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HEALTH MATTERS

EXCLUSIVELY FOR ALPRO VIP MEMBER | DEC 2023 - JAN 2024

VOL 23



“
Reassurance
that brings
Smiles
我们专业·您安心
”

THE WONDERWALL TIMES

The wall of Community Happiness from

alpro foundation
Bringing hope, Changing lives

A DAY WITH “ORANG BATEQ”

Alproean Volunteers Unite for a Healthier Tomorrow...

Tree falls and sprouts a new, rivers went from dry to flood and brought life to the ecosystem into the forest of Taman Negara in Pahang. Over there, reigned a tribe of Negritos, the earliest Orang Asli to arrive in the peninsular about 25,000 years ago, the Bateq. They are one of the last remaining tribes of nomadic hunter-gatherers in the world.



- To get there, a boat ride is required with the accompanying expert to navigate the shallow waters of the river during dry seasons. the accompanying expert to navigate the shallow waters of the river during dry seasons.

Today, there are only approximately 1,500 of them living today stretching across the forest between Pahang and Kelantan. Alpro Foundation, together with Alpro Clinic, Alpro Physio and Persatuan Prihatin Golongan Rentan Malaysia (PPGRM) and Jabatan Kemajuan Orang Asli (JAKOA) are working together by bringing basic health checks and medical supplies to the children and adults every 3 months. Our group consists of Nutritionists, Dietitians,

Medical Doctors, Pharmacists and Physiotherapists, and we cover basic checks such as postural checks, nutrition deficiencies, ailments and administering of multivitamins, deworm, and head lice treatment.

Not only do we provide basic medical support, our Alproeans are involved in creating a series of games and activities for the children and teenagers for every trip.



- Alproeans Zun Kiat and Maevis conducting games and activities for the children.



- Pharmacists Eugene, Dione, and Sean administer multi-vitamins and deworm for the children



- Pharmacist Ryan Ho carefully tidying up and arranging basic necessary medications in a first aid box for the villagers



- Pharmacist Dione proudly displaying the Alpro Pharmacist Collar Pin



- Doctors Jun and Manpreet from Alpro Clinic providing checks for the children and adults.





- Community Physiotherapist May and Alpro Chief Physiotherapist Eugene Siow conducting postural checks for the youth.



- Dietitians Ajeerah, Safura and Wahie conducting height and weight assessment for the children and teenagers.



- Bidding Farewell with the children

◀ The Team!

THE GROWING STARS PROJECT:

Right now we are sponsoring 161 students in our back to school program, The Growing Stars Project. Every month, we are sponsoring RM16,200 to these students to cover their basic school expenses. We started by sponsoring 12 students and now 161 students.

The journey was not easy and at the same time we are very grateful for our supporters of our Alpro Charity Water purchased from our Alpro Pharmacy outlets.

Every Bottle of RM1 Charity Water means a lot and has helped contribute our efforts to support under-privileged children back to school.

Terima Kasih Xie Xie Ni!

Here's our Growing Stars Project Summary:



- There will be more upcoming new projects to be launched and shared in our next issue. Stay Tuned!



Mindy Leong Min Yee

Branding Team Lead
Alpro Pharmacy

FROM THE EDITOR

As the year 2023 draws to a close, we find ourselves looking back on a remarkable journey, one that wouldn't have been possible without you – our cherished VIP members and supporters. Your presence in our journey has been invaluable, and we're truly grateful for your trust and support.

From humble beginnings as a single pharmacy, we've grown to become the largest prescription pharmacy in Malaysia, with over 250 pharmacies serving communities across the nation. But our evolution doesn't stop there. We've expanded our horizons beyond Alpro Pharmacy to include Alpro Clinic, Alpro Physio, Alpro Baby, and now Alpro Audiology, all with one vision in mind – to create a healthy and vibrant world, by catering to the diverse healthcare needs of our community.

In an exciting development for our community, we are excited to announce the simultaneous opening of not one, but two Japanese-styled drugstore, Alpro スギ Pharmacy, at Starling Mall, Petaling Jaya and Paradigm Mall, Johor Bahru. As the first in Southeast Asia to bring Japanese healthcare and personal care products from Sugi Pharmacy, a leading Japanese chain with 1,600 stores, to the Malaysian market, we aim to provide our local community with access to esteemed made-in-Japan brands, further supporting their health with a comprehensive selection of healthcare products.

As we continue to evolve and expand our offerings, we're delighted to introduce our new tagline – "Reassurance that brings smiles (专为您安心)". When you choose Alpro, you step into an environment designed to prioritize your comfort and safety. Our dedicated healthcare professionals, including pharmacists, nutritionists, dietitians, physiotherapists, doctors, and audiologists, continually enhance their skills to provide you with the most professional and compassionate care possible. Your health is our priority, and we invest in our team to ensure that they stand as pillars of support in your healthcare journey.

"Reassurance that brings smiles" reflects our pledge to you. With Alpro, you can have confidence that every interaction, every product, and every service is designed to provide you with the reassurance you deserve.

On behalf of all Alproeans,

We want to express our deepest appreciation for your continued support. Together, we eagerly anticipate a future filled with health and the reassurance that we're here to walk beside you, every step of your health journey. Thank you for being an integral part of the Alpro community. Your journey is our journey, and together, we'll continue to make strides towards a healthy and vibrant world.

Stay Safe and Healthy
Terima Kasih, Xie Xie Ni

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PUBLISHED AND PRODUCED BY

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Providing emotional support and comfort to patients, fostering trust, and evoking feelings of relief and gratitude in a succinct and impactful manner.



“Reassurance that brings Smiles • 我们专业，您安心” | 005

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REDISCOVERING YOUR INNER STRENGTH IN MODERN AGE



By :
Mindy Leong Min Yee
Branding Team Lead



WHAT WE DO?

At Alpro, our vision is clear: to create a healthy and vibrant world. This vision is more than a statement; it's a commitment etched into the very core of Alpro's existence. It extends beyond conventional healthcare, embracing a holistic approach that touches lives and transforms communities.

We understand that each individual's healthcare needs are unique. That's why we've gone the extra mile to create specialised divisions to cater to specific requirements. Alpro Pharmacy, Alpro Clinic, Alpro Physio, Alpro Baby, and Alpro Audiology – these are more than just names; they are dedicated avenues to address the diverse health concerns of our community. As we open the doors to our world, allow us to share our story from the perspective of Alpro.



MEDICATION SAFETY, OUR PRIORITY



Our journey began in a modest pharmacy in Port Dickson, and today, we take immense pride in having expanded to more than 250++ pharmacies nationwide, become the **largest prescription pharmacy in Malaysia**. Whether you've been with us from the start or joined our community along the way, each one of you holds a special place in our hearts. For those who may be less familiar with us, allow us to provide a formal introduction to Alpro Pharmacy.

At Alpro Pharmacy, we are far more than just a pharmacy; we consider ourselves a **health-care community center** dedicated to serving the needs of our community. Our vision is to



create a healthy & vibrant world, starting by ensuring every individual within our community has equitable access to health-care and receives the quality care they rightfully deserve. In pursuit of this vision, our team includes pharmacists, nutritionists, dietitians, and physiotherapists, all within the walls of our pharmacy, ready to provide you with the health advice you require.





alproclinic

BRINGING CARE TO THE COMMUNITY



Established in 2018, Alpro Clinic is a primary care clinic with an unwavering commitment to making healthcare accessible to all. Founded on the principle that healthcare is a fundamental right, the clinic places a strong emphasis on prevention, education, and awareness. We also extend our care to homes through the Alpro Home Care team, ensuring that no one is left behind in receiving the quality care they rightfully



deserve. Our mission statement, "Bringing Care to the Community," embodies our dedication to community well-being. Alpro Clinic's core values encompass prevention, accessibility, compassion, innovation, and community engagement.



alprophysio

EMPOWERING MOVEMENT,
ENHANCING LIVES



In 2017, Alpro Physio set out on a mission to help people who had been relying on painkillers for ages. We knew there was a better way – a way to not just relieve pain, but to improve lives. That's when Alpro Physio was born, starting in Seremban 2. Fast forward to today, and we're thrilled to be standing strong with 12 physio centers across Malaysia, closer than ever to the communities we love.

But what sets us apart? Well, it's our friendly, patient-focused approach and a wide range of services that cater to everyone, from the littlest kids to our cherished seniors. We don't just treat symptoms; we look at the whole picture and offer specialized care for conditions like sports injuries, chronic pain, and even neurological challenges such as Stroke and Parkinson's disease.





BRINGING SMILES TO YOUR PARENTHOOD



In the heart of our community, a new and exciting venture is unfolding – Alpro Baby. The creation of Alpro Baby is a celebration of life's most precious moments, a testament to the joy that new beginnings bring.

Expectant parents and growing families, this place is dedicated to you. It's a place where the journey of parenthood commences with a single step through our doors. We've meticulously curated a collection of baby essentials, from adorable clothing to essential

gear, all designed to enhance your parenting experience, making it more enjoyable and convenient. However, Alpro Baby isn't just about products; it's about establishing a warm and inviting space for families. We're here to provide guidance, support, and a sense of community. Whether you're a first-time parent or have a growing family, our shop is your go-to destination for all things baby-related.



HEARING SOLUTION FOR A VIBRANT WORLD



Alpro Audiologi stands at the forefront of audiology services, dedicated to enhancing the lives of those grappling with hearing challenges. Our distinguished team, comprised of compassionate audiologists and hearing experts, embodies a commitment to excellence in every aspect of our care. We specialize in providing comprehensive solutions tailored to your unique needs, from precise diagnostic testing to personalized treatment plans and

support, extending to individuals of all ages, whether you're dealing with hearing loss, tinnitus, or any other auditory concern.

We offer Mobile Audiometric Testing, primarily focused on early detection of potential hearing issues, enabling timely intervention and treatment. This service offers convenient access to hearing assessments, especially beneficial for those who face challenges traveling to a clinic or for organizations conducting large-scale screenings. At Alpro Audiologi, we're not just a provider of audiology services; we're your partners in the journey to a better quality of life.



“Reassurance that brings Smiles”

我们专业 · 您安心

我们只做一件事，用我们的专业，换你的安心

We only focus on one thing, providing you with a peace of mind through our expertise

SAFEGUARDING MEDICATION SAFETY *for all...*

Our commitment to medication safety extends throughout the entire medication supply chain. We take every step possible to ensure medication safety, and it all starts with the source of the medication. We've assembled a dedicated team of procurement officers, including pharmacists and nutritionists, whose primary mission is to **guarantee that the medications we provide come from reliable sources**. Our promise to you is twofold: authenticity and security. We not only ensure that the medications are genuine but also back this assurance with product liability coverage of up to RM1,000,000. With Alpro Pharmacy, you can have complete confidence that every prescription is handled with the utmost care and diligence, prioritising your safety above all else.



Professionalism AT ITS CORE

At Alpro, our Alproeans, dedicated healthcare professionals, are not just qualified; they are lifelong learners. Beyond their initial qualifications, our professionals continually expand their expertise to better serve the community.

We place emphasis on the qualifications of our pharmacists, who specialise in a range of fields. Alpro Pharmacists are **PainWISE-certified professionals**, experts in managing pain and aiding those living with chronic pain. Our pharmacists also adhere to **Australia's Pregnancy and Breastfeeding Medicines Guide (PBMG)**, a reference guide for healthcare professionals that offers practical and unbiased specialised information on medicine use in pregnancy and breastfeeding, ensuring the utmost safety for expectant mothers and breastfeeding mothers.

But that's not all. Our pharmacists go beyond their conventional roles. They are also trained as **Silvercare (Elderly Care) Specialists**, specialising in rehab supplies. Whether you need support on your road to recovery or require specialised equipment for rehabilitation, our Silvercare Specialists, who are also the pharmacists, are here to assist you.





Our commitment to continuous improvement extends to our Nutritionists and Dietitians, who are required to undergo Advanced Community Nutritionist and Dietitian Certifications. This equips them to address nutrition concerns within the community, integrate nutrition into practice, and employ positive messaging techniques to educate patients effectively.

Furthermore, we are not solely focused on our healthcare professionals; we are dedicated to building Alproeans for a lifetime. We are proud to have partnered with Universiti Teknologi MARA (UiTM) to offer the first-ever Retail Pharmacy Management Programme in Malaysia - Executive Diploma in Retail Pharmacy Management. Our Alproeans receive priority enrolment in this program to ensure they possess the fundamental knowledge and skills required to excel in pharmacy operations and provide quality service to every person who walks into our pharmacy.



When you choose Alpro Pharmacy, you're not just selecting a pharmacy; **you're choosing a team of dedicated professionals who prioritise your health and well-being** above all else. In Alpro, we strive for excellence in every prescription, every consultation, and every interaction.

SAFE, IN EVERY SMALL *detail...*



Reassurance Starting from the Entrance

The moment you step into Alpro Pharmacy, you're greeted by a space that's more than just a place to pick up your prescriptions. You'll immediately notice the difference. Our pharmacy is designed with transparency in mind, featuring a see-through and well-lit environment that fosters a sense of safety and comfort for our patients. We understand that **feeling secure begins with the space you're in.**

One of the key ways we prioritise your safety is through our specialised information labelling system. Nestled on our product shelves and walls, these labels provide comprehensive guidance on recovery and rehabilitation and also medicine use during pregnancy and breastfeeding. We recognise the importance of ensuring caregivers, expectant, and breastfeeding mothers have access to reliable information at their fingertips. With these specialised labels, we empower our patients to make informed decisions about their healthcare.



Medication Labels That Speak Your Language



Navigating medications can be daunting, especially for the elderly. That's why our **enhanced labels include clear dual languages and symbols** that provide concise instructions on how to take medication correctly and safely. This thoughtful approach is particularly friendly to our elderly patients, ensuring they have access to the information they need to manage their health effectively. No matter your age or background, your health and well-being matter, and we're here to make sure you understand every step of your regimen.



A Colourful Approach to Medication Safety



Handling medications requires attention to detail, and at Alpro, we leave nothing to chance. That's why at Alpro Pharmacy, we introduced blue and red medication dispensing bags alongside the standard white ones.

Blue signifies internal use, while red means external use. This serves as a visual cue for our patients, particularly our elderly ones, to easily recognise and differentiate between medications intended for internal or external use. It's a small change with a big impact; this simple colour coding not only streamlines the process but also serves as a friendly reminder to our elderly patients, helping them ensure their medication's safety.



Complimentary Services for All

At Alpro Pharmacy, we offer more than just products – it's a complete health experience. We provide free blood pressure checks, available whether you're shopping or just passing by. **Being informed about your health is crucial**, and these checks help us support you better.

Our commitment to your safety doesn't end at the counter. Our team of dedicated pharmacists is here to provide a free medication review. You don't need to make a purchase to benefit from this service; it's available to anyone who seeks assistance. We believe that informed decisions lead to better health outcomes, and our pharmacists are your trusted partners.



Alpro Pharmacy is not just a destination for healthcare products;
we're your trusted partner on your health journey.
Your health is our top priority, and we strive to make every
interaction with us a **reassuring and informative one.**

Experience the Alpro difference, where
your health is our commitment, and
your reassurance is our mission.



The Little **Stories** That Shape **Alpro's Present**

Behind each Alproean lies a heartfelt Chicken Soup story, a narrative that fuels our unwavering commitment to the pharmacy profession. These tales touch our hearts, inspiring and reminding us why we are here to serve you. Every Alproean carries their own Chicken Soup story, igniting an unwavering passion and dedication for wholehearted and sincere community service, working together to create a healthy and vibrant world.



Responsibility • 勿忘初心，牢记使命



It was a typical morning until a well-dressed young man approached me and politely asked, ***"Are you the pharmacist?"***

I nodded, and to my surprise, he greeted me with a bow, a firm handshake, and a heartfelt ***"Thank You."***

I had been working nearly 12-hour shifts for seven consecutive days, and his unexpected kindness left me momentarily speechless, my mind feeling blank and dazed, unsure of what had just happened.

You might be wondering what happened. Let's take a look...

On a quiet morning, an uncle walked in, and asked for the blood pressure test. Here's how the conversation unfolded:

Uncle : Hello, just want to double-check. **Need to pay?** I mean the blood pressure test.

Me : It's **FREE!** Welcome!

(We conducted the blood pressure test, which seemed normal, but we noticed his pulse rate was high.)

Me : How are you feeling, uncle?

Uncle : I've been feeling strange and unwell for about a week. I've lost my appetite, and my taste buds aren't working well.

Me : Are you taking any medications?

Uncle : Loads of them! I can't even remember them all.

Me : Could you bring your medications here? I'll conduct a medication review for you. Sometimes, the side effects of medications can make you feel unwell.

Uncle : So, it's not a hassle? '麻烦?'
(ma fan : which means troublesome in Chinese)
Do I need to pay?

Me : It's absolutely **FREE!**

Uncle : Are you sure? Do I **need to pay?**

Me : No, it's **FREE!**



In the evening, the uncle returned to our pharmacy with a medicine called Coversyl together with potassium citrate mixture, which was the underlying reason for his discomfort and weakness. This, in combination with Coversyl, caused a dangerous condition called hyperkalemia, characterized by high potassium levels.

I urged him to go to the hospital for a checkup, but he hesitated. After urging him a few times, it seemed like it wasn't working. The last thing I could do was prepare a referral letter. As I picked up a pen to begin writing, I contemplated whether to continue writing the letter or attend to a potential customer if one walked in, as the uncle seemed disinterested in what I was doing for him. However, not forgetting my responsibility as a pharmacist, I proceeded to write a referral letter.

That night, the uncle collapsed and was rushed to the hospital. The man who had thanked me, his son, revealed that the doctor credited the letter for saving his father's life. So, the letter, which I almost didn't write, ended up being a life-saving act!

As a gesture of thanks, the uncle's wife also sent a jar of warm chicken soup. For me, it wasn't just the warm soup; it was the customer's recognition, firm handshake, sincere bow, and the job satisfaction they brought that truly warmed my heart.

The Chicken Soup Story of Ph Low Swee Siong,
CEO of Alpro Pharmacy

This incident reminds me that being a healthcare professional is an everlasting journey filled with challenges and opportunities. Our commitment to our responsibilities serves as the driving force propelling us forward on this journey, with a shared vision in mind - to create a healthier and more vibrant world. It is not just a slogan; it's a lived reality, embodied by each Alproean.

Persistence



One day at our pharmacy, we had the pleasure of serving our regular customer, Mrs. K, who came in with her husband. She was looking for a glucometer and her usual cough medicine, *diphenhydramine*, which she relied on for a good night's sleep.

Coincidentally, I had the privilege of assisting her. As we enquired about the glucometer, my pharmacist and I realised it was essential for monitoring her blood glucose levels. We took a moment to advise her on the cough medicine, explaining that it contained sugar that could potentially affect her blood glucose levels. Mrs. K shared that she was aware of this, but she felt compelled to take it because her high blood glucose had been causing insomnia, leaving her sleep-deprived and restless. No other medication seemed to work for her.

This is where SugO365 came into the picture. It was a tool that could help her efficiently monitor her blood glucose levels. We decided to test her blood glucose with the glucometer, and the results were alarming – her levels were incredibly high (*30 mmol/L*). Mrs. K mentioned that she had previously stopped using insulin, convinced that it was ineffective in managing her blood glucose.

Following an extensive discussion with me and the pharmacist, she decided to give insulin another chance. The journey was far from easy, but it was a crucial step towards managing her condition effectively.

In the weeks that followed, we, the pharmacist and I, remained dedicated to Mrs. K's well-being. We checked in with her every two days to monitor her progress. Gradually, we began to see improvements in her blood glucose levels. After two weeks of continuous observation and support, her blood glucose was within the target range. What's more, her sleep quality had also improved significantly. We couldn't have been happier to witness the transformation – she now seemed full of energy and vitality compared to her previous state.



The Chicken Soup Story of Dietitian Ain Widad binti Abdullah,
Alpro Pharmacy Bandar Bentara Tumpat

This story underscores how, as healthcare professionals, our commitment to actively inquire, insist on exploring options, and walk alongside our patients can lead to transformative outcomes and improved well-being. It's a reminder that the journey to better health often requires not just expertise but also empathy, dedication, and unwavering support.

Engagement



Uncle Ah Hock, a Type 2 diabetic who makes monthly visits to Alpro Pharmacy for medication refills and supplements. He's a humble soul who shared with me a glimpse of his daily routine. Each morning, he starts his day with a cup of coffee (*no sugar*) and a plate of "Chee Cheong Fun" (*rice noodle rolls*) topped with sweet sauce and peanuts, typically found at nearby Chinese hawker stalls. Uncle Ah Hock and his wife have been happily residing in their spacious home for about five years. They

manage everything themselves, from washing dishes to keeping the house tidy and tending to their garden.

However, there's one aspect of their lives where they could use a bit of assistance – meal preparation. Uncle Ah Hock expressed a desire to make healthier food choices at home but felt unsure about where to start. He believed that nobody would guide him on proper portion control or dietary adjustments.

One day, in a rush to attend to the needs of other customers, I took a brief moment to provide him with some guidance. I suggested ways to reduce his carbohydrate intake and encouraged him to incorporate vegetables like tomatoes, cucumbers, or lettuce into his meals. As he prepared to leave, he suddenly asked, **"Are you the Pharmacist here?"** To which I replied, **"I'm a Nutritionist, Uncle."** He appeared genuinely surprised and asked how I came to be at the pharmacy.



A few days later, Uncle Ah Hock returned with a broad smile on his face. His blood sugar readings after meals had now fallen within the normal range. What brought about this significant change? He had simply added two tomatoes to his breakfast menu, following the advice I had offered. He thanked me wholeheartedly and expressed his joy in discovering that this minor dietary adjustment had created an impact on his blood sugar levels. From that day onward, he followed my recommendations for diabetic meals.

The Chicken Soup Story of **Nutritionist Farah Nurdiana Binti Borhan,**
Alpro Pharmacy Kluang, Johor

Sometimes, all it takes is a bit of guidance and a tiny change in habits to make a world of difference in someone's life. Uncle Ah Hock's journey reminds us that there is always light for patients, even in the midst of health challenges, and that positive change can begin with the simplest of steps. We, as healthcare professionals, stand as a guiding light in these moments.

“Worry not! **ALPRO ePharmacy** is here for you!



Alpro ePharmacy

**WE DELIVER
MEDICATION SAFETY**

*T&Cs apply.



**Same-Day
Delivery**

As fast as within 30 mins*



**FREE
Consultation**

Professional team comprising
doctors & pharmacists



**Medication
Safety**

RMT1,000,000 Product
Liability Insurance



**Zero Contact
Delivery**

Reduce the risk of disease
transmission

ePharmacy had reached
2000 reviews

Customer



Tira Andani recommends Alpro
Pharmacy.

3 m · 🌐

Really recommend to buy medicine from Alpro Pharmacy because their team serve me as a customer so well and they really gave me a good explanation about the medicine, then pay them and then send. In less than 3 hours the medicine has been received. Thank you so much!

Rating · 4.9 (1,143 reviews) 🌟



Kenny Ong recommends Alpro
Pharmacy.

40 m · 🌐

I recently had a fantastic experience with an online pharmacy service that I highly recommend. From the moment I placed my order, the process was seamless and efficient. The customer service was incredibly helpful and responsive, promptly addressing any queries I had. Moreover, the delivery was impressively fast, with my medications arriving well-packaged and in perfect condition. I was particularly impressed by the competitive prices and the wide range of products available.



Rena Ling recommends Alpro
Pharmacy.

3 May · 🌐

Really appreciate that fast and smooth service rendered by Alpro pharmacy. I'm staying in Singapore while my mom staying in Malaysia and she is very sick couldn't go out to purchase medication. I was so worried and luckily I found Alpro pharmacy which can purchase medicine online. I contacted Alpro pharmacy via WhatsApp in the evening and Dr Benjamin was assisted me professionally and promptly replied to all my msg and I really surprised and appreciate that my mom was able to receive the medication on the same day which within an hour after payment done. Thank you so much for team Alpro pharmacy. Highly recommended.



Alia Wahida recommends
Alpro Pharmacy.

1 m · 🌐

Alpro Pharmacy is always my go-to pharmacy store, offering great service with a reasonable price range. Due to my busy schedule, I decided to try their online consultations, and it's twice as good as the services provided by the store staff! 🙌👍



Ostricare®
Cultivating Natural Protection

Say Oui to Ostricare Cow Milk! The French Secret to Better Digestion



Parent desires the best for their child, especially when it comes to their health and well-being. Amidst the myriad of options, Ostricare Cow Milk Formula emerges as a beacon of hope, especially for parents battling the challenges of digestive issues in their children.

World Class Premium Product from France

Ostricare is not just any regular milk formula; it carries with it the seal of French quality as it is made with pure and fresh cow's milk from the meadows of France. Being **100% imported from France**, it ensures that your child gets nothing but the best. France's reputation in dairy production is unparalleled, and with Ostricare, you bring home a piece of that excellence.

BB-12® Probiotics: Your Solution to Constipation

Setting new benchmarks in children nutrition, Ostricare stands tall as the only formula milk in Malaysia that

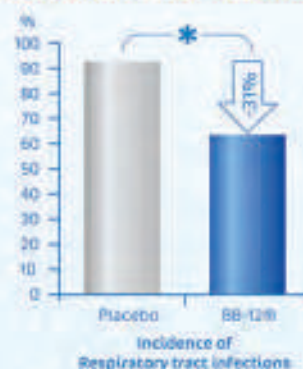
proudly owns the title of the only formula milk in Malaysia that contains **1 billion BB-12®** probiotics, the world's most researched probiotic *Bifidobacterium* with over 400 clinical trials. With Ostricare Cow Milk Formula, children are less likely to experience digestive discomforts as BB-12® helps to maintain a balanced gut flora. When the digestive system is comfortable and functioning optimally, it reduces the chances of issues like gas, bloating, and constipation. Furthermore, Ostricare Cow Milk Formula contains FOS and GOS which helps in softening the stool and promoting regular bowel movements. Ostricare Cow Milk Formula offers a unique blend of ingredients that helps reduce digestion discomfort and promote better sleep quality.

Elevate Your Child's Health With French Excellence

Ostricare Cow Milk Formula is not just another product on the shelf; it is a promise of quality, health, and well-being. Aside from BB-12® probiotics, Ostricare Cow Milk Formula is formulated with 32 unique key ingredients such as DHA, AA, calcium, iron, choline, and vitamin C to support overall growth of children. With its French origin, it stands tall as

a premium choice for child nutrition. When you choose Ostricare, you are not just choosing a product; you are choosing peace of mind. Unlock a future brimming with vitality and happiness, guided by the unparalleled expertise of Ostricare Cow Milk Formula!

BB-12® reduce the risk of respiratory tract infections*



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



SCAN HERE
To learn more



Ostricare Cow Milk BB-12
www.ostricaremalaysia.com
WhatsApp: 010-268 8995



Optimum, Balanced Nutrition*
Starts Right Here



NOW @
RM 56

NOW @
RM 86⁵⁰



- ✓ Japanese Formulation with Over 45 Well-balanced Essential Nutrients
- ✓ 100% Produced and Packed in The Netherlands
- ✓ Undergoes Stringent Quality Control with Double Inspection Process
- ✓ Balanced Ratio of ARA+DHA, Protein, Fat and Energy, Suitable for Asian Children
- ✓ Mild Vanilla Taste & Reduced Sweetness



Get Morinaga Chil-kid 600g Trial Pack at **RM10** only
trial-pack.morinagamilk.com.my
Promotion ends on 31 Dec 2023



**“Research shows that...
Drinking **Karihomer Mama Milk**
while pregnant boosts the immune
and gut health of their child.”**

By Prof. Jiu-Yao Wang
Director of Children's Hospital, China Medical University



Complete Nutrition
for pregnant women & breastfeeding mums



Contains 8 Key Nutrients



Promote Blood Cells Production



Good For Digestion



Support Breastmilk Production*



Karihomer Malaysia
www.karihomer.com.my





Ditulis oleh: Pn. Fadzlina Fadzil
Kaunselor Laktasi Bertauliah (LC)

Saya sebagai Kaunselor Laktasi Bertauliah

Rasa empati yang tinggi terhadap para ibu yang menghadapi pelbagai masalah penyusuan antara sebab utama saya berkecimpung secara serius dalam dunia penyusuan susu ibu.

Bermula dengan menghadiri kelas penyusuan, saya yakin semua bayi berhak mendapatkan kebaikan optimum susu ibu & setiap ibu mampu menyusukan bayi mereka eksklusif 6 bulan dan meneruskan sehingga 2 tahun.

Menyertai beberapa kursus pembimbing susu ibu anjuran beberapa organisasi kesihatan termasuk Kementerian Kesihatan Malaysia (KKM), Malaysian Breastfeeding Peer Counselor (MbFPC), Breastfeeding Counselor Network Programme (BCNP) dan memperoleh pentaulihan dari Pusat Laktasi Kebangsaan pada tahun 2019.

Sepanjang membantu ratusan ibu yang menghadapi masalah penyusuan antaranya bengkak susu, saluran susu tersumbat, posisi yang kurang selesa, bayi keliru puting dan bayi kurang melekap dengan baik, masalah ini berjaya diatasi dengan kepakaran & kaunseling ilmu penyusuan saya. Senyuman lega ibu melihat bayi tersayang dapat menyusu dengan baik amat membahagiakan.

Saya dan MamaB akan bersama ibu & bayi dalam 1000 hari pertama terindah buat mereka.



Lecithin merupakan suplemen yang penting bagi ibu yang sedang menyusukan anak. Ia membantu mencegah pembengkakan payudara dan mencapai berat badan pra-kehamilan dalam beberapa bulan.

Lecithin Untuk Ibu Menyusu

Perkara yang paling menakutkan bagi para ibu yang menyusukan anak adalah pembengkakan susu / saluran susu tersumbat. Kadang-kadang, ia begitu sakit sehingga pengambilan ubat tahan sakit pun tidak memberi kesan.

Pengambilan lecithin sangat penting untuk ibu menyusui. Lecithin merupakan agen pemecah lemak, ia memecahkan molekul pada susu supaya susu badan lancar.



Kelebihan Pengambilan Lecithin Semasa Menyusukan Bayi:

- 1. Mencegah Saluran Susu Tersumbat**
Ia mengurangkan kepekatan susu ibu agar lebih mudah untuk melalui saluran susu.
- 2. Meningkatkan Kandungan Asid Lemak Dalam Susu Ibu**
Ini meningkatkan kualiti susu ibu yang membantu dalam perkembangan sistem saraf dan otak bayi.
- 3. Meningkatkan Pengeluaran Susu**
Pastikan bayi mendapat susu yang mencukupi.
- 4. Kolin dalam Lecithin Membantu Pencernaan Bayi**
Mengurangkan risiko sembelit atau cirit-birit bayi.
- 5. Suplemen**
Membantu pengeluaran dan aliran susu yang sihat, juga menyokong pertumbuhan dan perkembangan bayi.



AVAILABLE AT ALL
ALPRO PHARMACY





**BORN TO
EXPLORE THE
WORLD**





RM12.50
Baby Wipes
Moisturizing Cloths 70's



RM9.50
Hand & Mouth
Wet Tissues
20's x 2



RM17.90
Tea Tree Anti-Bacterial
Wet Tissues 100's x 2



RM16.20
Hand & Mouth
Wet Tissues 60's x 2



RM49.50
100% Pure Water
Baby Wipes 80's x 6

• While stocks last
• Terms & conditions apply

GoMini™ Gold-Milk Combo
only @ **RM459** (RSP: RM622.80)





FREE GIFTS

- Pigeon Breast Pad ComfyFeel™
- Pigeon Milk Storage Bags 120ml, 25s
- Limited Edition Transparent Zip-Bag
- RM10 Cash Voucher



FREE

ONLINE EXCLUSIVE!
FREE Silicone Funnel Cushion
Limit to 100 sets only! *T&Cs apply.
• While stocks last • Terms & conditions apply



NATURAL botanical BABY



From Earth
With Love



RM22.50

Head & Body Wash
500ml



RM27.00

Milky Lotion
500ml



RM18.00

Water Gel
200ml



RM13.50

Massage Oil 120ml



RM15.00 each

Baby Tooth & Gum Wipes
- Natural/Strawberry



RM12.50 each

Children's Toothgel - Grape/Natural/
Strawberry/Mango/Tropical Fruits, 45g



RM10.00 each

Baby Training Toothbrush
Lesson 1 -Yellow/2-Orange/
3-Pink/Blue/Green

• While stocks last • Terms & conditions apply

Sudocrem®

97%

of users agreed

Sudocrem® helps to **soothe, restore, moisturize, and protect** their child's delicate skin

Survey conducted by Home Tester Club from 06/03/2023 to 05/05/2023, 153 members surveyed.



NOW @
RM 24.50
/ unit



Protects, Soothes, Moisturises
your baby's skin

REG. & MFG. DATA & Expiry Date: May 2025

AORANGE



FAST RELIEF from MOSQUITO AND INSECT BITES

NOW @ RM 9.90 /tube

with Itch-Relief Crotamiton 10%

THE ESSENTIAL MEDIC AID for Every Household

AOBITE CREAM

SAFE EVEN FOR INFANTS

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Ezerra™

The Complete Skincare for Children with Dry & Sensitive Skin

Gently Cleanses & Moisturises

Relieving Sensitive Skin

NOW @ RM 18.90 /tube

3x Gentler Moisturising Cleanser

Ezerra Extra Gentle Cleanser 150ml, 500ml

NOW @ RM 39.90 /tube

Restores Moisture

Relieving Sensitive Skin

Sensitive Skin Relieving Moisturiser

Ezerra Cream 50g

Made with Natural Active Ingredients

Amorh

Simulac A5

Soothebalm

FREE

Portable Pocket Fan with Stand*

10 DEC 2023 - 31 JAN 2024

*With min. purchase of RM50 on any Ezerra products.

**T&C apply. While stocks last.

**THE PERFECT
+ CLEANSER MATCH +**

**Find the cleanser
that's just your type**

Gentle. Hydrating. Soothing.
Considerate towards all skin types.

**1 DERMATOLOGICAL
SKINCARE BRAND***

NEW

Cetaphil Hydrating
Foaming Cream
Cleanser 236ml

HARDWORKING

NOW @
RM 39⁹⁰

Cetaphil Gentle
Skin Cleanser
300ml

COMFORTING

DEPENDABLE

NOW @
RM 45⁶⁸

Cetaphil Soothing
Foam Wash
200ml

NOW @
RM 65⁹⁰

**5
SAFE SENSITIVE
SIGNS**

*Source: IQVIA Malaysia, Emollients & Protective Market, MAT Q1 2023 (Values)

**WE DO SKIN
YOU DO YOU**

**1 DERMATOLOGICAL
SKINCARE BRAND***

**Nourish your baby's
skin day by day.
That's the Skincredible way!**

**Step 1
Moisturise**

**Step 2
Protect**

**Step 3
Moisturise**

**Step 4
Protect**

**GUARANTEE
LOWEST
PRICE**

NOW @
RM 23⁵⁰

NOW @
RM 26⁸⁰

NOW @
RM 43⁹⁰

NOW @
RM 43⁴⁰

**5
SAFE PROTECTION
POINTS**

- Gentle
- Soothing
- Hypoallergenic
- Moisture Seal
- Skin Barrier

*Source: IQVIA Malaysia, Emollients & Protective Market, MAT Q1 2023 (Values)

STAND TO REDEEM

Cetaphil Headband

STEP 1
Purchase Cetaphil
products worth
RM40 & above

STEP 2
Send your receipt
on Whatsapp to
010 793 1060

**T&C apply. While stocks last. Redemption period: 1st Nov - 31st Dec 2023.

**The Reliable Brand with pH5.5
Protection for Sensitive Skin!**

pH 5.5

Ideal pH of a healthy skin



100% free from
soap and alkali



Dermatologically tested



Strengthens skin barrier

The image displays a variety of Sebamed skincare products arranged on a light blue tiered stand. The products include:

- sebamed pH 5.5 Intimate Wash:** A white bottle with a red cap. A red price tag above it shows "NOW @ RM 31⁹⁰ / unit". A red banner at the bottom left states "pH 5.5 - For women in reproductive years".
- sebamed pH 5.5 Olive Face & Body Wash:** A white bottle with a red cap. A red price tag above it shows "NOW @ RM 29³⁰ / unit".
- sebamed pH 5.5 Liquid Face & Body Wash:** A white bottle with a red cap. A red price tag above it shows "NOW @ RM 96³⁰ / unit". A green circular badge next to it says "FREE 200ml".
- sebamed pH 5.5 Sensitive Skin Liquid Face & Body Wash:** A white bottle with a red cap. A red price tag above it shows "NOW @ RM 30³⁰ / unit".

A small text at the bottom left reads: "Indicated for external cleansing of the vulva only".

Baby
seba
med[®]

Gentle pH5.5 Care for Sensitive Baby Skin!

pH 5.5

Ideal pH of a healthy skin



100% free from
soap and alkali



Dermatologically tested



Gentle yet effective



Did You Know?

Babies are born with **Vernix**, a natural skin coating that helps protect their skin. **Sebamed** Baby Care products help maintain this natural barrier, keeping the baby's skin moisturized and preventing skin irritations.

Once it wears off, the baby's skin is left without protection! **Sebamed** helps the function of Vernix to ensure healthy skin development.

Now @ RM 81⁹⁰ / unit (FREE 200ml)

Now @ RM 58⁹⁰ / unit

Now @ RM 51⁹⁰ / unit (Just Like Vernix!)

Now @ RM 52⁹⁰ / unit (Suites for & cracked nipples due to breastfeeding)

More Tips? Join our Mama Community here!

MADE IN GERMANY

SebamedMalaysia **sebamed_malaysia** www.elitean.com/sebamed



BUY & WIN

1st Dec 23 - 15th Jan 24

HOW TO PARTICIPATE?

- 1 Buy any Vicks products with a minimum spend of RM15 at any Alpro Pharmacy (online or offline)
- 2 Top spenders will stand a chance to win prizes!



x3

Apple Airpod
(2nd gen)

x1

Dyson V8
Slim Fluffy +



x50

Alpro Cash Voucher
(RM10 online, RM10 offline)

Terms & conditions applies.



**BUY 2
FREE 1**



PROXIMA MOSQUITO
REPELLENT PATCH

**PROXIMA
COUGH RELIEF
PATCH**



MDA APPROVED
GA7652323-120439

**PROXIMA
MOTION SICKNESS
PATCH**



MDA APPROVED
GA7703823-129101



Safe & effective



Child friendly



**Low sensitivity with
high quality fabric**



Hygiene packaging

MDA CE FDA ISO

ROHTO
EYE CARE

CLEANSE & DISINFECT

ALL DAY COMFORT CONTACT LENSES



REFRESHING
COOLING SENSATION

NOW @
RM 41 / unit

LENS CASE included
Easy to use, One-touch click cap

Registered Trademark: Rohto
Patent No. 102114021-0001P
Advertisement Agency: Rohto (M) Sdn Bhd 01122002

*Source: Euromonitor International Limited, Consumer Health (2022) Eye Care Solutions, Retail value above USD, July 2017-2022 exchange rate, 2022 data.

selsun[®]

Selenium Sulfide 2.5%

Effective Management & Dandruff Therapy



NOW @

RM 44.90 / unit

120ml

60ml

NOW @

RM 28.50 / unit

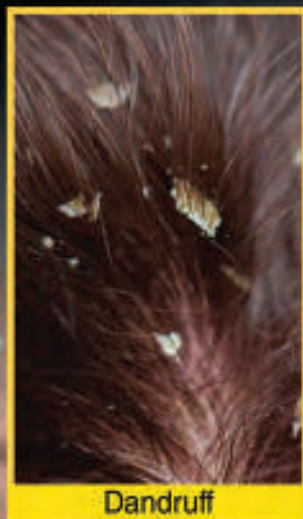
for Treatment of:



Tinea Versicolor



Seborrhoeic Dermatitis



Dandruff




Herbal Essential
 WITH HIMALAYA
 Face Wash & Scrub Range
RM26⁹⁰ - RM35⁹⁰



DR. mist®
 Body Hygiene Floatation Fluid Spray

***FREE**
 1x DR mist 50ml
 With any purchase of
 DR mist 3x75ml

GOODBYE TO BODY & FOOT ODOUR!

100% Natural

Alcohol & Fragrance FREE

Stainless & Colourless



Long-lasting freshness

No pigmentation

NOW @
RM 27³⁰
 (per can)
DR mist
 Body Hygiene
 Floatation Fluid Spray
 3x75ml
 NP: RM39.60

积雪草面膜
CICA Method Mask

CICA
method
[シカメソッド]

日本製
Made in Japan



Hydrating Mask
& Redness Relief
十分钟 滋润干燥过敏肌

10^{min}

1 Piece
Contains
28ml
serum



Best sheet mask - Bemliese™

Cellulose Hydrofiber Material, excellent adhesion and effectively deliver the serum to the stratum of the skin

面膜采用了具有高度黏合性的SEM/SEF高粘度高纤维无纺布，
让肌肤更有效吸收营养成分！

日本医药部外品
Medicated

痘痘肌
Acne Prone Skin

敏感肌
Sensitive Skin



10 FREE
Formulas

- Parabens • Ethanol • Ultraviolet Absorber • Petroleum Surfactant
- Mineral Oils • Phenoxyethanol • Animal Ingredients • Benzoic Acid
- Synthetic Fragrances • Legal Pigment

Ingredients

7 Ancient Japanese Botanical Ingredients

Centella Asiatica
Extract

Dokudami
Extract

Perilla Leaf
Extract

Inositol
(Inositol)

Cherry
Blossom
Extract

Dipotassium
Glycyrrhizinate

Adley Seed
Extract

ツボクサエキス配合
(マダカスソウ) • 保湿成分

+

日本独自処方



Dermatix

Celebrating

12
YEARS

ERASEYOURLIMITS

NEW!

NOW @
RM 69⁹⁰

No.1 SCAR Formula

Scar Care for Kids
Gentle on Sensitive & Delicate skin

NOW @
RM 48⁶⁰

For Acne Scars
• Dark Marks/Spots
• Acne Scars

DERMATOLOGICALLY
TESTED

RM 5 OFF

NOW @
RM 87⁹⁰

CLINICALLY
PROVEN

For Post-Op Scars
resulting from
Minor/Major Surgery

www.dermatix.com.my Dermatix Malaysia

Registered under all 12 countries: USA, CANADA, UK, AUSTRALIA, NEW ZEALAND, SINGAPORE, MALAYSIA, INDIA, JAPAN, SOUTH AFRICA, SOUTH KOREA, TAIWAN, HONG KONG. All other countries without exception. *Dermatix and SCAR are trademarks.

*Price shown after discounted RM5.

EMTRIX

A patented formulation that contains^{1,2}:



NOW @
RM 40⁹⁰



Up to 92% improvement seen in Week 8¹



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

KERATOLYTIC

- Gently removes dead tissue¹
- Smoothes outer layers of nail

HYGROSCOPIC

- Increases hydration and softens nail plate
- Anti keratolytic effect

ANTIFUNGAL

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

ENHANCED PENETRATION

- Penetrates deep into nail

References:
1. Journal of the American Academy of Dermatology 2004;51:116-123. 2. J. Am. Acad. Dermatol. 2004;51:116-123. 3. J. Am. Acad. Dermatol. 2004;51:116-123. 4. J. Am. Acad. Dermatol. 2004;51:116-123. 5. J. Am. Acad. Dermatol. 2004;51:116-123. 6. J. Am. Acad. Dermatol. 2004;51:116-123. 7. J. Am. Acad. Dermatol. 2004;51:116-123. 8. J. Am. Acad. Dermatol. 2004;51:116-123. 9. J. Am. Acad. Dermatol. 2004;51:116-123. 10. J. Am. Acad. Dermatol. 2004;51:116-123.

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Dermatix®

INTRODUCING
**DERMATIX
WOUND CARE**

NEW



ACCELERATES
HEALING



PREVENTS
INFECTIONS



IMMEDIATE
PAIN RELIEF



SOOTHES
COOLING EFFECT

Dermatix Wound Care is
suitable for different wounds:

SCRAPES



CUTS

SORES

BURNS

www.dermatix.com.my
Dermatix Malaysia

ERASEYOURWOUND



RM
3
OFF

Registered Under No 757 GC010422/0004 W04MD/0161/2003 MNR0-00145/0000/001/010046

3 Steps To Optimal Wound Healing



1 CLEAN



2 HEAL



3 COVER &
PROTECT

RELIFE
MENARINI group

RM66.90

DermaRel™
Spray & Go



Relizema™
Cream

WARI ETHYLCHLORIDE SPRAY
Immediate Pain Relief



QUICK . CONVENIENT . NON-MESSY
NO TIME TO SUFFER

MAL199H1292EX2

WALTER RITTER
PHARMACEUTICA

This is medicine product advertisement. KKLJL 0380/EXP 31.12.2025

Kaloba[®] relieves symptoms NATURALLY

Kaloba[®] melegakan dengan secara semulajadi

More we live, not down time!

NOW @ RM 18⁹⁰

For relief of common cold and cough
Untuk melegakan selesema dan batuk

This is a traditional medicine advertisement. KKLJL 0376/EXP 31.12.2025

octenisan[®]

Formulated for dry, itchy, irritated dermatological conditions

OCTENISAN[®] WASH LOTION is a gentle **antibacterial whole-body wash** that can reduce the bioburden loads on the body that may result in skin infection.

It helps to **condition, relieve, and protect** the skin from dryness, itchiness, or irritation, as well as dermatological conditions triggered by bacteria, e.g., *Staphylococcus aureus*.

Its balanced formulation of various active ingredients, including **Octenidine** and **Allantoin**, provides a **foundation for maintaining healthy skin conditions**.



Acu MEDI

Enjoy delicious food even
with painful canker sore !

ORAL ULCER PATCH 口内炎パッチ

Clinically tested Recommended by pharmacist



MDA Reg No: GB3340623-140710

Top 4 reasons to use oral ulcer patch:

- **Instant pain relief**
Form a physical barrier to protect mouth ulcer from irritants (for example: spicy food, sour beverages).
- **Fast healing**
The patch helps to stimulate proliferation of oral mucosal epithelial cells and speed up ulcer healing time.
- **High safety profile**
Suitable for all ages without adverse effect. The patch is degradable and if swallowed is of no concern.
- **Does not require frequent re-application**
Easy to use, the added convenience of less frequent re-application may improve adherence rate.



No More Cough

COUGH RELIEF PATCH

Combat Cough Effortlessly



MDA Reg No: GA7779623-125547

BREATHE WELL NASAL STRIPS



- NIGHT-TIME NASAL CONGESTION / SNORING
- OUTDOOR SPORTS
- ALLERGIES/ COLDS



GA9480123-128736 GA8360923-140704 GA7431623-125476

REPAIR WITH ROSKEN

Everyday solution to your everyday problem



Repair & Soothe dry skin in 30 MINS

Rosken Dry Skin Cream 250ml
RM27³⁰
 (NP: RM38.90)

- Doubles skin moisture levels in 4 days**
- Contains Dimethicone** which forms a protective layer to prevent moisture loss
- Enriched with Olive Oil Extract** (natural antioxidants)
- pH balanced**
- Locks in moisture** to provide instant relief
- Improves skin softness, flexibility & smoothness**
- Dermatologically tested**

ROSKEN skinrepair



PANTENE

GUARANTEE LOWEST PRICE 买得最平

PANTENE
 Shampoo Anti Dandruff 300ml
 Shampoo Hair Fall Control 300ml
 Total Damage Care Shampoo 300ml



Gillette

NOW @ RM6⁵⁰
GILLETTE
 Classic For Women Daisy 5s

NOW @ RM10³⁰
GILLETTE
 Blue II Plus 5+1s



Oral-B

NOW @ RM55⁹⁰
Oral-B
 Pro Battery Toothbrush Cross Action Black/White 1s

Oral-B
 Essential Floss Waxed Dental Mint 50M

GUARANTEE LOWEST PRICE 买得最平



Dettol

PROTECTS FROM **99.99%** OF GERMS

NOW @ RM 12.90 (FREE 100G)

NEW

Dettol ORIGINAL

REFILL BODYWASH

ANTIBACTERIAL BODYWASH

PROTECTS FROM 99.99% GERMS

S SELECT
エスセレクト

日本製
Made in Japan

1 Second
Heat relief

大人用 18枚入



S Select
Cooling Patch
for Adult 18's
¥26⁹⁰ / unit

Cooling patch

SUITABLE FOR:



Migraine



Hot Weather



Fever



Headache



Tooth Pain

Gentle To The Skin | Suitable For All Ages |
Fast Cooling Relief Discomfort | Safe To Use With Medications

SELECT
エスセレクト

日本製
Made in Japan

Care Your Denture
Like A Pro!

入れ歯洗浄剤 酵素配合



No.1
IN JAPAN
Enzymatic Formula
Denture Cleanser



Fresh
Mint

Stain
Removal

Kills
99.99%
Bacteria

Shiny

✓ Effectively remove
food particles and stains

✓ **5 minutes Kill 99.99% bacteria**

✓ Trusted quality from
Japan products

✓ With RM0.27/day
only!

SELECT
Denture Cleanser
108 Tablets
RM28.90 / unit
RSP - RM31.79

5 STEPS you shouldn't do!



Don't use hard-bristle
toothbrush

Hard bristle can scratch
your denture and
even damage it



Avoid using hot water

Hot or boiling water
would deform your
dentures



Don't use mouthwash
to clean dentures

It will damage the
acrylic base of your
denture



Remove your dentures
before bedtime

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



Avoid using bleach-
containing product

These can weaken
dentures and change
the color



2023 NATIONAL Alpro Moment PHOTO CONTEST

My Favourite Alproean

Unlike last year's photo contest which involved testing the photographer's skills in bringing the story out from the photo they had taken; this year is more about appreciating the moment we had with our fellow Alproeans who brought smiles to our faces and kept us at ease.

The theme for this year:

Who is your favourite Alproean?

After so many rounds of judging and voting, our Grand Winner for this year's photo contest falls to En. Mohd Faizal Bin Abd Halim. Special thanks to our sponsors as well as everyone who participated in the final voting process.

Curious about En. Faizal's story? Here you go...

On 6th May 2023, we were panicked and terrified as our precious Aarissa was having fever and breathing difficulties, which looked like asthma. We were way from home as we were visiting family members in KL and Putrajaya. The 1st thing that came to mind was to look for Alpro pharmacy and we managed to find 1 in Presint Diplomatic, Putrajaya. The pharmacist, quickly diagnosed and made a quick assessment while we shared Aarissa history. She was very calm and professionally explained what she could prescribe and administer. Upon discussion and thorough assessment, we agreed to purchase a nebulizer compressor and the salbutamol solution (Ventolin) as a temporary mitigation treatment and for future emergency use. She's repeatedly reminded us to consult with Aarissa doctor for further diagnosis and consultation.

She was very professional and cared a lot about the patient. Personally, that was the reason why I have been a loyal customer of Alpro Pharmacy for quite some time. Without being asked, I provided my Alpro membership card before proceeding to the cashier.

I have no words to express my gratitude for all the kind explanations, assessments, and tips given during our emergency visit. Thank you Ms. Mooi Xin Yi and Alpro Pharmacy, Jalan Diplomatic, Presint 15 Putrajaya.

You do care about your patients and customers.



Congratulations!

TO OUR WINNER

We would also like to take this opportunity to recognize and praise Ph. Xin Yi for her dedication to the community she serves at Putrajaya.

To all Alproeans, you are always our favourite. ❤️ ❤️ ❤️



Lowering Cholesterol & Controlling Blood Glucose Levels *Naturally*

Oat BG22



Biogrow Oat BG22
Oat Bran Powder
480g Canister
NP: RM55.90

G.W.P
Gift With Purchase



Biogrow Oat BG22
8.9g sample

100%
NATURAL

DIABETES
FRIENDLY

HIGH
IN FIBER

LACTOSE
FREE

GOOD
SOLUBILITY
(NO SHAKER
REQUIRED)

**5 REASONS FOR CHOOSING
BIOGROW® OAT BG22®**

High Strength & Clinically Tested Probiotics for Growing Kids

BIOGROW®
Probiotics
KIDS
Powder

6 Billion
CFU

6 Billion CFU
per sachet (1g)

CLINICALLY
TESTED

3 clinically
tested probiotics
strains

Contains inulin
(prebiotic)

FOR
KIDS

No added
sugar

No refrigeration
is required



RM 63⁵⁰

Biogrow
Biogrow
Probiotics
Kids Powder
30's x 1g
NP: RM 80.80

Recommended Dosage:
Take 1 sachet once daily with food



Orange
Flavour



MADE IN
DENMARK



Halal Quality
Control

This is a supplement product advertisement.

KKLIU 0574 / EXP 31.12.2025

S SELECT
エスセレクト

日本製
Made in Japan

Oishi Fruits Green Juice

フルーツ青汁

Young Barley Leaf

1 Pack

96

kinds of
vegetables
& fruits

+ Absorbable
Calcium

+ 20 Billions
Probiotics

Vegetables

and

Fruits

S Select
Oishi Fruits Green Juice
20's

RM 29⁹⁰
/ unit

RSP: RM32.89

おishiの
フルーツ
青汁

+21種野菜

S SELECT

吸収型 カルシウム

おishiの
フルーツ
青汁

+21種野菜

大容量
60包

S Select
Oishi Fruits Green Juice
60's

RM 69⁹⁰

RSP: RM76.89

Top 3 reasons

to take S Select Green Juice:

- ♥ Promote healthy digestion, strengthen bone & joint health
- ♥ Low sugar! Sugar contains 0.123g only!
- ♥ Just RM1.20/day for vegetables and fruits daily intake

Suitable for
whole family



Discover LIVKOSO

Your Path to Indigestion-Free Living

“At 80, you are merely a youth. At 90, if your ancestors invite you into heaven, ask them to wait until you are 100—then, you might consider it.” - Village of Ogimi, Japan, home to more than 70,000 people aged 100 or over this year.



Written by:
Caleb Mok Jun Wen
Nutritionist

Understanding the Impact of Indigestion:

Japan has a rich history of scientific research addressing various health challenges, with indigestion emerging as a prevalent concern in our modern, fast-paced world.

Indigestion, also known as dyspepsia, affects the upper abdomen and is characterized by discomfort and pain during or after eating. Indigestion can manifest in several ways, which can have a profound impact on an individual's daily life:

Acid Reflux

Indigestion often involves the backflow of stomach acid into the esophagus, leading to a burning sensation in the chest commonly known as heartburn. This occurs when the lower esophageal sphincter (LES), a ring of muscle between the esophagus and the stomach, fails to close properly.

Bloating and Gas

After a meal, especially one rich in carbohydrates, you may experience bloating and excessive gas. This discomfort is due to the inefficient breakdown of complex carbohydrates in the stomach and intestines.

Slow Digestion and Discomfort

In some cases, indigestion can result from a sluggish digestive system. Food moves too slowly through the stomach and intestines, causing discomfort and a feeling of fullness even after eating small amounts.

Indigestion has far-reaching effects, beyond just physical discomfort. It often results in reduced appetite, inadequate nutrition, and lower energy levels, impacting overall well-being. Additionally, indigestion can lead to social embarrassment due to symptoms like excessive gas or belching, affecting mental health and self-esteem. In the workplace, it hampers concentration, lowers productivity, causes missed deadlines, and increases stress.

Digestion Made Easy with Livkoso100: Your Path to Effortless Indigestion Relief!

Discover Livkoso100, a Japanese innovation that revolutionizes digestion through enzymes meticulously fermented with more than 40 different vegetables for over 100 days. Enzymes are essential proteins that facilitate various biochemical reactions in the body, including the digestion of food, transforming your digestive health, reducing discomfort, and supercharge your overall well-being.

100% Naturally Made in Japan

Livkoso100 proudly carries the legacy of Japanese precision and quality, free from synthetic additives and preservatives. It adheres to the highest standards of production, ensuring exceptional quality and effectiveness.

Gentle to the Stomach

Livkoso is rich in enzymes and probiotics, along with malic acid to promote digestion and balance your gut health. All of these benefits are encapsulated in Livkoso100's delightful apple flavor, making it a treat for your taste buds and turning your daily routine into a delightful experience.

Original Fermentation Process

Livkoso100 features a low molecular weight, allowing for easy absorption. It also remains resistant to heat and stomach acid, ensuring that the enzymes reach their destination—the digestive tract—where they are needed the most.



Say goodbye to indigestion-related poor appetite, embarrassment, and missed deadlines; start living a healthier, indigestion-free life with Livkoso100 today!

バイオサイムベール
LIVKōSO 100

LIVKōSO

100



INDIGESTION

ENZYMES

Fermented from 340 different vegetables for more than 100 days



100%
Naturally
Produced

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LIVKōSO 100

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100

植物生まれの
酵素

100% 750g



Acid-resistant
enzymes



Low molecular
weight - Enzymes
are easily absorbed
faster effect



Natural malic acid
from apple juice
for easy digestion



Can be consumed
directly or mix into
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One packet a day keeps indigestion away!



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日本産



KUATKAN OTOT. SOKONG FUNGSI IMUN!



BINA & BAIKI
TISU OTOT



AMALKAN KEHIDUPAN KUAT

* CaHMB (atau Calcium hydroxy-methylbutyrate) diperlukan oleh badan untuk menyokong pertumbuhan otot.
† Gombart et al. PLoS One. 2020; 15(36): e0236160. Ensure® Gold™ mengandungi protein, vitamin A, B6, B12, C, D, E, kalsium dan asid lemak omega-3, yang akan membantu menyokong sistem imun.

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FORMULA KHUSUS DIABETES YANG PALING DISYORKAN OLEH PAKAR PENJAGAAN KESIHATAN#



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PARAS GLUKOSA
DALAM **4 MINGGU***



Berikutan Survei Pakar Penjagaan Kesihatan Sarawak, Akademi untuk Perencatatan Diabetes yang dijalankan pada 10/2018 dan 10/2019 di semua 10 Pakar Penjagaan Kesihatan di Sarawak dan Wilayah.
* Berdasarkan Survei Glucerna yang dijalankan. * Apabila digunakan sebagai makanan dan minuman, pengamalan Glucerna 1.5g/100ml akan dapat mengawal paras glukosa dalam 4 minggu.
‡ Glucerna adalah makanan glukosa rendah yang dapat membantu pengawal paras glukosa dalam 4 minggu. (Peng et al., 2019).

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IMPROVE STRENGTH AND MOBILITY

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MANAGE GLUCOSE LEVEL

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DHA + DHA

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GoodMorning
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GoodMorning
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Osteoarthritis and sleep problems have surfaced as two prevalent and deeply concerning health issues in Malaysia. These silent health issues have a pervasive impact on individuals from young to old, regardless of their ages, backgrounds, or lifestyles.

Osteoarthritis affects the cartilage of a joint that can caused by injury or wear and tear mechanism of the joints. Meanwhile, sleep problems are issues that disrupt a person's ability to have a sleep quality. Both issues can affect our daily lives, reduce productivity, and affect our mood.

What you can do?

Practice a Healthy diet

Stay Active

Manage Stress

Purenat 5D, is a life-changing and the first goat milk powder that is scientifically formulated to support joint health and help you get a good night's sleep. Purenat 5D contains 5 key ingredients:



Boswellia Extract
To support joint mobility and health



Turmeric Extract
To relieve joint pain



Aquamin P Calcium
For stronger bones, muscle, and heart function



Go HMB
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L-Theanine
Enhance mind calming to improve sleep quality



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The combination of goat milk powder and the key ingredients results in a comprehensive approach to promote a healthy musculoskeletal system and enhance mind calming.

1 Sachet for Multiple Effects



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Mind Relaxation



Reduce Inflammatory



Improve Joint Health



Sleeping Quality

References:

1. Jang, J.Y., Liang, L.L., Chen, W. et al. Health-related quality of life of Malaysian patients with chronic low-back pain and its associated factors: a cross-sectional study. BMC Musculoskelet Disord 20, 460 (2019). <https://doi.org/10.1186/s12913-019-0234-1>
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Your *trusted* partner for a **healthier** you

Think of Alpro Physio as your family's health guardian. Just like a **'Family Doctor'** concept you might know, where the whole family relies on one primary physician for their well-being, we're here to provide the same kind of care. The difference? We specialize in physiotherapy treatment and rehabilitation.

When someone in your family seeks our help and experiences the transformation our treatments offer, they often become our biggest advocates. They recommend us to their family members, and soon enough, the entire family is benefitting from our services. This is what we mean when we say, **"Alpro Physio is Your Reassurance."**

Reassurance, simply put, is about making you less worried and uncertain. No matter your age, gender, background, or beliefs, we're here to help you get better and healthier. We've even had families ask us to provide physiotherapy to their loved ones who live far away or reside in nursing homes because they trust us.



Let us share a story with you. During the COVID-19 pandemic, one of our patients had a stroke and lost the use of his arm. He knew that physiotherapy was his only way to regain his independence. His journey wasn't easy, but he remained committed, and his hard work paid off. He achieved his goal of riding a motorcycle again. His story raises questions like, how did he manage to stay consistent with his physiotherapy, especially when he had to work? What kept him patient during times when he saw little progress? And why was he so confident in Alpro Physio?

The answers to these questions are simple but powerful: trust and reassurance. We've been consistently making our patients and their families smile since our start in 2017. Our logo, although resembling a smile, represents the power of Alpro Physio to help others. We don't care about your age, who you are, or where you come from - we're committed to providing the best care.



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Bio-Life Malaysia



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We care for Your Wellness

Sarcopenia

Affects 1 In Every 4 Elderly
A Silent Killer After Age Of 40?

What is Sarcopenia?

Our bodies start to lose muscle mass, strength and function as we hit age of 40s, known as age-related muscle loss.

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

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

How Serious Is It?

This major factor leads to more frailty, falls, fractures, hospitalizations, surgeries, and even death. Many don't notice the muscle loss, but it slows metabolism, leading to cholesterol and sugar issues, raising the risk of heart disease, diabetes, and death.

Who Is At Risk?

Sarcopenia results from factors like aging, inactivity, and poor nutrition. Chronic diseases like diabetes, too low or high BMI, prolonged medication use (especially steroids), and a history of falls also increase the risk.

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

First Key : What to Eat?

1 Sufficient Intake Of Protein

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

Prioritize high-quality proteins like chicken, fish, beef, eggs, and milk. But it's not always practical for all elderly individuals due to factors like reduced appetite, chewing difficulties, and limited food access. In such cases, protein supplements can help meet daily protein needs easily. Just remember how many scoops to take per day.

Individuals with kidney disease should consult a dietitian or doctor before upping protein intake. The ultimate goal is ensure a balanced diet with enough calories from a variety of foods, instead of overemphasizing only the protein.



2 Taking Adequate Amount Of Vitamin D

Insufficient vitamin D affects calcium absorption and leads to muscle weakness and sarcopenia. Get vitamin D from sunlight (10-15 mins, 3-4 times a week, 10 am-3 pm, no sunscreen) or foods like salmon, egg yolk, and fortified items. Food alone may not suffice, especially for the elderly, who may require supplements.

3 Omega-3

Omega-3s, not only known for heart health, also fight inflammation, potentially preventing muscle loss and improving strength in older adults. As omega-3-rich foods like fatty fish, nuts, and seeds are often consumed in small amounts, supplements are recommended for the elderly to gain these benefits.



Written by :
**Alpro Silvercare
Specialist**



Second Key : What to Exercise?

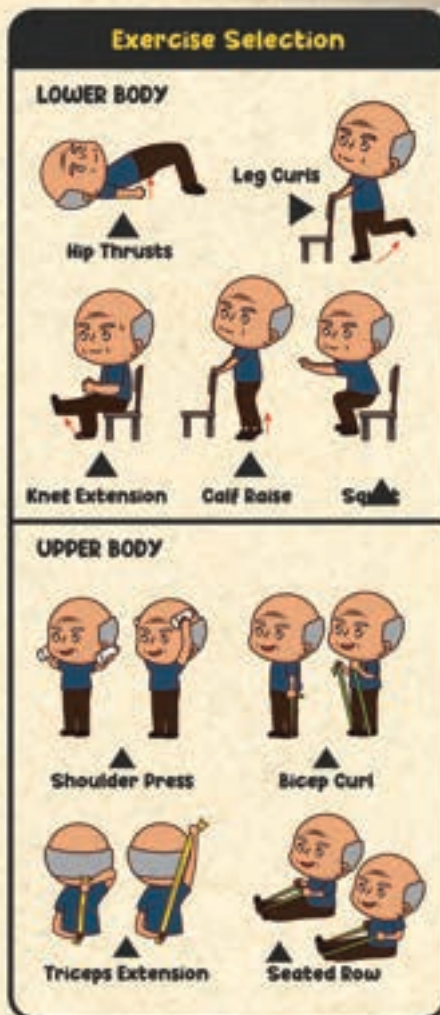
Focus on resistance exercises as they have been proven to increase muscle protein synthesis, fiber size, strength, and prevent sarcopenia in older adults.

Benefits of Resistance Exercise:

- Build strength
- Maintain bone density
- Enhance balance, coordination, and mobility
- Reduce fall risk
- Sustain independence in daily activities.

To combat sarcopenia, focus on multi-joint exercises targeting major muscle groups. Aim for two full-body sessions per week.

For best results, do 10-15 reps per set, 1-2 sets per day, with 2-3 minutes of rest between sets. You can use exercise tools like resistance balls, dumbbells, or even a 500ml water bottle.



Reminder:

These exercises are general guidelines. Due to individual differences in physical condition, consult with an experienced Personal Trainer or physiotherapist to create a tailored exercise plan for your needs.



What is the specialty of Alpro Silvercare?

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

MUSCLE RECOVERY Solutions!

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

1 Complete & Balanced Nutrition



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

2 Protein

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



3 Vitamin Supplement

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



4 Resistance Exercise

Exercise Band suitable for variety of exercise.



With different colour in different strength.

Light



Medium



Heavy



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See improvement in **Just 2 weeks!**

VITALITY PACKAGE

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1 X Metabolic Energold (Original Flavour) (70363) or (Plant Based) (100045772)
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3 X Exercise Band (100202154)



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1 X Metabolic Energold (70363)
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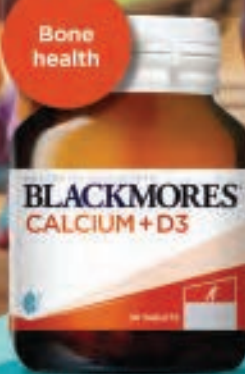
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PRISTIN
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PRISTIN® GOLD
Promo Pack
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✓ **High omega-3**
concentrates in a capsule

✓ **Toxin-Free**

✓ **Encapsulated with fish**
gelatin using UK Technology
from **EuroCaps**



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Probiotics Strains Provide Optimum Gut Health

✓ Support digestion

✓ Help to promote
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Take Daily to Support Energy throughout the day



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SAFE

Quality and Laboratory Tested



SCIENCE

Supported with Clinical References and Research

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

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Used as health supplement

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With Stevia
No Added
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**SPECIAL
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Berry Bright
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Suitable for
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Suitable for All
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Energize Your Life After 40



By : **Dr. Kwan Lee Kuan**
B. Dietetics (Hons) UKM

Turning 40 is a pivotal point in life, prompting us to prioritize our health, particularly the well-being of vital internal organs such as the heart and brain. As we age, our bodies undergo numerous changes, many of which can impact our energy levels and overall health. One key area of concern is the health of our cells, particularly the mitochondria, known as the powerhouses of the cell. In this article, we'll explore how the combination of Pyrroloquinoline quinone (PQQ) and Ubiquinol turn out to be a game-changer for adults aged 40 and above.

The Quest for PQQ and Ubiquinol

Before delving into the benefits of PQQ and Ubiquinol, it's important to understand that these compounds are not abundantly available in our daily diets.

PQQ: Japanese scientists measured the content of PQQ in some common food and found that this micronutrient can be found in tofu, carrot, parsley, spinach, kiwi, green tea but its quantity is very limited. Achieving the optimal daily intake for noticeable benefits solely through food is a daunting task.



Ubiquinol: The active form of Coenzyme Q10 (CoQ10), vital for cellular energy production, can be found in organ meats, fish, and whole grains. However, its conversion to Ubiquinol in our aging bodies becomes less efficient, making direct Ubiquinol supplementation more effective and convenient way.

The Dynamic Duo: PQQ and Ubiquinol

Heart Health

Aging can take a toll on the heart. Ubiquinol aids in ATP production, vital for heart muscle function. Combined with PQQ's antioxidants which can increase cellular energy by increasing quantity of mitochondria; this duo protects the heart from oxidative stress and promotes cardiovascular wellness.

Brain Health

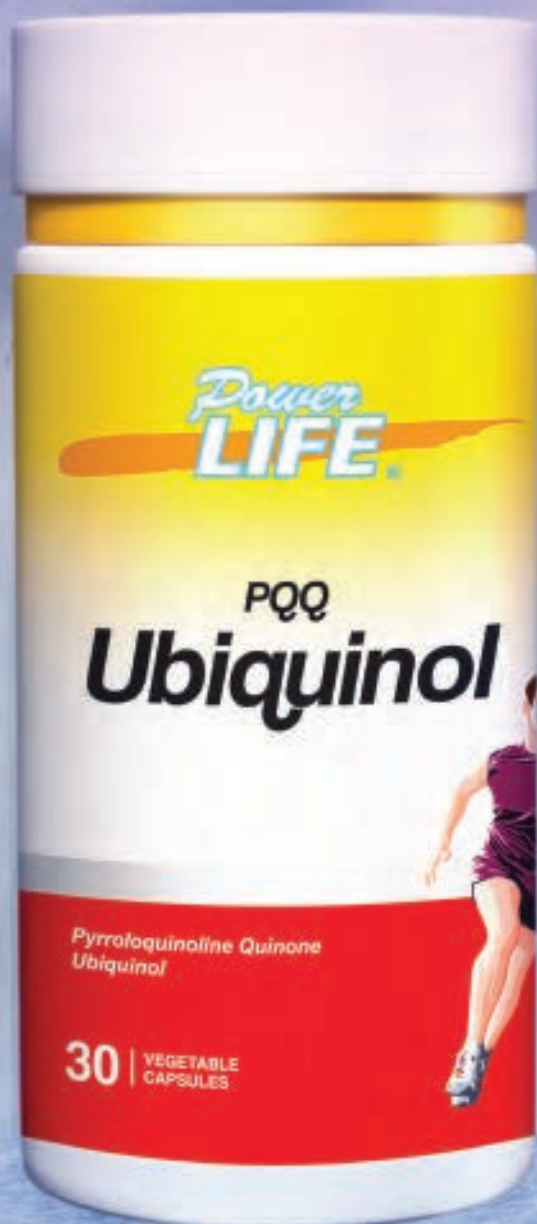
PQQ's unique prowess lies in its brain-enhancing properties. Studies have shown that PQQ increases nerve growth factor (NGF) by an astonishing 40 times[1]. NGF is vital for brain function, cognitive clarity, and overall mental well-being. This remarkable benefit underscores the importance of PQQ supplementation, commonly supplemented dose at 10-20mg PQQ daily.

Cholesterol Medication Concerns

Statin medications routinely result in lower Coenzyme Q10 levels in the body. Studies have also shown reduction of Coenzyme Q10 in muscle tissue may cause statin-induced myopathies (muscle weakness). CoQ10 supplementation helps in relieving muscle pain, weakness, cramp and tiredness [2].

Life begins at 40, age is just a number when your heart and mind stay healthy. In the journey of life, good health is your best companions for a long and fulfilling adventure.

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Rediscovering Your Inner Strength in Modern Age

In our fast-paced world, vitality is the core of overall well-being, impacting energy levels, emotional balance, physical fitness, and sexual satisfaction. Yet, concerns are growing over its decline due to factors like poor diets, sedentary lifestyles, and aging. This decline can lead to fatigue, reduced libido, and erectile dysfunction in men. In this article, we explore the importance of men's vitality and offer strategies to rejuvenate it, helping men thrive in our modern world.

The good news is that the path to revitalizing and boosting vitality is within reach, thanks to the remarkable potential of nature and its secrets:

1. *Eurycoma longifolia* (Tongkat ali):

This ancient herb has a rich history of addressing vitality-related concerns in men. Tongkat ali can uplift energy levels, boost's testosterone and reignites libido, and support overall sexual function. It's a natural boost that goes beyond mere stimulation, offering a holistic approach to revitalizing you.

2. L-Arginine:

An essential amino acid, L-Arginine plays a pivotal role in promoting improved blood circulation. By relaxing blood vessels and enhancing blood flow, it can provide significant benefits for men facing erectile dysfunction. It's helps in rekindling passion and confidence.

3. L-Carnitine Fumarate:

Derived from an amino acid, L-Carnitine Fumarate supports energy production within our cells. It's a potent weapon against fatigue, helping to elevate energy levels and say goodbye to those draining, sluggish days.

4. Zinc:

Zinc, an essential mineral, plays a pivotal role in maintaining healthy testosterone levels. Zinc supports testosterone production, potentially addressing concerns related to low libido and erectile dysfunction and maintain sperm and semen health. It's a natural solution to a pressing issue.

In conclusion, vitality is more than a luxury; it is the foundation of a well-lived existence. It is a dynamic force that can improve all element of a man's life. While food choices, sedentary living, and aging may all pose threats to vitality, there is still hope. Men can embark on a road towards a healthier, more satisfying existence in the face of modern-day obstacles by valuing vitality and embracing nature.



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“The World Health Organization (WHO) reports that 60% of the world's population uses herbal medicine, and that 80% of those in developing countries rely nearly entirely on it for their basic medical requirements!”

Traditional medicine encompasses the knowledge, skills, and practices rooted in the theories, beliefs, and experiences of diverse cultures. Herbal medicine aims to return the body to a state of natural balance so that it can heal itself. Due to the perception that all natural products are secure, affordable, and widely accessible, herbal medicine is becoming more and more popular and accepted¹.

Modern medicine often concentrates on alleviating symptoms, whereas natural herbs excel in addressing issues such as fatigue, supporting liver detoxification, and enhancing the immune system. When these natural remedies are combined with contemporary treatments, they demonstrate a synergistic effect, augmenting their efficacy while reducing potential side effects for patients.

Heal Naturally with Herbs!

Natural herbs specialize to enhance patients' well-being and alleviate the discomfort associated with minor illnesses by expediting the self-recovery process through the inherent power of natural healing. The specially formulated herbal remedies serve as a compelling alternative to conventional medicine, effectively addressing mild symptoms. These natural solutions not only boost the immune system but also expedite the recovery of upper respiratory tract issues while safeguarding vital organs from potential further harm.

In this era, patients are increasingly turning to alternative and herbal treatments. The uses of herbs are the result of hundreds of years' worth of remedial experience from generations of indigenous medical practitioners. In the developing world, herbal medications have recently been in high demand for primary healthcare not just because they are less expensive but also because they are more socially and culturally acceptable, more compatible with the human body, and have less side effects.

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Clematis

- Heal mouth ulcer
- Anti-neuroinflammatory activities

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By: **Ng Siew Li**
Nutritionist
B. Sc. (Hons) Food
Science & Nutrition

Stress Unveiled:

The Silent Culprit Behind Heartburn and Indigestion

In our fast-paced lives, stress has become an unwelcome companion for many. From work pressures to personal challenges, it lurks in the background, affecting our overall well-being in myriad ways.

The Stress-Digestion Connection

When we encounter stress, our bodies activate the "fight or flight" response, a natural survival mechanism deeply rooted in our evolutionary history. This response is designed to help us deal with immediate threats by diverting resources to vital functions, such as increasing heart rate, sharpening focus, and preparing the muscles for action. While this response is crucial in emergencies, chronic stress can trigger it repeatedly, disrupting the normal functioning of our body, including our digestive system. When the stress response is activated, blood flow is redirected away from the digestive organs to muscles and the brain. This means that during times of stress, the digestive process may slow down, leading to delayed emptying of the stomach and altered bowel movements.

The Stress-Heartburn Connection

Meanwhile, stress also plays a significant role in the development and exacerbation of heartburn. The key factor here is the lower esophageal sphincter (LES), a muscular ring at the base of the esophagus that acts as a valve to prevent stomach contents, including acid, from flowing back into the esophagus.

- **Weakened LES:** Stress can lead to the weakening or relaxation of the LES. When the LES is not functioning at its best, it becomes easier for stomach acid to escape into the esophagus, resulting in heartburn.

- **Increased Acid Production:** Stress can stimulate the production of stomach acid. This excess acid production, coupled with a weakened LES, creates a perfect storm for heartburn.

- **Altered Eating Habits:** During times of stress, people may be more likely to engage in unhealthy eating habits. This can include consuming large, fatty, or spicy meals, which are known triggers for heartburn.

Addressing the Stress-Heartburn Connection

Recognizing the link between stress and heartburn is the first step in managing this uncomfortable condition. Managing stress through relaxation techniques, mindfulness, and lifestyle adjustments can be as crucial as medication in controlling heartburn.

What you can do:

- Deep breathing exercises
- Meditation
- Talk to someone
- Practice mindfulness
- Maintain a balanced diet
- Avoid trigger foods
- Practice portion control
- Be physically active
- Get quality, sufficient sleep
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Is your kidney tired?

By : Ph Nurul Iman
BPharm (Hons)

Quietly working every day, 200 litres of blood are pushed through the kidney to be filtered¹. Clean blood is returned to the body and 1.5 litres of toxins and impurities are removed at the end of the day¹.

Many of us do not appreciate our kidneys' hard work until they stop functioning. This can be caused by a number of factors, including high blood pressure, diabetes, certain medications, and a poor diet. When your kidneys are damaged, they can't function properly, which can lead to a dizzying number of health problems.

When that happens, our skin gets itchy and dull. We may visit the toilet more often or much less than usual, and get body aches. Sometimes, it will be difficult to fall asleep at night and we find ourselves losing our appetite⁵.

Time to nourish your kidneys with love!

There are a number of things we can do to protect our kidneys, including exercising regularly and managing our blood pressure and sugar levels. One of the best things we can do for our kidneys is to eat plenty of cruciferous vegetables like broccoli, cauliflower, and kale^{3,4}.

These vegetables contain a compound called sulforaphane, which has a number of benefits for kidney health and has been extensively researched for its antioxidative and anti-inflammatory properties^{2,3}.

Citation:

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1. Anti-oxidant

Being an antioxidant means that sulforaphane can shield our kidneys from free radicals^{2,3}.

Free radicals steal electrons from their surroundings (which are our organs!), causing them to damage our DNA and cells. When we are exposed to a lot of free radicals for a long time, this causes a condition called oxidative stress that leads to serious, chronic problems like cancer and kidney disease.

2. Anti-inflammatory

Inflammation can happen for various reasons, such as certain medications, infections, or foods. Prolonged inflammation can cause scarring at the kidneys' filters and interfere with their ability to remove waste from the blood. Sulforaphane is an anti-inflammatory which means that it can help us to reduce this risk^{2,3}.

3. Nrf2 activator

Sulforaphane has the ability to activate Nrf2, a protein in our body^{2,3}. This speeds up the detoxification process by promoting the removal of harmful substances from the body, thus reducing the burden on your kidneys. It also means that our body will feel lighter, and our skin might look better than ever before!

Incorporate sulforaphane-rich foods into your diet daily to ensure that your kidney gets the love it deserves. This can be adding a serving of broccoli or cauliflower into every dish or as simple as the addition of sulforaphane supplements to your daily routine.

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ALPRO LITTLE PHARMACIST DAY

Date : August 28, 2023
Location : SJKC Kuo Kuang, Skudai, Johor

Dear Alpro Community,

We are thrilled to share the wonderful success of the **"Alpro Little Pharmacist Day"** event that took place on August 28, 2023, at SJKC Kuo Kuang in Skudai, Johor. This one-day camp brought together 70 young and enthusiastic participants for a day filled with learning, discovery, and empowerment.

Inspiring Future Pharmacists:

The event aimed to give young minds a taste of the world of pharmacy. Our little pharmacists had the opportunity to step into the shoes of a pharmacist, learning about their essential role in healthcare. They donned lab coats and explored the various aspects of pharmacy, from compounding medicines to patient care.

A Journey to Become a Future Pharmacist:

The day was packed with interactive sessions, learning sessions, and engaging activities designed to expand their understanding of healthcare. Our little pharmacists were not just spectators; they actively participated in activities that allowed them to apply their newfound knowledge:

1. Pharmacy Basics:

Participants got a glimpse into the world of medicines and how they are made. They even had a chance to compound their own simple formulations!

2. Healthcare Insights:

The young pharmacists-to-be learned about the importance of good health and tips for using rehab tools, gaining valuable knowledge that they can apply daily.

Empowering Young Minds:

The Alpro Little Pharmacist Day was about more than just learning. It was about nurturing curiosity, instilling a sense of responsibility, and empowering young minds to dream big. We encouraged questions, curiosity, and a passion for helping others through healthcare.

A Day to Remember:

As the day drew to a close, our young pharmacists left with smiles and a newfound appreciation for the world of healthcare. Their parents had the privilege of witnessing their graduation as Alpro Little Pharmacists. Each participant received a certificate of participation as a token of our appreciation for their active involvement.

We extend our heartfelt gratitude to all the young participants, their parents, and our dedicated team of volunteers and organizers who made this event a resounding success.

Looking Forward:

The Alpro Little Pharmacist Day was just the beginning. We are committed to fostering a love for healthcare and education among our youth. Keep an eye out for future events and activities aimed at nurturing the next generation of healthcare professionals.

Once again, thank you for making the Alpro Little Pharmacist Day a memorable and impactful experience. Together, we are shaping a healthy and vibrant world!

Warm regards,

Darien Heng

Lead of Alpro Little Pharmacist Camp
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We understand the challenges you face and we are here to hold your hand through them all. With SugO365, you'll receive personalised care from dietitians and nutritionists via a user-friendly mobile app. You'll also receive free face-to-face consultations and valuable diabetes health tips.

Over the past two years, we've proudly published two diabetes booklets, which have benefited thousands of individuals — whether they live with diabetes, have family members who do, or are friends and caregivers. This year, SugO365 team is thrilled to present **"Unfolding Diaries of Diabetes Warriors"** with 25 real stories that reflect the journeys of those living with diabetes. We hope these stories provide strength and inspiration to support your journey with diabetes.

Remember, you are not alone in this fight, SugO365 is ready to support and uplift you for a healthier and happier life. Join us today and regain control over your life with SugO365!

Subscribe to any SugO365 plan to get a FREE PHYSICAL BOOK!

OR SCAN QR code to get your FREE E-BOOK!



Why Are My Blood Glucose Levels Always HIGH?



Why is glucose test so expensive?



Argghh...
Forgot to record again?



Can I eat this?
Can I eat that?

SUGO365™ DIABETES CARE

SUBSCRIPTION PLAN

sugOTrial+plus

sugOPro

sugOVIP

sugOCombo

FIRST TIME USER

~~RM255~~
RM150

RM60 + SWP: RM90 (Contour Plus One Meter Starter Pack With Test Strip 25x)

2 months

50+25 PCS
CONTOURPLUS Test Strips

- Data Synchronization to Mobile App
- Real-time Analysis
- Personalized care
- FREE CHAT with Nutritionist & Dietitian

NEWLY DIAGNOSED AND FREQUENT USER

~~RM510~~
RM260

6 months

Max. cap of
300 PCS*
CONTOURPLUS Test Strips

FREE CONTOUR® PLUS ONE METER

- Data Synchronization to Mobile App
- Real-time Analysis
- Personalized care
- Auto alert on test strips replenishment
- Free Sharp Bin (for Needle Disposal)
- Free LIVE Chat with Nutritionist & Dietitian
- Free Face to Face Consultation
- Free Webinar
- Free Diabetes Health Tips

~~RM850~~
RM360

12 months

Max. cap of
500 PCS
CONTOURPLUS Test Strips

FREE CONTOUR® PLUS ONE METER

- Data Synchronization to Mobile App
- Real-time Analysis
- Personalized care
- Auto alert on test strips replenishment
- Free Sharp Bin (for Needle Disposal)
- Free LIVE Chat with Nutritionist & Dietitian
- Free Face to Face Consultation
- Free Webinar
- Free Diabetes Health Tips

LONG TERM USER

~~RM1700~~
RM720

24 months

Max. cap of
1000 PCS
CONTOURPLUS Test Strips

FREE CONTOUR® PLUS ONE METER

- Data Synchronization to Mobile App
- Real-time Analysis
- Personalized care
- Auto alert on test strips replenishment
- Free Sharp Bin (for Needle Disposal)
- Free LIVE Chat with Nutritionist & Dietitian
- Free Face to Face Consultation
- Free Webinar
- Free Diabetes Health Tips
- Latest 100's



SIGN UP NOW!

Scan Here



GLUCODR LOYALTY REWARD PROGRAMME

CONTROL YOUR DIABETES

Focus on your health

GlucoDr. auto TM A
Blood Glucose Monitoring System



**BUY 6
FREE 1**

Loyalty Programme

(Buy 6 Bottles of Strips)

T&C applied



Buy 6 Bottles
at the same pharmacy
within 1 year



Upload your resit
on google form



Redeem
1 Bottle of Free Strip



One system for more benefits



Accu-Chek blood glucose system



Accurate result¹



Virtually pain-free experience²



Exclusive access to the mySugr app PRO version for FREE (worth RM117.90 per year)

mySugr app



More than 3 million registered users.
4.6 star user experience rating³



Positive impact on blood glucose control in mySugr app users with **estimated HbA1c reduction of 1.01%** over 12 months use of the app⁴ (Baseline eHbA1c $\geq 8\%$).

References:

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

Disclaimer: mySugr is not a medical device. This advertisement does not promote the diagnosis, treatment, prevention or cure of diabetes. Please consult your healthcare professional for the interpretation of the result and diagnosis.

Mobile device is not included in the package, it is for illustration purposes only.

Accu-Chek Customer Care: 1-800-88-1313

(Monday - Friday 9am - 5pm)

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accu-chek.com.my



Scan to download mySugr app for FREE

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Less painful injections^{1*}

PentaPoint™
Comfort technology

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Contoured
based needle



1. Study conducted by BD on 100 healthy subjects comparing BD Ultra-Fine™ 32G 4mm needles with standard 30G 5mm needles. BD Ultra-Fine™ 32G 4mm needles were found to be significantly less painful than standard 30G 5mm needles. 2. Study conducted by BD on 100 healthy subjects comparing BD Ultra-Fine™ 32G 4mm needles with standard 30G 5mm needles. BD Ultra-Fine™ 32G 4mm needles were found to be significantly more reliable than standard 30G 5mm needles.

**NOW @
RM 62.50**
/ pack



Kevin, 43
BD Pen Needle User

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THE DIFFERENCE**

Probiotic Soy Protein

For INDIGESTION & GUT HEALTH Problems



Probiotic



Fenugreek



Prebiotic



Flaxseed



RM 63.60



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TIME
OFFER**



**FREE
2 Sachets**

Worth RM 6.90

rossmax



RM179



AC Adaptor
Worth: RM70



Digital Pencil Thermometer
Model TG100
Worth: RM31

AUTOMATIC BLOOD PRESSURE MONITOR MODEL AW150f
Product Reg. No.: G839668337717

Features



Real Fuzzy
Technology



Movement
Detection



Blood Pressure
Level Indication



Irregular Heartbeat
Detection (IHB)



90
Memories



AC Adaptor
Worth: RM70



Digital Pencil Thermometer
Model TG100
Worth: RM31

**AUTOMATIC BLOOD PRESSURE MONITOR
MODEL X1**
Product Reg. No.: G839668337717

RM165

Features



Cuff
Detection



Movement
Detection



Blood
Pressure Level
Indication



Irregular
Heartbeat
Detection



Universal
Cuff
24 - 40cm



Clinically Accurate
ASTM E 1965-08: 2009

**NON-CONTACT TEMPLE THERMOMETER
MODEL HA500**
Product Reg. No.: G897530337917

RM199

Features



1 Second
Measurement



Temple
Temperature



Object
Temperature



Fever
Alarm



°C / °F
Switchable

Please consult your healthcare professional for the interpretation of result and diagnosis. Registered under Act 737 | Advertisement No: MDAMD 0054/2022

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In-the-ear (ITE)



In-the-canal (ITC)



Receiver-in-canal (RIC)



Behind-the-ear (BTE)

How To Choose The Correct Hearing Aids

Hearing level:

Normal 0 - 20 dB	
Mild 25 - 40 dB	
Moderate 45 - 70 dB	
Severe 75 - 90 dB	
Profound 95 - 120 dB	

1. Important to do hearing test

Hearing test is important to determine hearing loss level and the suitable hearing aids type.

2. Consult with your professional audiologist

Audiologist will help to choose the suitable hearing aids according to the hearing level.

3. Try the hearing aids

It is important to try the hearing aids before purchase it to make sure we are comfortable with the sound quality.

Hearing Amplifier vs. Hearing Aids

Hearing

- ✗ **Hearing Amplifier**
Can cause hearing to deteriorate further.
- ✓ **Hearing Aids**
Aid the customer accordingly based on hearing level.

Speech Understanding

- ✗ **Hearing Amplifier**
Does not help in term of speech understanding.
- ✓ **Hearing Aids**
Amplify on the speech sound to make sure user can understand speech.

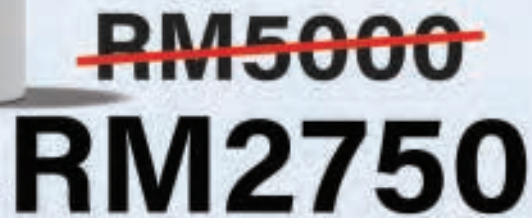
Loudness

- ✗ **Hearing Amplifier**
Amplify all sound including noise sound.
- ✓ **Hearing Aids**
Focus only on speech sound and eliminate noisy sound.

Prepared by:
Audiologist Affah
Sarjana Muda Audiologi
(Kepujian) UIAM



愛は君の声が聞こえる

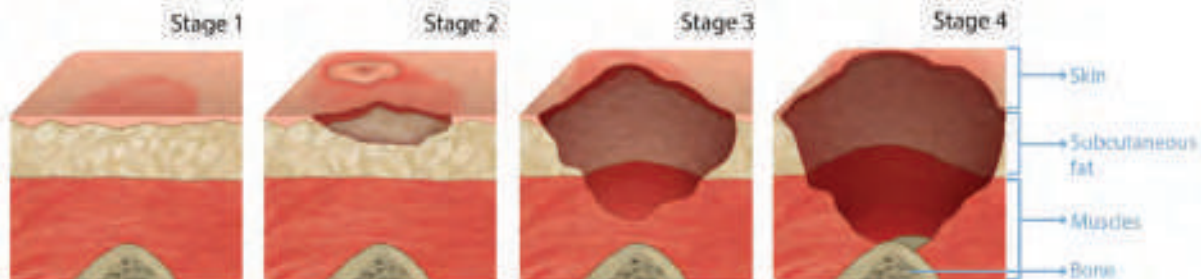


ONLY AT

PROFESSIONAL ASSISTANCE
PROVIDED ANYTIME

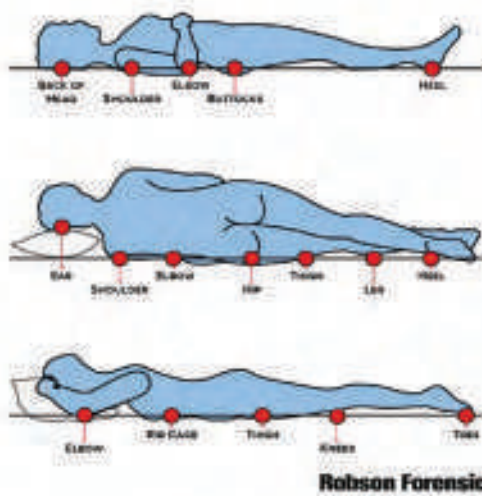
What are Pressure Ulcers?

Pressure ulcers, or bedsores occur due to prolonged pressure or friction in the same region, causing reduced blood flow to your skin. Lacking blood flow can cause the skin cells to die in as fast as 2 hours! As the dead cells break down, a pressure ulcer injury form.



Picture 1 - Stages of pressure ulcer.

At Risk Areas for Pressure Ulcer Development



Robson Forensic

Picture 2 - Pressure ulcer common sites.

Who is At Risk for Pressure Ulcers?

- People with thinner skin (eg. Elderly)
- Limited mobility or bed-ridden
- In a coma or a vegetative state
- Chronic paralysis
- Frequent use of wheelchairs
- Wear casts, splints, or prosthetic devices

Symptoms of Pressure Ulcers

- Unusual changes in skin color or texture.
- Swelling.
- Pus-like draining.
- An area of skin that feels cooler or warmer to the touch than other areas.
- Tender areas.

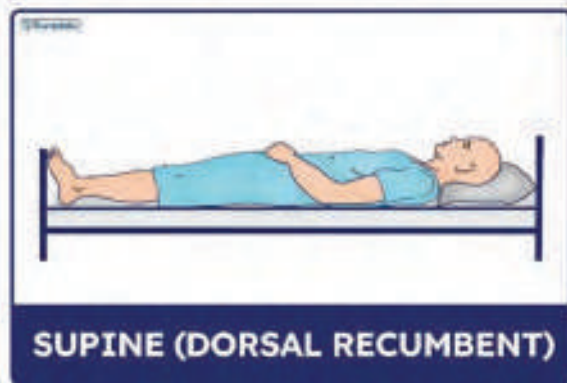
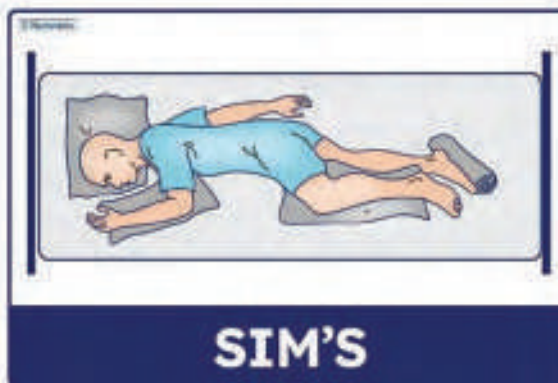
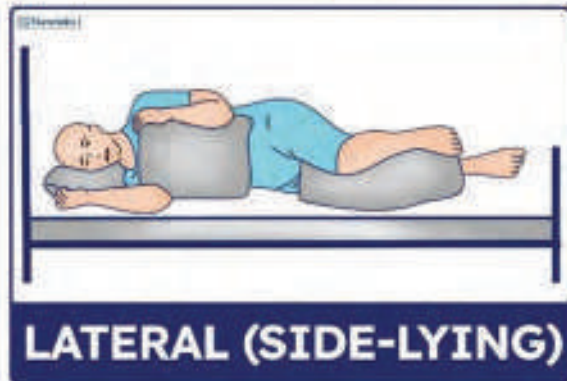


Pressure Ulcer Prevention

The first step in preventing bedsores is reducing the pressure and friction that may cause it. Some of the methods include:

1. **Repositioning.**
Turn and change the patient's position as often as possible. It is advisable to do this every 2 hour.
2. **Using support surfaces.**
Use a mattress, bed or special cushions that help the patient to sit or lie down in a way that protects fragile skin.
3. **Maintain good hygiene**
Moisture (eg. Sweat, urine) is also a contributing factors pressure sore. Always keep the skin dry and clean, and check if there is any skin redness on pressure points.

Patient repositioning can be done in different ways, such as:



Images retrieved from: <https://nurseslabs.com/patient-positioning/>

Important Note

Pressure ulcer places a threat to your health! Severe stage of pressure ulcers would increase your risk of life-threatening infections. Besides, you will need to spend a huge amount of time, effort, and money to heal the infected wound.

Therefore, **EARLY DETECTION** and **PREVENTION** is the key in pressure sore management.



ABSORBA™
nateen® **SUPER**



Soft and Breathable
— ADULT PANTS —



NEW
Improved
Design
改良设计



FREE
additional
1 PIECE

* WHILE STOCKS LAST



PRODUCT RANGE	CONCEPT	ABSORBENCY	SIZE / WAIST
ABSORBA™ Nateen® SUPER	Adult Pant • NIGHT	3700ml - 4000ml 	M / 60 - 120 cm
			L / 80 - 150 cm
			XL / 100 - 160 cm



Wetness
Indicator



Odour
Control



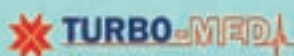
Waterproof
Leak Guards



Belgian
Quality



Ultra Dry
Top Layer



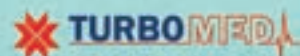
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22 Joo Koon circle Singapore 629054

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Your essential solution

Automatic adjustment for optimal pressure
based on patient's weight.



5 Multicare Therapy Mode

Max Firm

Alternating

Seat Inflation w/ Alternating

Continuous Low Pressure (CLP)

Seat Inflation w/ CLP



Risk Level

Suitable for
medium to high
risk pressure injury



≤250 kg

Weight
capacity



Auto

Adjustment
providing
optimal pressure



Alternating

Every
10 Minutes
cycle



CPR

For quick
deflation &
maximum security



Heel Relief

Function
for heel
protection

Registered under Act 737 with Medical Device Authority Malaysia
Registration number: GMD256087435184

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Eco Traveller
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Grade 304

Stainless Steel Parts
& Hardware



No Rust

Premium Aluminium
Frame (6061 T6)



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Against Corrosion

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with Medical Device Authority Malaysia
Registration number : GAC461523-60616

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Or approach any
Alpro pharmacy outlets.

2

Make Payment
& Collect Your

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WHEELCHAIR!**





Drug-free Pain Relieve

360°
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Cool / Hot
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Fully
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Stretchable &
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Reusable &
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PREMIUM

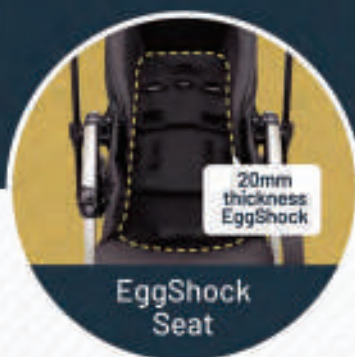
Applicable Age:

0-3 Years

Stroller Weight:

6.8 Kg

A high landscape stroller provides babies with a broader view, encouraging closer interaction with parents and heightened convenience.



20% Larger & Double Thin Wheels

Embracing large wheels ensures a seamlessly smooth strolling experience with superb shock absorption. The inclusion of double wheels guarantees stability, granting babies a supremely comfortable ride.

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Combi

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PREVENTION CENTER

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“ Are you eating enough protein? ”

Nutritional formula & free nutritionist/ dietitian consultation.



“ Muscle weakness is a sign of elderly muscle loss and increased fall risk? ”

Free Muscle Strength / Mobility Balance Assessment.



“ Are you doing any Resistance Exercise? ”

Resistance band or pedal exerciser.



Speak to Us Now **019 - 750 0612**

SCAN HERE
FREE
Muscle Strength
Assessment



AK1123

HOW TO RENT?

1 Pick Your Package



2

Contact Us **019 - 750 0612**

Provide Us Your Name, Location & Contact Number.



3

Confirm & Payment

RENTAL Hospital Bed

* Addition RM20 processing fee.

STEP 1 : Pick Your Package

MANUAL BED OR ELECTRIC HOMECARE BED



Model No: H0463630962198
* Subject to availability



Model No: H08473223 102142
* Subject to availability

1 WEEK
RM80

1 MONTH
RM200

3 MONTHS
RM450
(RM150/month)

RENTAL BUNDLE
with Tubular Ripple Mattress

Top up only
RM80 per month.

RM690

SAVE RM360

6 MONTHS
RM840
(RM140/month)

RENTAL BUNDLE
with Tubular Ripple Mattress

Top up only
RM75 per month.

RM1,290

SAVE RM810

* Returnable deposit RM400 will be collected.

ELECTRIC BED



Model No: G48546320-40347
* Subject to availability

1 WEEK
RM120

1 MONTH
RM300

3 MONTHS
RM750
(RM250/month)

RENTAL BUNDLE
with Tubular Ripple Mattress

Top up only
RM80 per month.

RM990

SAVE RM360

6 MONTHS
RM1,440
(RM240/month)

RENTAL BUNDLE
with Tubular Ripple Mattress

Top up only
RM75 per month.

RM1,890

SAVE RM810

* Returnable deposit RM500 will be collected.

STEP 2 : Delivery Fee

* Depend on Address Area.

刚出院?
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KAMI HANTAR DALAM SECEPAT
MASA 4 JAM!

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ANDA TIDAK KESEORANGAN!

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出租服务 SEWA



Recommended By
The Malaysian Society
Of Rehabilitation

RM6,000

TAX RELIEF

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

RENTAL Ripple Mattress

1 WEEK

RM60

1 MONTH

RM150

3 MONTHS

RM300

SAVE
RM150

6 MONTHS

RM550

SAVE
RM350

APEX
Care for a healthy life
Domus 2



WGA Reg No: C00029406 P00000
* Subject to availability

Why Is The Mattress Not For Rent?

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



Mattress For Purchase

(J00101)
RM300

3 Inches Folded Mattress

(J00101)
RM400

4 Inches Folded Mattress



~~RM650~~ **PWP**
SPECIAL PRICE! **RM480** 4 Inches
For Purchase / Rental
Hospital Bed
High Density Foam
Support Mattress



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Rental With

Special Purchase Deal



**GKB Lion's Mane
Mushroom**

~~RM198~~ **SAVE
RM59**
RM139

Product Reg No.: MAJ 210081277C



**Home Physiotherapy
Treatment**

~~RM150~~ **SAVE
RM70**
RM80
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Recommended By
The Malaysian Society
Of Rehabilitation

RM6,000

TAX RELIEF

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

RENTAL Suction Pump



MDA Reg No. : 080430221-04300
*Subject to availability

Helps to remove excessive mucus in airway.

1 WEEK

RM20

1 MONTH

RM50

2 MONTHS

RM90

**SAVE
RM40**

3 MONTHS

RM120

**SAVE
RM30**

+ RM100

For Purchase Of
Suction Canister
Due To Hygiene
For The Patient.



*Returnable deposit **RM150** will be collected.

RENTAL Hearing Aids



MDA Reg No. : EDR0000044943
MDA Reg No. : 06K75225-47272
*Subject to availability

**FREE
7 Days Trial
Before Start Renting**



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1 MONTH

1 Piece

RM380

1 MONTH

A Pair

RM570

**SAVE
50%
For 2nd Piece**

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Accessories,
System Tuning,
Sterilisation.

**SAVE
50%
For 2nd Set**

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147g

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BIG VOLUME
FOR KIDS

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of Protection**
Less risk of
water leaking!



Skater Range
From
RM 46.40
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CONTACT NUMBER
019-906 7923



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scan to register online

Alpro E-Member

How?

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

★ Points Redemption

200 points = RM1

\$ Alpro Member Points Collection

RM1 = 1 Alpro Point

JOIN with RM10 & enjoy

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RM10 health voucher]

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Seremban City Centre	019-214 0939
Ampangan	010-401 1903
Kuala Pilah	013-647 0304
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Rembau	013-362 3588
Bahau	019-751 1923
Gemas	019-723 1923
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Mahajaya	019-889 9002
Nilai	013-286 1923
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Presint 15 Putrajaya	018-350 6789

SELANGOR

Bandar Seri Putra	019-220 2059
Bandar Baru Bangi	013-270 1923
Sri Gombak	013-685 1923
Subang Perdana	019-465 2923
Salak Tinggi	019-264 3923
Teluk Pulai	019-281 3923
Kota Kemuning	019-981 3923
Bandar Puteri Puchong	019-274 1923
PJ SS17	019-470 1923
Selayang	019-686 1923
Jalan Besar, Kapar	018-266 1923
Neo Cyberjaya	019-984 5923
Sungai Besar	019-962 0923
Tanjong Karang	019-908 8923
Tanjong Sepat	019-841 7923
Jerarom	011-1875 4804
Klang Utama	011-1628 4923
Bukit Tinggi 2	019-712 6923
Kuala Selangor	019-397 4923
Seremban Vista Valley	019-310 9043
Seremban Tmn. Polang	019-988 6610
Prima Seputra	014-323 4094
Banting	017-535 2355
Setia Alam	011-1124 6535
Pekan Meru	014-928 8862
Puncak Jalil	010-841 8152
Taman Sri Muda	010-823 5700
Bukit Serdang	019-225 2923
Kota Warisan	012-300 7408
Bdr. Mahkota Cheras	011-2342 8559
Kuala Kubu Bharu	019-255 0923
Saujana Utama	019-208 2923

PAHANG

Jalan Berserah	019-987 1923
Jalan Mahkota	019-215 1923
Berlong, Pahang	019-252 1923
Mentakab, Pahang	019-276 1923
Taman Tas	019-357 1923
Jln Tun Ismail	013-986 1923
Indera Mahkota	019-266 1923
Bukit Setongkol	013-280 3923
Bandar Jengka	019-293 3923
Pekan	019-747 2923
Sungai Isap	019-361 8923
Air Putih	019-691 8923
Batu 3	019-906 6923
Temerloh	019-945 5923
Raub	018-989 1923
Kuala Lipis	012-282 6399
Sentral Triang	014-719 9273

PERAK

Kamunting	013-593 2923
Bidor	019-261 1923
Tapah	018-986 1923
Jalan Raja Omar, Sriawan	018-785 1923
Ipoh Selatan	019-742 7923
Gunung Rapat	019-707 8923
Kg. Koh	019-742 8923
Ayer Takar	019-759 8923
Tanjong Malim	019-291 4923

KEDAH

Taman Semarak	019-534 2923
Simpang Kuala	019-787 6923
Legenda Heights	019-701 8923
Baling	019-669 8923
Tuanku Hamidah	019-559 0038
Guar Chempedak	019-304 2923

PULAU PINANG

Bayan Lepas	013-598 3923
Farlim	013-591 3923
Sunway Perdana	019-571 3923
Jalan Tembikai	019-327 3923
Belik Pulau	019-386 1923
Chulia Street	013-362 3923
I-Avenue	019-415 1923
Jalan Perak	019-985 1923
The Promenade	019-687 1923
Jalan Kelim	019-392 8923
Batu Lintang	019-903 1923
Tanjung Tokong	019-980 5923
Kota Permai	014-960 4923
Gemilang, Bkt. Mertajam	019-712 5923
Jln. Oren, Butterworth	019-791 3923
Tmn. Desa Murni, B'worth	019-736 6923
Bukit Panchor	019-464 6299
Raja Uda	019-566 7711
Sungai Ara	019-756 6923

JOHOR

Taman Flora	013-288 1923
Parit Raja	013-326 1923
Taman Maju	013-701 1923
Simpang Renggam	013-512 1923
Kluang	019-283 1923
Pekan Muar	019-512 1923
Taman Intan	019-591 1923
Jalan Pesta	019-462 1923
Yong Peng	013-588 1923
Bandar Baru Uda	013-986 2923
Bandar Seri Alam	019-620 0204
Bukit Indah	019-815 1923
Nusa Bestari	013-810 1923
Mount Austin	019-745 2923
Kota Tinggi	013-477 1923
Taman Impian Emas	013-584 1923
Taman Molek	019-510 1923
Parit Sulong	013-816 1923
Indahpura	019-548 2923
Masai	019-352 8923
Bukit Pasir	019-358 8923
Tongkat Pechah	019-694 8923
Setia Indah	019-695 8923
Pasir Gudang	019-326 3923
Pekan Nenas	019-967 6923
Bukit Bakri	019-915 0923
Taman Gaya	019-953 5923
Taman Universiti	019-983 5923
Taman Tiram Baru	019-282 2923
Tun Aminah	019-718 0923
Parit Jawa	019-820 4810
Sri Tengah	019-958 4923
Tanjong Agas	013-346 4923
Taman Teratai	019-701 6923
Jalan Meriam, Muar	019-768 6923
Kelapa Sawit	019-708 6923
Setia Tropika	019-729 3923
Permas Jaya	019-724 7923
Labis	019-791 2923
Tangkak	011-1096 8739
KSL City Mall	013-209 6002
Taman Sutura Utama	012-800 4002
Bandar Dato Onn	019-607 7923
Pontian	019-741 3923

KELANTAN

Tanjung Chat	013-460 1923
Kubang Kerian	013-430 1923
Tanah Merah	019-201 3923
Bandar Bentara Tunggal	019-977 1923
Pasir Pekan	013-841 1923
Sultan Yahya Petra	019-683 1923
Pasir Puteh	018-937 1923
Kuala Krai	019-926 5923
Gua Musang	019-938 4923
Bandar Baru Jelawat	013-395 8923

TERENGGANU

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

MELAKA

Jln Munshi Abdullah	019-659 1923
Jasin	010-403 1923
Masjid Tanah	013-756 1923
Malim Jaya	019-931 1923
Batu Berendam	013-587 1923
Alor Gajah	019-757 1923
Taman Rambai Utama	019-323 1923
Bertam	019-796 2923
Bukit Baru	019-210 5923
Merlimau	0111-081 6894

PERLIS

Arau	019-386 2923
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SARAWAK

Satok	013-391 2923
Premier 101	019-775 2923
Tabuan Jaya	010-400 2923
Matang Jaya	019-354 2923
3rd Miles	019-965 3923
7th Miles	019-984 3923
Batu Kawa	013-371 3923
Hai Sing	019-475 3923
Siburan	019-312 8923
Kota Samarahan	019-332 8923
Medan Jaya	019-943 3923
Sibiyu Utama Comm. Centre	019-901 4923
Jalan Keppel	019-955 3923
Junction 5	019-962 3923
Park City	019-953 3923
Metrocity	019-955 6923
Jalan Channel	019-758 0923
Sungai Merah	011-3301 7923
Pahawan	019-912 4923
Jalan Permaisuri, Miri	019-936 4923
Boulevard, Miri	019-910 4923
Sarikel	011-1650 5923
Polka, Miri	019-796 0923
Delta, Sibuan	019-710 1923
Perny Jaya	019-790 6923
Saradise	011-1694 0923
Serian Town	019-737 8923
Sri Aman	019-771 4923
Lusk Bay	019-267 2923
Pines Square	019-714 2923
Permai Jaya	019-723 4923
Montjaya	019-726 8923
Farley	019-727 8923

SARAH

Jalan Gaya	010-398 1923
Menggatal	010-259 1923
KK Plaza	010-261 1923
Taman Tuan Huat	019-641 5923
Lukas	019-654 5923
Beverly Hills	019-352 2923
Lintas Plaza	019-323 7923
Donggongan	019-390 7923
Lido	019-242 2923
Damai Plaza	010-264 1923
Putatan (Bataras)	019-678 8923
River Park Hotel	019-693 8923
1 Beaufort	019-702 8923
Taman Indah Permai	019-740 5923
One Place Mall	019-754 6923
Pekan Tuanan	019-268 3923
Grand Plaza Putatan	019-271 0923
Telipok	019-662 0923
Pegalan Shopping Complex	019-628 1923
Karintu	019-628 1923
Mawar Commercial Centre	019-712 8923
Utama Place	019-716 3923
Jalan Pryer	019-720 4923

