarang mengalami hipoglisemia.

Tiada yang lebih menggembirakan buat kami di **SUGO365™** apabila melihat Lily tersenyum lebar ketika sambutan hari jadinya baru-baru ini. Ada satu hari di mana Mama Lily beritahu kami, Lily ingin menyambut hari lahirnya bersama rakan-rakan pada hujung minggu itu. Dia teringin makan sekeping kek dan “*McChicken*” semasa hari tersebut.

Fakta nutrisi menu “*McD*” dan kek telah dikongsikan dan dijelaskan supaya mereka dapat ilmu membuat kiraan unit insulin berdasarkan kandungan karbohidrat makanan tersebut. Perbincangan juga dijalankan antara kami dengan Mama Lily. Masih ingat lagi perbualan kami, Mama Lily cadangkan untuk tukar “*McChicken*” kepada “*nugget*” ataupun ayam goreng supaya Lily dapat menikmati kek hari jadi dia tanpa dos insulin dia bertambah banyak sekali gus.

Dengan program ini, Mama Lily boleh dapatkan nasihat dan sokongan yang berpatutan dengan serta-merta untuk pejuang manis kecil dia.

Buat Mama dan Papa di luar sana yang masih buntu dan tidak tahu di mana ingin mendapatkan sokongan dan pengetahuan mengenai Kencing Manis Jenis 1, ingatlah kami di **SUGO365™** sentiasa ada. Kepada semua pesakit muda Kencing Manis Jenis 1, anda adalah

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References: ¹Coswell M et al Diabetes Technol Ther 2015;17: 1-7 (Full paper) ²Contour Plus SGMS User Guide Rev 11/10

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References:

1. OneTouch Ultra Plus Flex™ UK, instructions for use - IPR 02100000, pages 47 - 58.
2. Casaly et al. Diabetes-Associated Test Manager From Health Care Professionals in Comparison With a New Wireless Glucose Meter With a Color Range Indicator Improves Diagnostic Capacity in Patients With Type 1 and Type 2 Diabetes. *Diabetes Care*. 2012; vol 35.
3. EN ISO 15197:2015 In vitro diagnostic test systems - Requirements for in-vitro glucose measuring systems for self-testing in managing diabetes mellitus (ISO 15197:2015)

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012247



Stay on top of your glucose levels without the pesky pricks

Type 2 diabetes (T2D) is a condition of insulin resistance. Our bodies need insulin to help cells turn glucose from the food we eat into energy. Insulin is produced by the pancreas, a gland located near the stomach. If you have T2D, your muscle, fat and liver cells are not able to efficiently use insulin to absorb glucose from the bloodstream. To compensate for this, your pancreas makes more insulin. However, over time, it is not able to keep up with the increased demand, resulting in a build-up of glucose circulating in your bloodstream.

Management of T2D rests on the pillars of medication and lifestyle modifications. Depending on the severity of your condition, you can discuss with your doctor to develop a personalised management plan that will be critical to prevent or delay disease progression and complications. Healthy eating, regular exercise and weight loss are the main strategies towards achieving this. Individuals who are not able to achieve or maintain their target blood sugar level with diet and exercise are prescribed with oral medications or insulin injections.

Up and down the levels go

There are many factors that affect blood glucose levels in people with diabetes. Eating too much, especially food high in carbohydrates, being inactive, side effects from other medications, such as steroids, and illness, stress, pain and menstrual periods, which cause changes in hormones that raise glucose levels can all make blood glucose rise. Eating insufficiently or missing a meal, consuming alcohol and excessive medications, on the other hand, are some factors that can cause blood glucose levels to fall.

Routine monitoring of blood glucose levels is therefore very helpful to identify how your meals, medications and activities are affecting your blood sugar levels so you can discuss with your doctor about modifying them. Knowing your blood sugar level also helps you to be certain on whether you are on track towards achieving or maintaining your target range.



FreeStyle Libre: Keeping tabs without the pricks

One of the downsides of routine blood glucose monitoring is the frequent fingerpricks required. Despite it only "feeling like an ant bite", having to do this daily or even multiple times a day is certainly not something one looks forward to. The FreeStyle Libre system is a small wearable continuous glucose monitoring device that addresses just this issue. The system includes a small sensor that is attached to the back of your upper arm using a thin, flexible filament. This sensor can be worn for up to 14 days. It functions to take glucose readings from the interstitial fluid, a thin layer of fluid that surrounds the tissue cells below your skin. You can then use the accompanying handheld reader to scan the sensor and know your current glucose reading. The system also provides you with other useful data, such as trends and patterns of your glucose readings to help to better manage your condition.

Continuous glucose monitoring provides personalised data that empower patients with T2D with the knowledge to manage their condition. Keeping a tab on your glucose level stakes away all the guesswork and helps you know exactly what changes you need to make to achieve and maintain your blood glucose goals.



References:

1. Mayo Clinic. Type 2 diabetes. Available at: <https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/symptoms-causes/syc-20351193> Accessed February 8, 2022.
2. Good to Know; Factors Affecting Blood Glucose. Clin Diabetes 2018;36:202.
3. Abbott. FreeStyle Libre leaflet. 2021.





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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:SUPPL 1 (S52).

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ALPRO NATIONAL PICASSO CUP 2022 had finally come to an end with a blast. It was our very first held national level colouring contest across Malaysia. In collaboration with Mimitakara, professional team audiologist, we aim to raise the awareness of hearing care among both adulthood and childhood.

Let's hear from the chairperson, Miss Goh Qin Ying

(as known as Butterfly in Little Pharmacist Task Force)

"We are proud that we recorded total of 1930 participants across Malaysia and it is indeed a great achievement for us. We felt touched when we saw those completed artworks from the kids whom put in all their efforts in the artworks."

As the main organizing team of the event, of all the blood, sweat and tears, I felt immensely moved by the efforts of committed team member in helping throughout the whole event. Of course, not to forget those who joined and participated in the contest. Without everyone's involvement, we couldn't have come so far.

As such, this event will be officially announced as Alpro's yearly nationwide colouring contest. We hope to see you all next year on 16 February 2023!"

ALPRO NATIONAL PICASSO CUP 2022 终于完美谢幕。这是有史以来大专第一次主办全国型填色比赛。这次荣幸与专业听力团队Mimitakara首次联办,透过此活动希望能够提高成人与小孩在照顾听力方面的重要性。

让我们一起来听听大专校园特工队的活动主席,吴沁颖小姐的感言。

"我们非常荣幸首次主办的全国填色比赛,获得了总共来自全国1930学生们的热烈响应。于此,这是有史以来非常棒的里程碑。

看到每位参赛者用心填彩作品,我们非常感动。"

身为主办幕后主要代表,团队们背后的辛劳付出,我非常感动于中。当然忘不了所有在此报名参加的学生们,没有你们的参与,我们无法前进到现在。

最后,这个全国填色活动将会正式成为大专每一年度的大型比赛。明年2月16日,我们再次相会!

Partners:



1ST CATEGORY A PRIZE WINNER

Michael ChenPeng Yee



1ST CATEGORY B PRIZE WINNER

Lee Chin En



1ST CATEGORY C PRIZE WINNER

Fing Zhi Quan



I'm Qin Ying, the "Alpro Picasso Hunter," and I've been looking for the Picasso's work. After much searching, I am glad to present to you all of the creative work of the artist known as "The Alpro Next Picasso."

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• Tel: 06-762 6939 • HP: 019-214 0939
- Alpro Pharmacy Kuala Pilah**
Jalan Yam Tuan Raden
• Tel: 06-481 0160 • HP: 013-647 0304
- Alpro Pharmacy Rembau**
Jalan Terentang
• Tel: 06-685 2870 • HP: 013-362 3588
- Alpro Pharmacy S'ban Flagship**
Jalan Dato Bandar Tunggal
• Tel: 06-783 0888 • HP: 019-448 1923
- Alpro Pharmacy Rasah Jaya**
Taman Rasah Jaya
• Tel: 06-631 3272 • HP: 019-980 1923
- Alpro Pharmacy Bahau**
Jalan Gurney
• Tel: 06-454 3560 • HP: 019-751 1923
- Alpro Pharmacy Jin Mahajaya**
Jalan Mahajaya, PD
• Tel: 06-647 3853 • HP: 019-689 9002
- Alpro Pharmacy Gemas**
Jalan Mahkamah
• Tel: 07-948 2139 • HP: 019-723 1923
- Alpro Pharmacy Jelebu**
Jalan Dato Abdullah, K. Kluwang
• Tel: 06-613 8882 • HP: 013-862 1923
- Alpro Pharmacy Ampangan**
Bandar Baru Ampangan
• Tel: 06-761 1898 • HP: 016-401 1903
- Alpro Pharmacy Nilai**
Taman Desa Cempaka
• Tel: 06-858 6023 • HP: 013-286 1923
- Alpro Pharmacy Tmn. Tuanku Jaafar**
Tmn. Tuanku Jaafar, Sungai Gadut
• HP: 019-865 8923
- Alpro Pharmacy Lukut**
Jalan Pasar Lukut
• Tel: 06-6519090 • HP: 019-280 1923
- Alpro Pharmacy Lobak**
Jalan Tan Sri Manickavasagam
• Tel: 06-761 3535 • HP: 019-333 2923
- Alpro Pharmacy Rasah Prima**
Pusat Komersial Rasah Prima
• HP: 019-265 8923
- Alpro Pharmacy Nilai Sentral**
Jln. Terminal Nilai 1, Nilai Sentral
• HP: 019-666 8923
- Alpro Pharmacy Pusat Dagangan Seremban 2, Centrio**
Jalan S2 B21 • HP: 019-653 8923
- Alpro Pharmacy Pusat Komersial Saujana S2, The Plazo S2 Heights**
• HP: 017-246 1663
- Alpro Pharmacy Rantau**
Jln. Besar Rantau • HP: 010-211 0520
- Alpro Pharmacy Ampangan**
Lrg Cengal 3/2, Tmn Ampangan, Seremban
• HP: 011-1198 4849

SELANGOR

- Alpro Pharmacy Bdr Seri Putra**
Jalan Seri Putra 1/4
• Tel: 03-8920 9778 • HP: 019-220 2059
- Alpro Pharmacy Bangi**
Bandar Baru Bangi
• Tel: 03-8912 5060 • HP: 013-270 1923
- Alpro Pharmacy Sri Gombak**
Taman Sri Gombak
• Tel: 03-6184 1811 • HP: 013-685 1923
- Alpro Pharmacy Tjg. Karang**
Pusat Bandar Tanjung Karang, Selangor
• HP: 019-984 5923
- Alpro Pharmacy Subang Perdana**
Taman Subang Perdana, Seksyen U3
• Tel: 03-7734 4008 • HP: 019-465 2923
- Alpro Pharmacy Cyberjaya**
Neo Cyber Lingkaran Cyber Point Barat
• HP: 019-984 5923

- Alpro Pharmacy Salak Tinggi**
Bandar Baru Salak Tinggi
• Tel: 03-8705 9343 • HP: 019-264 3923
- Alpro Pharmacy Teluk Pulai**
Klang • HP: 019-2813923
- Alpro Pharmacy Kota Kemuning**
Jalan Anggerik Vanilla N31/N
• Tel: 03-5692 2233 • HP: 019-961 3923
- Alpro Pharmacy Semenyih**
Jalan Vista Valley 3
• Tel: 03-8210 0187 • HP: 019-310 9043
- Alpro Pharmacy Tmn. Pelangi Semenyih**
Jln. TPS 1/4, Semenyih, Selangor
• Tel: 03-6723 4789 • HP: 018-986 6610
- Alpro Pharmacy Bdr. Puteri**
Jln. Puteri, Puchong, Selangor
• Tel: 03-8051 3100 • HP: 019-274 1923
- Alpro Pharmacy Petaling Jaya**
Seksyen 17, Petaling Jaya, Selangor
• Tel: 03-7492 2335 • HP: 019-470 1923
- Alpro Pharmacy Bdr. Baru Selayang**
Jln. 2/8, Batu Caves, S'gor.
• Tel: 03-6732 3329 • HP: 019-686 1923
- Alpro Pharmacy Prima Saujana**
Tmn. Prima Saujana, Kajang, Selangor
• Tel: 03-8211 2338 • HP: 014-323 4094
- Alpro Pharmacy Banting**
Jln. Bunga Pekan • HP: 017-635 2355
- Alpro Pharmacy Kapar**
Pekan Kapar • HP: 018-266 1923
- Alpro Pharmacy Sg. Besar**
Jalan Mahsuri • HP: 019-962 0923
- Alpro Pharmacy Setia Alam**
Shah Alam • HP: 011-1124 6535
- Alpro Pharmacy Pekan Meru**
Klang • HP: 014-928 8862
- Alpro Pharmacy Tanjung Sepat**
Jin Pasar, Tanjung Sepat Indah
• HP: 019-841 2923
- Alpro Pharmacy Puncak Jalil**
Bdr. Putra Permai, Seri Kembangan
• HP: 012-550 4383

WILAYAH PERSEKUTUAN

- Alpro Pharmacy Tmn. Sg. Besi**
Medan Niaga Tasik Damai, Sg. Besi, KL
• Tel: 03-9054 8519 • HP: 019-448 1923
- Alpro Pharmacy Bdr Sri Permainsuri**
Jalan Sri Permainsuri 9
• Tel: 03-9172 7833 • HP: 019-203 1923
- Alpro Pharmacy Setapak**
Jalan 1/23F Teratai Meehah
• Tel: 03-2303 9741 • HP: 018-969 4923
- Alpro Pharmacy Laman Rimbunan**
Laman Rimbunan, Kapong, Kuala Lumpur
• Tel: 03-6179 5573 • HP: 019-414 2923
- Alpro Pharmacy Wangsa Maju**
Sec. 1, Wangsa Maju
• Tel: 03-4142 0345 • HP: 019-336 9005
- Alpro Pharmacy PutraJaya**
Jalan Diplomatik Presint 15
• HP: 018-350 6789

PAHANG

- Alpro Pharmacy Kuantan**
Jalan Beserah
• Tel: 09-505 4899 • HP: 019-987 1923
- Alpro Pharmacy Jln. Mahkota**
Jalan Mahkota, Kuantan
• Tel: 09-513 6188 • HP: 019-215 1923
- Alpro Pharmacy Bentong**
Jalan Cuan Siang Sun
• Tel: 09-222 2933 • HP: 019-252 1923
- Alpro Pharmacy Mentakab**
Jalan Melati
• Tel: 09-277 2822 • HP: 019-276 1923
- Alpro Pharmacy Taman Tas**
Lorong Pandan Damai 2/2
• Tel: 09-538 3286 • HP: 019-357 1923
- Alpro Pharmacy Tun Ismail**
Jalan Tun Ismail
• Tel: 09-631 6018 • HP: 013-986 1923
- Alpro Pharmacy Kuala Lipis**
Jalan Besar
• Tel: 09-312 1927 • HP: 012-282 6399
- Alpro Pharmacy Bkt. Setongkol**
Kuantan
• Tel: 09-5171923 • HP: 013-2803923
- Alpro Pharmacy Bdr Indera Mahkota**
Lorong JM 3/19
• Tel: 09-573 0045 • HP: 019-266 1923
- Alpro Pharmacy Bandar Jengka**
Bandar Tun Razak, Pahang
• Tel: 09-866 2026 • HP: 019-293 3923
- Alpro Pharmacy Batu 3**
Batu 3, Jln Gambang, Kuantan
• HP: 019-986 6923

- Alpro Pharmacy Pekan**
Jln. Sultan Abdullah, Pekan, Pahang
• Tel: 09-421 9923 • HP: 019-747 2923
 - Alpro Pharmacy Sg. Isap**
Jalan Sungai Isap Maju 1/1
HP: 019-365 8923
 - Alpro Pharmacy Air Putih**
Lorong Air Putih 130, Kuantan
• HP: 019-691 8923
 - Alpro Pharmacy Temerloh**
Jalan Sudirman 2 • HP: 019-945 5923
- ## TERENGGANU
- Alpro Pharmacy Kemaman**
Jalan Sulaiman, Bandar Chukai
• Tel: 09-850 2560 • HP: 019-331 1923
 - Alpro Pharmacy Kuala Terengganu**
Jalan Sultan Ismail
• Tel: 09-822 6886 • HP: 019-774 1923
 - Alpro Pharmacy Dungun**
Jalan Yahya Ahmad, Sora Gate
• Tel: 09-844 2690 • HP: 019-713 1923
 - Alpro Pharmacy Paka**
Taman Gembira, Jalan Besar
• Tel: 09-828 1366 • HP: 019-986 8322
 - Alpro Pharmacy Kubang Kurus**
Kemaman
• Tel: 09-850 5118 • HP: 013-920 2923
 - Alpro Pharmacy Gong Badak**
Kg. Wakat Tambusi, K. Terengganu
• HP: 019-476 2923
 - Alpro Pharmacy Kerteh**
Jalan Besar Kemaman-Dungun
• Tel: 09-826 1194 • HP: 013-983 6322
 - Alpro Pharmacy Kuala Ibai**
Taman Ibai Landmark, Jalan Tok Adis
• HP: 019-225 1923
 - Alpro Pharmacy Jin Baru Pak Sabah**
Jln Baru Pak Sabah, Dungun
• HP: 019-989 5923

MELAKA

- Alpro Pharmacy Tmn. Rambai Utama**
Jalan Ru 7, Taman Rambai Utama
• HP: 019-323 1923
- Alpro Pharmacy Munshi Abdullah**
Jalan Munshi Abdullah
• Tel: 06-284 7292 • HP: 019-659 1923
- Alpro Pharmacy Jasin**
Jalan Kesang
• Tel: 06-529 3050 • HP: 011-403 1923
- Alpro Pharmacy Masjid Tanah**
Jalan Besar Masjid Tanah
• Tel: 06-385 1923 • HP: 013-756 1923
- Alpro Pharmacy Malim Jaya**
Taman Malim Jaya
• Tel: 06-332 2349 • HP: 019-931 1923
- Alpro Pharmacy Batu Berendam**
Taman Melaka Baru
• Tel: 06-317 9988 • HP: 013-587 1923
- Alpro Pharmacy Merlimau**
Jalan Jasin
• Tel: 06-283 1937 • HP: 011-1061 8894
- Alpro Pharmacy Alor Gajah**
Jln. Perumahan Jeitang 1
• HP: 019-757 1923

JOHOR

- Alpro Pharmacy Parit Raja**
Sesuai Jalan Kluang
• Tel: 07-454 6699 • HP: 013-326 1923
- Alpro Pharmacy Taman Flora**
Jalan Flora Utama 4
• Tel: 07-438 7799 • HP: 013-288 1923
- Alpro Pharmacy Taman Maju**
Jalan Maju Tamat
• Tel: 07-438 8699 • HP: 013-701 1923
- Alpro Pharmacy Simpang Renggam**
Taman Kasih
• Tel: 07-756 0000 • HP: 013-512 1923
- Alpro Pharmacy Bandar Baru Uda**
Jalan Padi Ria
• Tel: 07-232 4796 • HP: 013-986 2923
- Alpro Pharmacy Kluang**
Jalan Manggis
• Tel: 07-739 9969 • HP: 019-283 1923
- Alpro Pharmacy Taman Intan**
Taman Intan, Kluang
• Tel: 07-772 7007 • HP: 019-591 1923
- Alpro Pharmacy Pesta, Muar**
Tmn. Kampung Kerangan, Tun Dr. Ismail
• Tel: 06-959 4055 • HP: 019-462 1923
- Alpro Pharmacy Tangkak**
Jalan Solok, Tangkak
• Tel: 06-678 8739 • HP: 011-1058 8739
- Alpro Pharmacy Tmn Universiti**
Jln Kebudayaan 4, Tmn Universiti, Skudai
• HP: 019-983 5923
- Alpro Pharmacy Yong Peng**
Taman Sembong Barat
• Tel: 07-468 8923 • HP: 013-588 1923
- Alpro Pharmacy Tmn Tiram Baru**
Jln Rambutan, Tmn Tiram Baru, Ulu Tiram
• HP: 019-282 2923

- Alpro Pharmacy Skudai**
Tmn. Sutera Utama, Skudai, Johor
• HP: 012-800 4002
- Alpro Pharmacy Bandar Seri Alam**
Masai, Johor
• Tel: 07-382 4733 • HP: 019-6200204
- Alpro Pharmacy KSL City Mall**
Jln. Seladang, Tmn. Abad, J.Bahru, Johor
• HP: 014-290 6002
- Alpro Pharmacy Tmn. Impian Emas**
Tmn. Impian Emas, Skudai, Johor
• HP: 013-584 1923
- Alpro Pharmacy Taman Molek**
Tmn. Molek, Johor Bharu, Johor
• HP: 019-510 1923
- Alpro Pharmacy Nusa Bestari**
Tmn. Nusa Bestari, Skudai, Johor
• HP: 013-810 1923
- Alpro Pharmacy Parit Sulong**
Parit Sulong, Batu Pahat, Johor
• HP: 013-816 1923
- Alpro Pharmacy Kulai**
Jln. Keranga, Bdr. Indahpura, Kub. Johor
• HP: 019-548 2923
- Alpro Pharmacy Kota Tinggi**
Kota Tinggi, Johor
• HP: 013-477 1923
- Alpro Pharmacy Tmn. Mount Austin**
Tmn. Mount Austin, Johor Bharu, Johor
• Tel: 07-351 8923 • HP: 019-745 2923
- Alpro Pharmacy Tmn. Bukit Indah**
Tmn. Bukit Indah, Iskandar Puteri, Johor
• HP: 019-815 1923
- Alpro Pharmacy Tmn. Sutera Utama**
Taman Sutera Utama, Skudai
• HP: 012-800 4002
- Alpro Pharmacy Pekan Muar**
Jalan Ali, Pekan Muar
• Tel: 06-953 7526 • HP: 019-512 1923
- Alpro Pharmacy Bukit Pasir**
Pusat Perdagangan Bukit Pasir, Muar
• HP: 019-358 8923
- Alpro Pharmacy Batu Pahat**
Kaw. Perindustrian Toongkap Peschah
• HP: 019-694 8923
- Alpro Pharmacy Tmn. Setia Indah**
Jalan Setia Indah 3/7
• HP: 019-695 8923
- Alpro Pharmacy Masai**
Jln. Mawar/Jln. Masai Lama (Jln. Besar)
• HP: 019-352 8923
- Alpro Pharmacy Pasir Gudang**
Taman Bukit Dahlia • HP: 019-326 3923
- Alpro Pharmacy Bukit Bakri**
Jalan Ng Hoo Liep, Bukit Bakri, Muar
• HP: 019-915 0923
- Alpro Pharmacy Taman Gaya**
Jalan Sasa 5, Taman Gaya, Ulu Tiram
• HP: 019-953 5923
- Alpro Pharmacy Pekan Nanas**
Pusat Perdagangan Pkn Nanas, Pkn Nanas
• HP: 019-967 8923

KELANTAN

- Alpro Pharmacy Kubang Kerian**
Jln. Raja Perempuan Zainab II
• Tel: 09-760 7196 • HP: 013-400 1923
- Alpro Pharmacy Tanah Merah**
Jln. Dato' Nik Mustapha, Kelantan
• Tel: 09-955 0543 • HP: 019-201 3923
- Alpro Pharmacy Tanjung Chat**
Jln. Loong Yunus Kota Bharu
• Tel: 09-740 6356 • HP: 013-460 1923
- Alpro Pharmacy Tumpat**
Jln. Setia Utama, Bdr. Bentara, Kelantan.
• HP: 019-977 1923
- Alpro Pharmacy Jln. Sultan Yahya Petra**
Jln. Sultan Yahya Petra, Kota Bharu, Kelantan
• Tel: 07-351 8923 • HP: 019-683 1923
- Alpro Pharmacy Kg. Pasir Pekan**
Pasir Pekan, Tumpat, Kelantan
• HP: 013-841 1923
- Alpro Pharmacy Pasir Puteh**
Jalan Feroz, Pasir Puteh
• HP: 016-937 1923

KEDAH

- Alpro Pharmacy Baling**
Jalan Badlishah, Baling, Kedah
• Tel: 04-470 1830 • HP: 019-686 8090
- Alpro Pharmacy Sg. Petani**
Taman Tuanku Hamimah
• HP: 019-559 0038
- Alpro Pharmacy Semarak**
Lig Semarak 1, Tmn Semarak, Kulim
• HP: 019-559 0038

PERAK

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

- Alpro Pharmacy Bidar**
No. 15, Jalan Persatuan, Bidar
• HP: 019-261 1923
- ## PENANG
- Alpro Pharmacy Tapah**
Pusat Perumahan Baldwin, Tapah
• HP: 019-261 1923
 - Alpro Pharmacy Summerton**
Bayan Indah
• Tel: 04-666 1193 • HP: 013-688 3923
 - Alpro Pharmacy Farlim**
Bandar Baru Ayer Itam
• Tel: 04-828 8477 • HP: 013 581 3923
 - Alpro Pharmacy Balik Pulau**
Jalan Besar, Pulau Pinang
• Tel: 04-866 1923 • HP: 6019-3861923
 - Alpro Pharmacy Jln. Tembikai**
Bukit Mertajam
• Tel: 04-530 1923 • HP: 019-327 3923
 - Alpro Pharmacy Lebuh Chulia**
George Town
• Tel: 04-263 4142 • HP: 013-362 3923
 - Alpro Pharmacy I-Avenue**
Medan Kampung Relau 1
• Tel: 04-611 7553 • HP: 019415 1923
 - Alpro Pharmacy Promenade**
Bdr. Bayan Baru, Bayan Lepas, Penang.
• Tel: 04-638 6910 • HP: 019-6871923
 - Alpro Pharmacy Jalan Perak**
Jln. Perak, Medan Harmony, Pulau Pinang
• HP: 019-865 1923
 - Alpro Pharmacy Pusat Komersial Sunway Perdana**
Seberang Jaya
• Tel: 04-383 9969 • HP: 019-571 3923
 - Alpro Pharmacy Jalan Kulim**
Taman Bukit Mas, Bukit Mertajam
• HP: 019-392 8923
 - Alpro Pharmacy Batu Lintang**
Jalan Tan Sri Tee Ewe Lim, Georgetown
• HP: 019-903 1923
 - Alpro Pharmacy Tanjung Tokong**
Prima Tanjung Business Centre, Jalan Fettes
• HP: 019-980 5923
 - Alpro Pharmacy Bkt. Panchor**
Tmn Bkt Panchor,Nibong Tebal
• HP: 019-464 6299
- ## SARAWAK
- Alpro Pharmacy Satok**
Jalan Satok
• Tel: 082-23 9062 • HP: 013-391 2923
 - Alpro Pharmacy Premier 101**
Premier 101 Commercial Centre
• Tel: 082-458848 • HP: 019-775 2923
 - Alpro Pharmacy Tabuan Jaya**
Tabuan Jaya Commercial Centre
• Tel: 082-362962 • HP: 010-400 2923
 - Alpro Pharmacy Malang Jaya**
Lee Ling Commercial Centre
• Tel: 082-645401 • HP: 019-354 2923
 - Alpro Pharmacy Batu Kawa**
Lee Ling Commercial Centre
• Tel: 082-573034 • HP: 013-3713923
 - Alpro Pharmacy 7th Mile**
Kota Sentosa
• Tel: 082-619755 • HP: 019-9843923
 - Alpro Pharmacy 3rd Mile**
Central Park Commercial Centre
• Tel: 082-521090 • HP: 019-9833923
 - Alpro Pharmacy Hui Sing**
Hui Sing Commercial Centre
• Tel: 082-450064 • HP: 019-475 3923
 - Alpro Pharmacy Siburan**
Jalan Kuching - Serian
• HP: 019-312 8923
 - Alpro Pharmacy Kota Samarahan**
Aiman Commercial Centre
• HP: 019-332 8923
 - Alpro Pharmacy Medan Jaya**
Medan Jaya Commercial Centre
• HP: 019-943 3923
 - Alpro Pharmacy Park City**
Parkcity Commerce Square
• HP: 019-993 3923
 - Alpro Pharmacy Jln. Keppel**
Bintulu Town District
• HP: 019-955 3923
 - Alpro Pharmacy Junction 5**
Junction 5 Commercial Centre
• HP: 019-982 3923
 - Alpro Pharmacy Sibu**
Sibu Utama Commercial Centre
• HP: 019-901 4923
 - Alpro Pharmacy Metrocity**
Metrocity Square, Kuching
• HP: 019-995 6923
 - Alpro Pharmacy Jln Channel**
Metrocity Square, Kuching
• HP: 019-758 0923