



Alpro: Health Matters



EXCLUSIVELY FOR VIP MEMBER

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Counterfeit **KILLS!**



Can you spot the difference?

Spot The Genuine

Counterfeit medicines are one of the "**Silent Killers**" among us and caused more than a million people worldwide suffering from ill effects or dead every year.

Right medicine heals! Counterfeit Kills!
Make Your Right Choice!

Sales Promotion

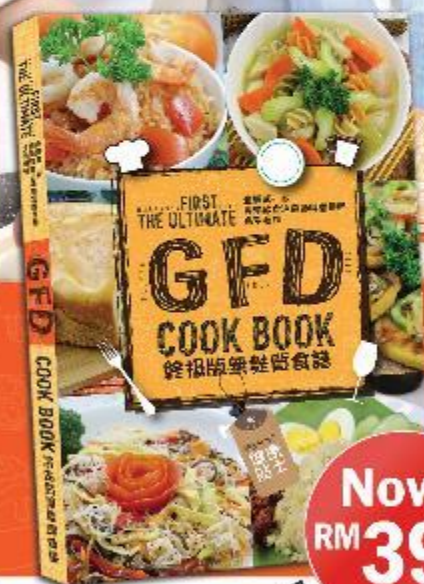
MEDICATION SAFETY • OUR PRIORITY
药安全 在大专

MALAYSIA FIRST...
THE ULTIMATE

全馬第一本
專業飲食治療師與營養師
合手著作

GLUTEN
G F D
FREE
DIET

COOK BOOK 終極版無麩質食譜



Now!
RM 39⁹⁰

Exclusive to Alpro VIP Members

Gluten disorder is common but not well - addressed by the public. This premium cookbook is written by five young expert nutritionists and dietitian from Alpro Pharmacy. They share the recipes, methods and tips making **Gluten Free Diet simple & nutritious** food can heal; let your food be your medicine

Now Available at



RM1.00 will be donated to NASOM for every GFD cookbook SOLD



GLUTEN FREE



VEGETARIAN FRIENDLY



HIGH FIBER



LOW SADIUM



DIABETIK FRIENDLY



打造一个健康与活力的世界

没有倒头栽的人生， 却有一个一头栽下去的 “药剂人生”

名字：林恩妮药剂师

学历：毕业于 University of South Australia

资历：6年（社区药剂师）

- # 2013 引进全马第一，亦是唯一的个人药物包装系统 (medicpak®)，确保顾客准时与方便用药。
- # 2014 大专药剂旗舰店总药剂师兼经理
- # 2015 大专药剂 “Pharmacist of The Year”，开创药剂师专属面子书分享页面 “快乐的药剂师·恩妮”，Melody FM “心聆听” 药物环节嘉宾
- # 2016 大专药剂首席药剂师。踊跃于各个地方小学，社团，大学进行健康与药物安全分享讲座。Astro “寻花探草” 节目分享嘉宾

今天的委屈与汗水，唯有绝对的坚持与理念，
才能排除一切的困难与不安。

•放弃“袋鼠梦”，我不觉可惜。

在澳洲工作的3年，不管是薪资还是经验，都是很多本地药剂师仰慕的。但我觉得，与其羡慕，倒不如创造一个“药剂人生”，把知识惠及社会的每一位。

•民众的药物安全，让药剂师来捍卫！

也许，您从来不知道，原来药剂师可以帮您进行精准的药物评估，确保药物有效与安全。你知道吗？在学习药剂的4年里，答错，考官会倒扣分，因为教授说过：“你必须为你的决定负责，因为民众的药物安全由你把关”

•我的团队，我的骄傲！

在大专，我们不曾一个人独领风采，而是相互学习，相互扶持。要走不一样的路，要确保所有的药物都是正品，要在经济紧张的时候继续成长，这是一条没有人经过的山路。

团队里的每一位都和我一样，都在工作岗位给予最真实的热忱和一颗助人的心。

•打造健康与充满活力的世界，这是我们的“使命”

6年里，家人是我最大的支柱，他们的无私成就了我，让我完成我的“药剂使命”。怀孕的时候，宝宝在我肚子里陪伴我开了“快乐的药剂师”这个面子书的页面。我身后有一群年轻，勇敢的药剂师，我们携手共进，开拓药剂业里的不可能，让身旁的每一位更健康快乐。



From
A Worried Pharmacist

Counterfeit **KILLS!**



Dear health partners,

Recently, there is an issue that bothers me a lot. It is the issue of counterfeit medicine.

When we talk about counterfeit products, the first things that come into our minds are counterfeit handbags, luxurious watches and branded products. Not many people will think of counterfeit medicine or simply, fake medicine, exists around us in our daily life. **Counterfeit products are fake products that try to mimic the original or the genuine products and gain unethical profit from the sales of counterfeit products.**

Why are people out there producing counterfeit medicine and trafficking illegal medicine from overseas? The answer is simple: the demand for cheap medicine is on an increasing trend in Malaysia. We are the consumers of medicine and we are the culprits who indirectly promote this unhealthy trend. **Consumers seek for cheaper source of medicine without concerning on the possibility of getting a counterfeit medicine.**

Unlike other luxurious product, taking counterfeit medicines may cause serious unwanted effect to its users and it does kill! A piece of frightening news recently revealed that Asia is the number 1 source of counterfeit medicine. Around 30% of the medicine sold in Asia are counterfeit or

from illegal source. **Every year, counterfeit medicine has caused more than 1 million deaths throughout the world.** The situation in Malaysia might be better where estimated 10% of the medicine in the market is counterfeit products or non-registered medicine.



What will happen when we take counterfeit medicine?

If you are "lucky" enough, the counterfeit medicine that you take might not contain enough active ingredients or simply plain flour. In this case, you would not get the expected treatment effect from the medicine. If you are taking medicine for non-life saving diseases, you might not even realize that you have taken something fake. However, if the medicine is for life saving diseases, then you are doomed!

In a serious counterfeit drug case found in Myanmar a few years ago, **large batches of anti-malaria medicine were counterfeited and contains little or no anti-malaria medicine.** As a result, hundreds and thousands of people died due to taking the fake medicine.

If you are not so lucky, instead of getting a counterfeit medicine that contains little or no active ingredients, you might get something extra. **If the counterfeit medicine contains something dangerous such as poisonous chemicals, the patient who expected something with therapeutic effect will end up suffering from the toxic effect from the counterfeit medicine.**

The manufacturer is Switzerland but why the box is written in Thai language?

Public generally recognizes counterfeit medicines as illegal medicines that may be contaminated, adulterated or contain different active ingredients than the genuine. And we can even extend the definition of counterfeit to PARALLEL IMPORTED medicines, non-registered medicines, stolen medicines from hospital as well as expired medicines.

What is a parallel imported medicine? A **parallel imported medicine** is a medicine that is imported from neighboring countries through illegal ways and from illegal sources. It may contain similar ingredients with the products that are registered in Malaysia, or may be mixed with fake medicine. However, medicines are delicate products that need to be handled with care. It should not be transported under hot sun and kept under extreme condition which will destroy the therapeutic effect of the medicine.

Similarly, when the medicine is stolen through illegal source, such as hospital stolen medicine case, this medicine will be transported and kept under unsuitable condition and the safety of the medicine is questionable.



How to avoid from falling into the trap?

Counterfeit medicines attract lots of "deal hunters" by selling the medicine at prices that are 10-40% lower than market price. Don't be overjoyed when you are offered a good bargain when it comes to medicine, you should be extra-careful when buying medicine from non-authorize sources or being offered a price lower than market price. The possibility of buying a counterfeit medicine should always be in your mind.

Medicine is not and should not be something that we take it easy. It is something that we use to save people's life and it is sacred. If you are unsure when taking your medicine, bring your medicine and talk to us, all the pharmacists are more than happy to share with you our knowledge and expertise.

Yours sincerely,
A worried pharmacist

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PANEL OF EXPERTS

Counterfeit Kills

假药，您的潜在杀手

From Alpro Community Pharmacists

My Journey As A PRP In Alpro Pharmacy

Lau Kheng Jim

PRP of Alpro Pharmacy

Should You Go Gluten Free?

Han Wan Chien

Dietitian of

Alpro Pharmacy, Melaka Flagship

打造一个健康与活力的世界

林惠妮首席药剂师

Chief Pharmacist of

Alpro Pharmacy Sdn. Bhd.

Berhenti Merokok Sebelum Terlambat

Ph. Chan Chiew Ying

Pharmacist of

Alpro Pharmacy, Taipan Senawang

Kelebihan Halia Yang Mungkin Anda

Tidak Tahu

PRP Noorazwaniza Binti Ahmad Khairi &

PRP Nurul Syazwani Binti Ahmad Joni

PRP of Alpro Pharmacy

You Want A Healthier Blood Pressure?

Ph. Ter Jee Yang

Community Pharmacist of

Alpro Pharmacy, Bandar Baru Bangi

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CONTENTS

- 3 打造一个健康与活力的世界
- 4-5 Counterfeit Kills
- 7 My Journey As A PRP In Alpro Pharmacy
- 8-9 假药，您的潜在杀手
- 14-15 Should You Go Gluten Free?
- 24-25 Berhenti Merokok Sebelum Terlambat
- 33-35 Sales Promotion
- 42-43 Kelebihan Halia Yang Mungkin Anda Tidak Tahu
- 54-55 You Want A Healthier Blood Pressure?

PAGE 3



PAGE 4



PAGE 7



PAGE 8



PAGE 14



PAGE 24



PAGE 42



PAGE 54



My Journey As A PRP In **alpro** pharmacy

(Provisionally Registered Pharmacist)



Hi, my name is Jim! I graduated in April 2016 and currently a PRP at A pro Pharmacy. Like most of the fresh pharmacy graduates, I wanted to undergo my internship training at hospital setting. However, there are many things in life which are beyond our control and at times they just don't go the way you want them to turn out. Needless to say, the major issue regarding saturation of placements for future pharmacists in government setting has affected many of us recent graduates. If you have ever considered community before but would like to join hospital prior to that, do not worry, I have been through the same situation!

LOST & CONFUSED

Many would think that it would be compulsory for us to acquire a solid "foundation" from hospital practice, then only we could be confident in utilizing those knowledge and experience to serve and provide optimal healthcare to the society. I am here to share my experience as PRP in community setting with Alpro Pharmacy and I would say community setting is absolutely an excellent platform for learning and apply what we have learnt into practice too!

SO MUCH TO LEARN IN COMMUNITY PHARMACY

In community setting, there is a wide range of significant aspects that we would need to learn. Not only the supplements and over-the-counter medications, I learn about pharmacy operation and management that you can read in few days or months, but it actually takes years to master! Being a healthcare provider in community setting is not as easy as it sounds, assuming there are 100-200 customers a day, each would present to you with a different condition. Be it minor ailments like cough and cold, to chronic diseases like diabetes and even emergency condition such as asthma attack! A day in retail pharmacy does not only sore the feet, it pushes the brain to work 200%. Do you notice that there is usually no chair in the dispensing counter?



by PRP Lau Kheng Jim

GUARDIANS OF PRIMARY HEALTHCARE

Community setting is the primary point of contact in healthcare, we play major roles not just in providing the medication, but also playing a far more significant role which is to prevent diseases especially the chronic ones.

Do you know that community pharmacy now provides the HbA1c and full lipid profile test? Yes, being a PRP in Alpro Pharmacy has always surprised me with many creative innovations in helping community. From the imported technology in individual packing, to medication review, then the awesome "Unguator" in assisting compounding, we keep pushing for the optimum medication safety of our dear customers.

Please be patient if we ask "unrelated questions" because a simple question may lead to different healthcare methods. For example, a customer always came in to buy cough suppressant, but he does not know that suppressing cough actually masking the severity of his asthma attack.

FOR A BETTER COMMUNITY

PRPs involve in many charity activities, health screening events and professional pharmacist trainings. We continuously update ourselves with the latest clinical information and practice guidelines. Just like in hospital setting, we do have a PRP logbook to be fulfilled and assessed by our experienced preceptors, as well as clinical case presentation and weekly reports.

So juniors and for those who are still waiting for PRP postings, DO GIVE IT A SECOND THOUGHT. Because at the end of the day, be it in hospital or community setting, we as healthcare professionals ultimately share the same common goal which is to serve the public by providing the best healthcare hence driving for a healthy and vibrant world.



Alproeans at Bangi New Outlet Opening. I LOVE THE TEAMWORK!



一封来自药剂师的信

假药 您的潜在杀手!

亲爱的健康伙伴，

最近，一件烦扰的事让我开始感到担忧。那是一件关于仿冒药物的事。

每每我们谈起仿冒或盗版的时候，一想起的总是盗版名牌包，仿冒手表或其他的名牌奢侈品。我们一般上都不会想起仿冒药物，或简称假药，其实也存在于我们身边。仿冒品是盗版或仿制真品的货物或一般称为“冒牌货”。不法商家利用售卖仿冒品牟取暴利，更甚的是，售卖仿冒药物是人命关天的大事！

为什么仿冒药物出现在我们的身边呢？原因很简单，我国国民对于便宜的药物有着越来越高的需求，而不法商家发现在我国售卖仿制药物是一项有着巨大利益的一门生意。供应和需求是息息相关的，既然有了需求，供应自然而然变得越来越多，假药在我国的机会也越来越高！

一般上的仿冒奢侈品不会对消费者带来危及生命的后果。然而，如果您不小心购买了假药，并服用了它，那么其后果可以是毁灭性的。最近一则新闻报导亚洲是假药的温床，大约30%在亚洲售卖的药物属于假药，或通过非法管道获取的药物，其安全性无法被证实。每一年，假药造成至少**一百万宗死亡命案**。我国的情况或许比较好，但是相信假药或来历不明的药物至少占据了我国药物市场的10%。这项数据看起来可能不太严重，但是，试想想，您每服用的十盒药物里可能一盒是仿制或没有经过卫生部注册检验的，这样一来不禁觉得毛骨悚然。



这药不治病，
而是“致命”呀！



药物标明是在瑞士制造的，在马来西亚販售但却是泰文标示？

一般上，当我们表示假药或仿冒药物时，我们只想到那些不含药物成分，或是掺杂其他成分制成的假药。然而，**我们也能把假药的定义延伸至平行进口或俗称“水货”的药物**，未经注册的药物，非法盗取的药物甚至于是已经超过安全服用期的药物。

什么是平行进口呢？俗称的水货表示这些药物是从邻国通过非法途径进入我国，没有经过注册以及卫生部的检验。而且，这些药物在运输的过程中可能经过高温日晒或是潮湿的环境，极有可能破坏药物的治疗效果。更甚的是，这些药物可能被完全没有药物成分的仿冒药物鱼目混珠，真假真假，让人分不清，就连我们专业人士，遇到这些假药也是没辙，更何况一般民众。

药物是一种需要特别呵护的易损物品，它不像一般货物，可以日晒雨淋，随意处置。在运输和储存药物上，对于温度、湿度等都有很严格的要求，一旦药物的成分被破坏，药效也会随之而逝。那么，病人在服用后没有得到原来的疗效，可能会导致病情变得更严重或造成生命的危险。同样的情况也发生在非法盗取的药物。

早前一则新闻报道表示在吉隆坡郊区丛林里发现一批价值上百万令吉的政府医院药物被随意丢弃，情况惨不忍睹。试想想，如果您所服用的药物是经过这样的方式处理，您还敢放心地服用吗？

服用假药会有什么后果呢？

如果您是“幸运”的，那么您所服用的假药不含其他的化学添加剂，只是存粹不含足够的成分或甚至不含任何药物成分。您的**药物不会带给您疗效**的同时也没有带给您其他的危险后果。然而，如果您所服用的药物是属于急救或治疗危及生命的疾病时，您可能无端端赔上了性命！

数年前，在邻国缅甸，发生了一宗惨烈的**假药命案**，数以万计的缅甸人民死于疟疾（Malaria）。在今天，二十一世纪，疟疾早已不是绝症。医学早在多年以前已经发现了多种治疗疟疾的药物。然而，当大规模疟疾疫情爆发时，一般上使用治疗疟疾药物竟然无法发挥应有的效果而导致大批病人死亡。一开始，世卫组织怀疑缅甸的疟疾已经进化新的抗药性，然而经过一番查证后，发现原来医院使用的疟疾药物竟然是假药，根本不含足够的药物成分。假药的网路竟然渗透至国家级别，那真的是令人不寒而栗。

如果我们不想我国的情况变得那么严重，身为消费者的我们必须懂得**精明消费**。药物而其他的货品不同，**假药以低于市场10-40%的价格吸引大批贪小便宜的民众**。每当您以低于市价的价钱购买到药物时，**先别感到高兴**，务必确定您没有买到假药。但是，一般上，**假药的制作以极高的科技仿制真品**，造成我们无法用肉眼来确认真假药。如此一来，误食假药的机率随之提高。身为精明的消费者，购买药物时必须确保是从合法的药局或诊所购买，如果不确定药物的真伪，不要只为了省下几令吉而冒着生命的危险购买有可能是假药的**药物**。我们不应把药物和食物或其他的物品相提并论。正品药物可以改善一个人的健康，以便我们能完成生命里的梦想。**不要贸然然的服用来历不明的药物而无端端的危及生命，那是非常不值得的一件事。**

最后，我祝大家有个健康和充满活力的世界。

忧虑的药剂师 敬启



Building healthy immunity in kids

A healthy immune system is the key to good health. A kid with a strong and healthy immune system is better equipped to fight off illnesses and infections brought upon by germs and viruses. If a kid's immunity is weak on the other hand, germs and viruses can easily penetrate that compromised system, causing coughs, colds and the dreaded flu.

As the saying goes, prevention is better than cure. To help their kids avoid having to consume medicines such as antibiotics and such, parents would have to take initiatives to improve their kids' health and build stronger immunities.

Here are some measures that will help:

- Breastfeed your child for as long as possible
- Offer wholesome, healthy meals
- Offer good dietary supplements
- Encourage an active, healthy lifestyle
- Ensure ample sleep and rest
- Maintain a clean and supportive environment to grow up in

Close up those nutritional gaps

Supplementing your child's diet will ensure a more rounded nutritional intake with minimal gaps so that his or her young body will have a better chance to achieve optimal growth and development. Appropriate supplements will go a long way in helping to build immunity against common childhood illnesses and infections.

While there are many choices in the market today, one brand that stands out in regards to boosting children's health and has withstood the test of time, is the award-winning Chewies, which recently released two ground-breaking kids' health-enhancing products.



Chewies Immunolicious

As its name suggests, Chewies Immunolicious is immune-boosting and delicious. Fortified with Wellmude®, a gluco polysaccharide derived from highly purified proprietary yeast, Chewies Immunolicious helps to naturally and safely fight off foreign intruders in young children's bodies while enhancing their health and well being. These chewy, delectable gummies are available in three variants: Mega-Mango, Super-Strawberry and Ultra-Orange.



Chewies Mixed Milk, Colostrum Chewable Tablets

Made from high quality colostrum sourced from USA, these tasty tablets help strengthen young immune systems from within. Colostrum is the milk-like fluid produced by female mammals during the first few days after giving birth. It contains a high concentration of antibodies known as immunoglobins which help fight off infections and diseases. As a daily supplement, Chewies Mixed Milk, Colostrum Chewable Tablets helps to promote children's overall health, strengthens their immune system and ensure good digestive health while supporting their rapid growth and development.

Kids will have absolutely no issues in consuming these double strength, 300mg chewable tablets which are available in three flavours: Apple, Vanilla Milk and Grape.



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 Tel: 603 2181 1565 Fax: 603 2181 1566 Website: www.ajrpl.com



Gluten Free

Sprouted Cereal



nana

Naturally rich in

- GABA
- Minerals
- B Vitamins

GLUTEN FREE

100% PRODUCT

Hybridized Baby Food Grade Ingredients

6+ STEP 1 MONTHS



Hybridized Sprouted Cereal is rich in nutrients for infants and toddlers. It also provides nutrients such as GABA for the brain, Magnesium for energy, and B vitamins for healthy and high normal ingredients and helps your baby's digestion and does not cause any allergic reaction.

Dale & Cecil

an alternative to Cow's Milk

promotes healthy brain development and proper nerve function



VEGAN

SOY FREE

PESTICIDE FREE

CHEMICAL FREE

HERBICIDE FREE

LACTOSE FREE

GLUTEN FREE

NON GMO



MIWA MILK

MIWA is a dairy free alternative drink for those who does not go well with cow's milk. It is recommended for children above 12 months old and suitable for children with skin sensitivity.

dawson Nature's Best

vegan protein anyone?

pisante

100% PISANTE

- ✓ PDCAAS=1
- ✓ Easily digested
- ✓ Cholesterol free
- ✓ Contains all essential amino acid
- ✓ Hypoallergenic
- ✓ Gluten free
- ✓ with Prebiotic

Ingredients: PISANE Pea Protein + Dehulled Organic Black Soy + Prebiotic




PISANE A HIGHLY PURE PEA PROTEIN ISOLATE THAT PROVIDES HIGH LEVELS OF NUTRITION AND FUNCTIONALITY.



Safe for infant 0-3 years old

BioGaia®
Clinically Proven Probiotics
SWEDEN 临床证明



BioGaia L. reuteri is special.
It is derived from human
mother's milk.
Prescribed in 90 countries
worldwide by child specialist!



BioGaia L.reuteri



The only probiotic with scientific evidence in infantile colic

The benefits of BioGaia L.reuteri
The microbiota of the infant and child

The newborn infant establishes its intestinal microbiota from the time of delivery and during the next two years. Beneficial bacteria like lactobacilli and bifidobacteria are normally among the first to colonize. Caesarean delivery delays the establishment of beneficial bacteria compared to vaginally born infants, which may have significant health consequences.

Breastfeeding supports the establishment of the beneficial bacteria; it supplies the bacteria with human milk oligosaccharides in large amounts, which act as natural prebiotics. The establishment of a diverse microbiota helps the infant to optimize the development of the digestive tract anatomy and functions.

- The microbiota contributes to:
 - Enforced gut barrier
 - Improved digestion
 - Improved motility
 - Maturation of gut immune function

Probiotics

Probiotics, defined as live strains of bacteria with documented health effects, have become a well recognized option to support the composition of a beneficial microbiota in infants and children. The bacteria species most commonly used as probiotics belong to the general Lactobacillus and Bifidobacterium. Different strains of a specific species have different probiotic properties and effects. Hence the benefits of one specific strain cannot be extrapolated to the effects of other probiotics.

Lactobacillus reuteri is special

This probiotic is derived from human mother's milk. Lactobacillus reuteri is indigenous to the human digestive tract and inhibits a wide range of different pathogens by the production of the antimicrobial substance reuterin (3-hydroxypropionaldehyde).

L. reuteri communicates with the immune system of the gastrointestinal tract in various ways, including modulation of expression of genes and of biological pathways. This strain also has strain and region specific effects on gut motility in the jejunum and colon, respectively.

Numerous trials have shown the safety and significant effects of L. reuteri in infants and children, including preterm neonates in intensive care:

- 98 completed studies in 9,300 subjects, whereas
- 41 studies in infants and children, up to 3 years old

Functional gastrointestinal disorders

- Reduced crying time in colicky infants by 74% after 1 week
- Improved gastric emptying and less regurgitation by 80%
- Reduced rate of constipation
- Reduced functional abdominal pain

Acute gastroenteritis

- Shortened duration of watery diarrhoea and vomiting

Support of gastrointestinal health

- Reduced incidence of diarrhoea in healthy infants and children
- Improved growth in children with low nutritional status
- Reduced incidence of antibiotic-associated side-effects

拜耳(BioGaia)益生菌制剂简单,安全并且方便,可以减少绞痛的发生,改善消化系统健康和功能,提高免疫力。由于它可以添加到食品或者饮料中,或者用滴管喂食,所以非常适合婴幼儿以及其他的无法服用咀嚼片的人群使用。

制剂中含有90亿罗伊氏乳杆菌悬液在油滴中,每天只需5滴,就可提供每日所需的1亿个活性罗伊氏乳杆菌,同时在肠道内增殖,构建消化系统健康平衡。

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- 方便,简单,适用于婴幼儿
- 不影响母乳喂养,不改变食物味道

拜耳(BioGaia)益生菌制剂简单,安全,易于摄取,可有效降低焦虑及疼痛,改善消化系统健康,促进消化系统功能,提高免疫力。它们可以被添加到食品或饮料或同母乳喂养,因此非常适合婴幼儿喂食。罗伊氏乳杆菌悬液在油滴中以形成滴剂,每天只需5滴,就可提供每日所需的1亿个活性罗伊氏乳杆菌,同时在肠道内增殖,构建健康平衡的消化系统,以下一项有更多试验结果:

极大降低了患绞痛婴儿哭闹时间
20名母乳喂养的经母乳儿被分成2组,一组给予罗伊氏乳杆菌制剂,另一组给予安慰剂,持续观察21天。仅仅一周后,服用益生菌的婴儿哭闹时间降低了74%。在最后一周,两组婴儿哭闹的时间有轻微的增加,服用罗伊氏乳杆菌制剂的婴儿哭闹时间为35分钟,而对安慰剂的婴儿哭闹时间为50分钟。

改善早产儿的喂养耐受性及肠胃功能
30名早产儿参与这项研究,将他们分成2组,第一组给予母乳喂养,第二组和第二组除了母乳之外,还给予罗伊氏乳杆菌配方奶或安慰剂。在给予罗伊氏乳杆菌的早产儿中,肠胃耐受增加,并且胃排空率提高至51%,而给予安慰剂的,对早产儿胃的胃排空率仅为28%。更重要的是食物回流时间减少了一半,喂奶时间降低了64%。

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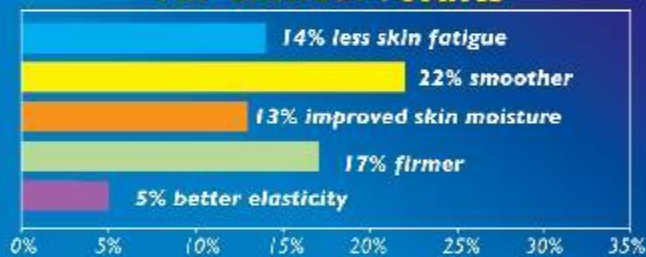
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Should You Go

GLUTEN FREE



Dietitian Han Wan Chien
Author for the book "Malaysia First Ever Ultimate GFD"
Alpro Pharmacy, Melaka Flagship

'Gluten Free?' Have you ever thought of this when you're holding a packet of biscuit that states gluten free on the packaging? In recent years, gluten free diet has been widely recognized in western countries, however Malaysians' awareness towards gluten free diet is very low and it seems to be uncommon among our society.

Are you suffering from gastrointestinal irritation, abdominal pain, stomach bloating, gastric or persistent diarrhea with unknown root cause? Are these symptoms persistently annoying you even though you have already eliminated food that may cause stomach irritation? Well then, your stomach may be sensitive to GLUTEN.

What is gluten?

Gluten is a Latin word for 'glue'. It is a type of protein found in wheat, rye and barley which are usually used in food processing. Its adhesive property holds food together and maintains its shape.

Why gluten free?

Rapidly increasing prevalence of celiac disease and non-celiac gluten sensitivity has created an alarming health issue. A recent study has shown that 1 in 100 Malaysians has celiac disease, while 99% are undiagnosed. Continuous ingestion of gluten in this group of people can lead to serious complications over time. A healthy digestive system can easily digest gluten; however, a very small amount of gluten can cause problems and discomfort in people who are suffering from celiac disease and non-celiac gluten sensitivity. Their guts are not able to digest gluten and undigested gluten might also cause damage to the gut lining in celiac disease. Over time, increasing damage of gut lining would lead to mal-absorption of nutrient and eventually causes non-gastrointestinal symptoms, such as anaemia, osteoporosis, skin disease, tooth defects and joint problem.

Where can you find gluten?

It simply isn't enough for those who are suffering from gluten disorder to just avoid wheat, rye and barley. In Malaysia, gluten is commonly found in noodles, breads, biscuits, roti canai, beer and anything that are made up of wheat flour. Gluten may also be hidden in processed food and seasonings.

Who will benefit from GFD besides people with celiac disease?

Gluten free diet is not only beneficial to people who are diagnosed with celiac disease, its benefit have also been researched and supported in groups with condition such as autism. Parenteral report shows that gluten free diet helps autism child in improving their behavior and social skills. However, if you or your loved ones are in need to practice gluten free diet, kindly consult your nutritionist or dietitian in making your gluten free diet safe and nutrient dense. Simply avoiding any food may increase your risk of nutritional deficiencies. Keep in mind that foods containing gluten might be a major source of food that gives essential vitamins and mineral such as Vitamin B, calcium and zinc.

Besides, patients with gluten sensitivity when ingesting gluten can also sensitize immune system then promote inflammation and autoimmune reactions. This is related to auto-immune disorder such as psoriasis. A 2010 study in the Journal of Clinical Laboratory Analysis found that psoriasis patients with the HLA CW6 gene had an increased sensitivity to gluten. Dr. Jerry Bagel, director of the Psoriasis Treatment Center of Central New Jersey in East Windsor said that if someone's skin improves as a result of gluten-free diet, it is likely the patient's digestive system will improve as well then absorbing more nutrients for a healthier body.



Remember!

Gluten free meals can be just as delicious, healthy and low cost too!

TOP TIPS!

Making everyday a little easier with GFD



1. Get used to reading food labels when you shop

There are alternatives when it comes to shopping for food. Noodles are generally classified as gluten-dense, but not rice vermicelli or gluten-free pasta noodles. Asian's staple food – rice is free from gluten too!



2. Make your own bread or pizzas!

Many think that GFD meaning farewell to all the delicious food. Actually, instead of buying ready-made food, you can make your own using wheat flour substitutes such as corn flour or tapioca flour. The texture might be a little different, but you can still enjoy the goodness of food. Quinoa, millet, polenta are also premium alternatives for people who are on GFD.

3. Lots of foods are naturally gluten-free

When we say go gluten-free, it also means lesser processed food and more wholefood. Meat, poultry, fish, cheese, eggs, fruits and vegetables are all naturally gluten-free. Instead of using soy sauce which contains gluten, you can also opt for natural spice such as curry leaves to enhance the taste of dishes.



4. Avoid sauces containing gluten when eating out

Many pasta sauces, gravies, stocks and condiments contain wheat flour as thickener. On the other hand, you can use potato starch or corn flour as another choice.

Everyone responds to GFD differently, and it can take up to six months before seeing a difference when starting GFD, especially if the individual already has damage in gut linings. When your symptoms have not improved or have worsened since starting of GFD, speak to your dietitian, nutritionist or gastroenterologist before continuing or trying out other alternatives. Come and speak to one of our nutritionists or dietitians about GFD if you would like to understand more about GLUTEN.

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Oversized waistline

can shorten your lifespan



Although a thicker waistline is normal for someone who is getting older – it can also be a prediction of your life expectancy.

A British study has shown that an average 30-year-old man with a waist larger than half of his height may lose 1.7 to 20.2 years of his life to obesity.

The key to longevity and avoiding obesity-related diseases is to keep waist size to no more than half the height.

This "waist-to-height ratio" is a more accurate indicator of longevity compared to measurement of waist circumference alone or body mass index (BMI).

This is because the larger the waistline, the thicker the abdominal fat. It is a sign of increased visceral fat, stored mainly within the abdominal cavity and surrounds vital organs such as the heart, kidneys, pancreas and liver. Excess visceral fat will increase the risk of developing diseases like high blood pressure, dyslipidaemia, stroke, diabetes, cardiovascular diseases and more.

Why is it hard for me to lose weight?

Many people have tried a variety of weight loss methods but are unable to see the results. They may complain that they gain weight easily or have not been able to trim down despite following a strict diet plan.

Leptin (satiety hormone) and ghrelin (hunger hormone) are hormones that facilitate eating behaviours. Fat cells release leptin after meals, causing leptin levels to increase and appetite to decrease.

After several hours, leptin level drops, causing the release of ghrelin hormones that triggers hunger, increases appetite and reduces energy consumption.

One of the factors of obesity is leptin resistance; when the fat cells tell the brain "I am full" but the brain does not respond to the signal.

Similar to insulin resistance, when high leptin levels are ignored by the brain, leading to the failure of regulatory response, consequently, you end up eating too much.

Trim your waist for health

Nature has produced many miraculous plants with medical benefits. One of them is *Caralluma fimbriata*, a juicy wild cactus which can be found everywhere in India. It has been used for centuries by Indian tribesmen who would chew on *Caralluma fimbriata* to suppress hunger and boost energy while hunting. It has also become part of the local population's diet.

The standard natural extract of this Indian cactus can improve the sensitivity of leptin, restore the satiety response and effectively control appetite. It also contains the plant-derived substance pregnane glycoside, which can stop the activity of citrate lyase. By resisting this enzyme, *Caralluma fimbriata* is able to block the formation of body fat. It can also enhance the fat burning process to produce energy.

An 8-week human clinical trial has been conducted on 50 adults aged between 25 to 60 years old, showed that *Caralluma fimbriata* effectively controlled appetite and reduced hunger levels by 19.7%.

This product is best taken alongside a healthy lifestyle and it is highly recommended for dieters to combine it with appropriate diet and regular exercise. The natural extract of *Caralluma fimbriata* has been licensed by FDA. It is very safe and effective, as well as does not cause any side effects and dependence.

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NEW TREATMENT for an old disease

“Lubricate Your Dried-up Joints”

A Community Oriented Program for Control of Rheumatic Diseases (COPCORD) survey which was conducted in Malaysia back in 2007 found most osteoarthritis sufferers in Malaysia have knee osteoarthritis and most Malaysians aged 55 years complained that the rate of pain increased to 23% whilst a 39% increase of pain rate was found in those over 65 years.



Kuala Lumpur, September 20, 2016 -- A NEW formulation of Hyaluronic Acid with Type II Collagen made from Mobilee® and B2cool® is one of the new 'oral' solution by Kordel's to lubricate dried up joints for those suffering from Osteoarthritis -- with no needles and is literally pain-free.

Hyaluronic acid is a substance that is naturally present in the human body and is found in high concentrations in joint or synovial fluid, acting as a shock absorber and lubricant in a healthy joint. In people suffering with Osteoarthritis, this acid breaks down to a generally lower than normal concentration that causes joint pain and stiffness.

Possible treatment options commonly offered as pain relief are injections to replenish the synovial fluid. In theory, adding or replacing lubricant to the arthritic joint will reduce pain significantly and help with movement. However, Hyaluronic injections also known as viscosupplements can be painful and don't always work for everyone. A less popular option is to go for a joint replacement surgery which could be costly.

Kordel's formulation initiates the repair and lubrication process with the combination of Mobilee® and B2cool®, and is EFSA and FDA approved. Mobilee® is a patented natural ingredient with a high concentration of Hyaluronic acid extracted from rooster combs rich in Sodium Hyalurate (HA), Hydrolyzed Collagen and Polysaccharides. Mobilee® also contains other natural components (collagen and polysaccharides) that act in synergy to enhance its effects.

B2cool® a native type II collagen extracted from chicken sternum cartilage has demonstrated clinical effect at low doses in different joint problems -- rheumatoid arthritis, osteoarthritis and joint

discomfort by reducing joint swelling and pain, and improving knee function. It is tested safe and only low doses needed.

“As the disease progresses we need to move to a more targeted natural therapy that can be taken orally and easily digested, without having to go through any pain, needles or surgeries,” said Marta Masides Olagarta, International Scientific Manager of Bioiberica, Barcelona, Spain.

She added, “this special combination is clinically tested to help sufferers with just one capsule a day for 8 weeks to replenish joint (synovial) fluids to lubricate joints by increasing joint hyaluronic acids by 10 folds, and to rebuild joint cartilage repairing process and regain strength, naturally.”

Kordel's Hyaluronic Acid with Type II Collagen is available in bottles of 30's and 90's at pharmacies nationwide. For details, please visit www.kordels.com.my, email ask-kordels@cambert.com.my or call the infoline at 1300-88-1712.



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2. Merokok bukan sahaja membunuh perokok malahan orang di sekeliling?



Hisapan asap rokok secara pasif membawa peningkatan kematian bayi secara mengejut (2 - 5 kali), asma/somput (40%) dan jangkitan pernafasan (70%). Wanita yang hamil juga boleh mengalami keguguran ataupun kelahiran anak pra-matang akibat merokok secara pasif.

3. Peningkatan bilangan perokok boleh membebankan ekonomi Malaysia?



Kebanyakan perokok menghidap penyakit seperti tekanan darah tinggi, serangan jantung, kanser dan masalah pernafasan. Rakyat boleh mendapatkan rawatan di hospital kerajaan dengan bayaran serendah RM 1 setiap kunjungan, tetapi ini akan menyebabkan negara terpaksa menanggung jumlah bil ubatan yang tinggi sambil mengalami krisis kejatuhan kecekapan tenaga kerja. Akhirnya, rakyat perlu membayar lagi banyak cukai untuk mengurangkan perbelanjaan negara.

4. Berapa banyak duit seorang perokok boleh simpan selepas berhenti merokok?



Kos sekotak rokok adalah sekitar harga RM 17.00. Merujuk jadual di bawah kita dapat mengetahui berapa banyak duit seorang perokok boleh menyimpan dalam tempoh masa 5, 10 dan 20 tahun. Dengan duit simpanan ini, anda dapat keluar bercuti, membeli kereta baru dan lain-lain lagi.

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6. Bagaimanakah MQUIT Service boleh membantu?



MQUIT service adalah program yang dilancarkan oleh Kementerian Kesihatan bekerjasama dengan pihak swasta pada bulan November 2015 untuk memaklumkan perokok-perokok mengenai lokasi di mana mereka dapat mencari

kemudahan perkhidmatan berhenti merokok. Servis ini dilaksanakan oleh pegawai-pegawai farmasi yang terlatih dalam teknik berhenti merokok. Selain daripada menggunakan Terapi Penggantian Nikotin, mereka juga akan mengenal pasti tabiat tingkah laku perokok yang akan menyebabkan kegagalan dalam perhentian merokok dan mengajar mereka cara-cara untuk mengatasinya.

Farmasi Alpro adalah antara salah satu farmasi di Malaysia yang sudah diiktiraf untuk menjalankan perkhidmatan MQUIT servis.



Jejak Perjalanan Seorang Yang Berjaya Berhenti Merokok Dalam Masa 5 Minggu

“ Saya amat gembira dengan kehidupan saya sekarang selepas berhenti merokok. Seperti orang lain, saya sentiasa mempunyai keinginan untuk berhenti merokok, namun saya sering melewatkan masa itu sehingga satu hari saya diyakinkan oleh ahli farmasi Chan, Pharmacy Taipan Senawang. Sebab utama saya berhenti merokok adalah kerana saya inginkan kesihatan yang lebih baik untuk saya dan keluarga saya. Tambahan, saya mahu mengembalikan stamina badan saya seperti dahulu. Dengan tekad dan kaedah yang betul untuk berhenti merokok, proses itu tidak sukar seperti yang

saya bayangkan di hari pertama. Saya tidak mempunyai keinginan untuk merokok lagi selepas 5 minggu memulakan program ini, yang sepatutnya mengambil masa 12 minggu.

Selepas berhenti merokok, saya merasakan bahawa stamina saya telah kembali seperti sediakala dan sistem pernafasan bertambah baik. Saya juga sudah tidak mempunyai masalah kulit dan sistem penghadaman saya juga bertambah baik. Lebih penting lagi, saya rasa dihormati kerana saya tidak perlu merokok di hadapan anak-anak saya lagi dan mempunyai hubungan kekeluargaan yang lebih baik. Saya juga dapat mengumpul wang untuk membeli kereta baru Axia Advance! Kini bersyukur di atas kesungguhan saya untuk berhenti merokok // kata Salahuddin Bin Sidek.

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Everyone says it's easy to quit smoking and it just needs willpower, but we know that it's more than that. When you start right with us, you can rest assure that your quit smoking journey will be more effective¹ when combining expert support and quit smoking aids.

Nicorette® is a nicotine replacement therapy that provides the Effective Quit Solution:

- **Invisible Patch** for you to relieve withdrawal symptoms throughout the day
- **Icy Mint Gum** to rapidly curb your intense cravings when they strike
- **mQuit centres** for customised Quit Plans just for you

**Quitting done right.
Quitting done smart.**



Do something amazing

mQuit initiative is a joint effort between Ministry of Health, Johnson & Johnson, and multiple other stakeholders from government and private organizations to drive smoking cessation awareness and facilitate the necessary supports for the community. For more information on mQuit, please visit www.jnjquit.com.



Johnson & Johnson

FAMILY OF COMPANIES IN MALAYSIA

REFERENCES

1. Eshleman G. Easing Cigarette Withdrawal Symptoms? *West J Med*. 2005. 2. Johnson J. *Wash Post* (Jan 2014). 3. Nicorette® Icy Mint Gum Package insert 2014. 1-800-368-6265. MA1163-2372482 | 1-800-368-6265 | The co-resident product when shown. The product is not suitable for children. Do not use this product if you have serious heart disease, sleep apnea or chest pain. Consult your healthcare professional before use.

EARLY SIGNS OF LIVER PROBLEMS*

- No appetite and losing weight
- Skin problems: discoloration, itchy, acne
- Breath smells
- Tired after a meal
- Pain on right side of abdomen under ribs
- Gassy, bloated, nauseous

*This is a medical product advertisement. Consult your doctor for details.

You may be at risk of Fatty Liver²

If untreated, Fatty Liver may result in Liver Failure.³



Essentiale® Forte N can help reverse Fatty Liver:

- Clinically tested effective in the management of Fatty Liver.³
- Contains highly purified essential phospholipids (EPLs), the building blocks of liver cells.¹
- Helps repair liver cells, restore the liver's vital functions and protect the cells from further damage.^{1,4}

Ask your doctor or pharmacist about Fatty Liver and Essentiale®

¹Essentiale is the only EPL. ²Essentiale® Forte N is the #1 EPL brand worldwide in total sales. IMS Health Global Analysis 458 Hospital Outpatient Lipidology 04/04/2015. ³Essentiale® is the #1 EPL brand worldwide in total sales. IMS Health Global Analysis 458 Hospital Outpatient Lipidology 04/04/2015. ⁴Essentiale® is the #1 EPL brand worldwide in total sales. IMS Health Global Analysis 458 Hospital Outpatient Lipidology 04/04/2015.



Reference: 1. Fatty Liver Epidemiology. World Health Organization Global Burden of Disease 2011. 2. Mahesh S, et al. (2013) Liver Health: (World's #1 EPL) Essentiale® Forte N. 3. IMS Health Global Analysis 458 Hospital Outpatient Lipidology 04/04/2015. 4. Essentiale® is the #1 EPL brand worldwide in total sales. IMS Health Global Analysis 458 Hospital Outpatient Lipidology 04/04/2015.

Apogen®

"A Protective Health Firewall"

Natural Vegetable source of DHA & AA
(Ocean Organic Certified)

MUMMY, I NEED MORE PROTECTION...
妈咪, 我需要更多的保护

Apogen® is a special extraction from natural microalgae that provides nutrition and protection for your child.

從天然的微藻萃取精華而成的一系列純純水溶性 Apogen® (含藻藍蛋白), 提供純純純純, 而且體質的最佳效果, 守護幼嫩的營養補給, 給您全方位的健康保護。

Please consult your doctor and pharmacist for further enquiry. 請參閱包裝內之說明書以了解更多詳情。

Apogen® 天然藻藍蛋白



TIGER MILK MUSHROOM WITH PASSION FRUIT POWDER

✓ Our best selling immune booster

Asthma and breathing problem

Control symptoms of asthma



Cancer

Anti-Tumour



Inflammation and weakened immune system

Anti-inflammatory and immune-enhancing properties



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Tighten cold and flu as well as reducing allergic allergy symptoms



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Relieve cough and ease symptoms of sinus



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I can study and sleep well... once again

"My nose and sinuses were frequently blocked due to my dust allergies. I couldn't breathe, I could hardly sleep at night and worse were the headaches. I've tried many remedies but nothing worked.

After using NuvaLectranal, I'm now able to sleep through the night, my nose is clear and the headaches are gone. I love just being able to breathe normally."

Nur Syahmina Izzah,
18 years, Kota Bahru

Sensitive Nose?

Worldwide, the prevalence of allergies is increasing dramatically as societies become more affluent and urbanised and lifestyle and dietary habits change. About 30% – 40% of the world's population is now affected by one or more allergic condition/s!

NuvaLectranal™ contains the patented ingredient Lectranal® made up of activated astragalus root extract. This herbal-mineral complex has been shown to help relieve the symptoms of allergies such as runny, itchy nose and watery and itchy eyes.

Breathe, Smell, Feel and Live... Once Again.

For further information, please contact: NuvaLectranal Sdn Bhd (03) 5310149

INFOLINE 1300 88 1712

This is a natural product with natural ingredients. The effects of the product may vary among individuals.

1. NuvaLectranal is a natural product. 2. NuvaLectranal is a natural product. 3. NuvaLectranal is a natural product. 4. NuvaLectranal is a natural product. 5. NuvaLectranal is a natural product.



Beta Glucan Forte

ENHANCED FORMULA

BRMG BG 1,3/1,6

Your superior Immune System Boosting Supplement

Others clinical studies done in Japan include:

- Improvement of fasting blood glucose level
- Improvement of constipation in young women & elderly

PHM - Pro Health Medicines Sdn Bhd Tel: 03 - 8023 3770



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RM **59⁹⁰**



Nunature Anti-Hair Fall Shampoo 450ml Twin Pack

Complete Anti-Ageing Hair Care

3 ESSENTIALS

- ✓ Prevent hair fall
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- ✓ Protection for everyday's damage

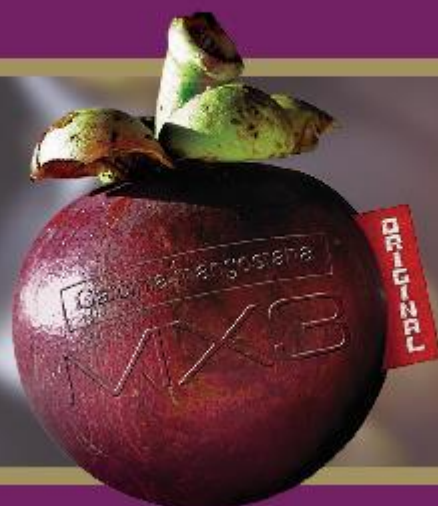
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500mg CAPSULE



EXPERIENCE THE BENEFITS OF MANGOSTEEN IN CAPSULES!

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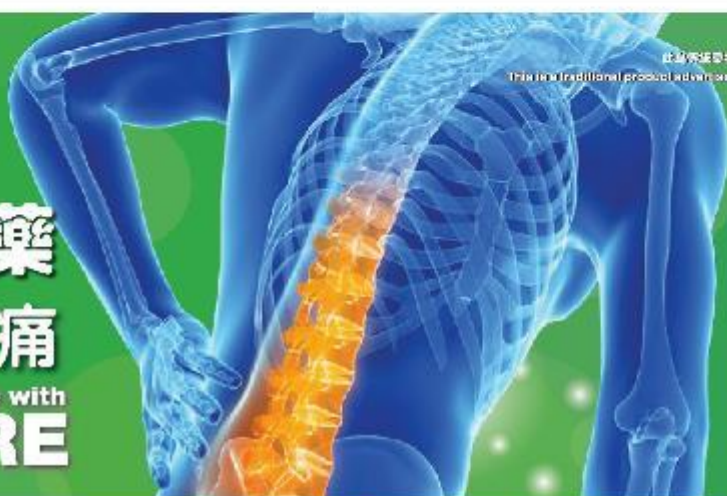
Email: admin@malaysia.mx3supplement.com

KKM Number: MAL13115173TC

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“對正”
下藥
不再腰酸背痛
Bid Farewell to Back Ache with
ELGUCARE



此為傳統藥物廣告
This is a traditional product advertisement

頸部護理
Upper Spine Health

益固康 N
ELGUCARE N

適用於舒緩頸肩痠痛
Used to relieve
shoulder and neck pain.

適合長時間使用電腦、經常傾身
塗漆、揮錘者。
Suitable for people working
long hours in front of
computer, experiencing
stiffness at the neck or
suffering from shoulder pain.



MAL09117587C

益固康
ELGUCARE

適用於緩解背部痠痛
Used to soothe back
and lower back ache.

適合年長者、經常彎腰或運動
埋身勞動者。
Suitable for elderly,
general back ache or
back injured caused by
physical exercise.



MAL0040427C

下背部護理
Lower Spine Health

益固康 S
ELGUCARE S

適用於緩和下部痠痛
Care for your lower
back to alleviate pain
in the lumbar region.

適合下背部扭傷、疼痛者。
Suitable for people who
strain their lower back or
feel soreness and pain at
the back and lower back.



MAL0012467C

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Vitamin C Effervescent
30's + 30's + 30's
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NATURALLE
Fish Oil
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**BE MORE,
DO MORE**

Now!
RM 8990

PROVITON
100's + 30's

PHARMACEUTICALS

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WISHING YOU

Merry Christmas

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Blackmores
Collagen 10s
FREE 1 pc
Cosmetic Pouch



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FOC 30s



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Blackmores
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PWP
RM **22⁹⁰**

Multivitamins
+Minerals 30s



15-30 Nov 2016

*Activated by Japanese patented activation technology to enhance absorption



Now!!
RM 85⁰⁰

Livolin Forte
50's x 2
FREE 10's



Now!!
RM 31⁸⁰

PN Kids Clear
Flavored Gummies
30's



Now!!
RM 435⁰⁰

Thomson Activated
Ginkgo Extract 40mg
500's



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RM 169⁹⁰

Kinohimitsu
Superfood
500g x 3
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20's x 2



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20g x 28's
FREE Shaker



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Berocca
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Orange
30's



Now!!
RM 52⁹⁰

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Chicken Essence
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Canesten Cream 20g

Clotrimazole Cream 1% w/w



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Buy 2 SAVE
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Nestle
Nutren Optimum
Vanilla
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Bee-True
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500ml

Buy 2
FREE
Bee Pollen



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Ecowell
Baby Lotion
200ml



Now!!
RM 34⁹⁰

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Hisamitsu
Salonpas
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From
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UUCare Sanitary Pad Crown
(280mm) RM9.50
UUCare Sanitary Pad Crown
(360mm) RM7.10
UUCare Sanitary Pad Panty
Liner Crown (150mm) RM7.10



**Buy 2
Save**
RM 48⁸⁰

Moiko Natural Cover Face
(130, 140, 141, 151, 171)



new

Smart Athlete
SPF 50 Lotion
200ml

RM 31⁵⁰

1-15 Dec 2016



Now!!
RM 34⁰⁰

Neurobion
60's



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RM 52⁹⁰

New Morning
Fibre Cleanse
10g x 30's
FREE Xtra 7-Days
Supply + Premium
Food Container



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Thomson
Livrin 300mg
300's



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RM 149⁹⁰

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90's



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28's



BEST DEAL

Surbex
Nutri-Fiber
5g x 30's



Now!!
RM 182⁰⁰

Bio-Life
Efamol Epo
1000mg
100's x 2
FREE
Face Towel



Now!!
RM 39⁹⁰

Redoxon
Orange
Effervescent
30's



BEST DEAL

Dawson
Plant Protein
800g



Now!!
Buy 2 SAVE
RM 5⁰⁰

Nestle
Nutren Diabetik
Complete Vanilla
800g



BEST DEAL

BioConnexion
Oat Grain 35
500g
Buy 3 Tins FOC
Convenient Pack
(13gm x 20's)
worth RM35



Now!!
RM 20⁰⁰

Suvana Paw Paw
& Coconut Balm
7g



Now!!
RM 34⁵⁰

Cetaphil
Baby Wash
& Shampoo
230ml

Harwany
Pati Ikan Haruan Gamat
75ml x 6's + 1's
(RM35)

Harwany
Pati Ikan Haruan
Asli 75ml x 6's + 1's
(RM32)

Now!!
From
RM 32⁰⁰



Now!!
RM 128⁰⁰

Bio-Oil
200ml x 2



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From
RM 13⁵⁰

Henson
Disposable Adult Diapers
M 10's - RM13.50
L 10's - RM15.50
XL 8's - RM15.50



Now!!
RM 85⁰⁰

Dermafal
Organics Micro
Exfoliator
50ml



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Kinohimitsu
Health Pad
20's + 6's

new

BioTHIK®
Active TRAVEL POUCH KIT



Cleanser (30ml)
Conditioner (30ml)
Folliplus Factor (13ml)

BEST DEAL

1-15 Dec 2016



Now!!
RM 34⁰⁰

Neuroblon
60's



Now!!
RM 52⁹⁰

New Morning
Fibre Cleanse
10g x 30's
FREE Xtra 7-Days
Supply + Premium
Food Container



Now!!
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Thomson
Livrin 300mg
300's



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90's



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BEST DEAL

Surbex
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5g x 30's



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RM 182⁰⁰

Bio-Life
Elamol Epo
1000mg
100's x 2
FREE
Face Towel



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RM 39⁹⁰

Redoxan
Orange
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30's



BEST DEAL

Dawson
Plant Protein
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Buy 2 SAVE
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Nestle
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Complete Vanilla
800g



BEST DEAL

BioConnexion
Oat Grain 35
500g
Buy 3 Tins FOC
Convenient Pack
(13gm x 20's)
worth RM35



Now!!
RM 20⁰⁰

Suvana Paw Paw
& Coconut Balm
7g



Now!!
RM 34⁵⁰

Cetaphil
Baby Wash
& Shampoo
230ml

Harwany
Pati Ikan Haruan Gamat
75ml x 6's - 1's
(RM35)

Harwany
Pati Ikan Haruan
Asli 75ml x 6's + 1's
(RM32)

Now!!
From
RM 32⁰⁰



Now!!
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Bio-Oil
200ml x 2



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Hennson
Disposable Adult Diapers
M 10's - RM13.50
L 10's - RM15.50
XL 8's - RM15.50



Now!!
RM 85⁰⁰

Dermafal
Organics Micro
Exfoliator
50ml



Now!!
RM 62⁹⁰

Mederma
PM Overnight Cream
20g

new

BioTHIK®
Active TRAVEL POUCH KIT

BEST DEAL

Cleanser (30ml)
Conditioner (30ml)
Follipus Factor (13ml)

16-31 Dec 2016



Now!!
RM 68⁰⁰

Novoline 32g 0.23/0.25 x 4mm
100/box



Now!!
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Bio-Quinone Q10
30mg x 60's
FREE 5's



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RM 31³⁰ /each

Chewies Immuno Licious
Mango / Orange / Strawberry
60's

Buy Any
2 Bottles
FREE Watch



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Abbott Surbex
Calcium D3
60's x 2



Now!!
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Caltrate
600+D
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Lennox
Firm Up +
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Nutrition
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Counterpain
Patch
4's



BEST
DEAL

Garden of Eden
Rosa E
15ml
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Rosken
Skin Repair Dry Skin
Cream
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FREE
Sensitive Skin Care
75ml



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FREE 20g x 2's

Stimulen Diabetic
Skin Care Lotion
2oz 60g

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Standard Set



Vitraplus
Cabloc Raspberry
Capsules
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BEST
DEAL

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ROSKEN
skin#repair
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Gentle Cleansing with Rosken Skin Repair Dry Skin Wash

- Soap **FREE**
- Fragrance **FREE**
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Himalaya
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- ✓ 100% Herbal Actives
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1 ACNE CLEANSER

- Cleanses
- Stimulates natural
- Reduces inflammation
- Removes dirt



Green & Ruby



2 ACNE TONER

- Soothes skin
- Stimulates
- Antibacterial
- Hydrates skin



White & Purple



3 ACNE LOTION

- Controls skin tone
- Hydrates skin
- Reduces redness
- Reduces inflammation
- Reduces dryness



Green & Purple



4 ACNE GEL

- Reduces oil
- Reduces redness
- Reduces dryness
- Reduces itching



White & Green



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* Menunjukkan peningkatan bergantung kepada rawatan

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- Remove Food
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ROUND TIP
Can Protect Your Gum

Made by Material
POLYSTER FLOSS
Thinner Floss Easier to
go into inter space



A floss pick is inserted into the spot where that two teeth contact from above the teeth.
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IN 2 WEEKS***

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Cool Mint / Original 750 ml
(Twin-Pack)



*When used twice daily versus baseline in users with mild to moderate gingivitis based on increase in number of healthy gum sites over time.



**TOOTHBRUSH BRAND RECOMMENDED
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Oral-B Vitality Precision Clean Electric Toothbrush

- Oral-B 2D movement cleaning system oscillates to reduce up to 2x more plaque than a regular flat trim manual toothbrush
- **7,600 oscillations** per minute
- **Precision Clean Brush Head:** For a deep and through clean
- **Interdental tips:** Penetrate hard-to-reach areas
- **Indicator[®] bristles:** Remind you to replace your brush head every 3 months, once they've faded halfway
- **Two-minute timer*:** Pulsates to signal recommended brushing time

* For timer models only

Now!
RM **129**



* vs a regular manual toothbrush. ** Most used by dentists based on surveys of a representative worldwide sample of dentists' usage carried out for P&G continuously.



DOLMEN Dead Sea Product



How To Use

- Dissolve contents into your bath filled with warm water.
- Immerse and soak for 15 minutes before rinsing.

Can also be used to help soothe swollen foot and relieve athlete's foot pain.



Dolmen Foaming Bath Salt-Green (Mint)

Foaming, Freshness,
Suitable for kids above 2 years old.



Dolmen Bath Salt-Blue (Lavender)

Relax, Reduce Stress



Dolmen Bath Salt-White (Original)

No Colouring, For Diabetes,
Skin Disease



Dolmen Mud Soap

How To Use

- Use the soap on the entire body, for shower, bath or washing hands.
- Rinse after use.

Suitable for daily family use. When used for acne treatment, leave on face for up to one minute and rinse.



Cosmoderm

I LOVE MY SKIN

NATURAL SOULMATES FOR FLAWLESS SKIN

COSMODERM'S VITAMIN E CREAM AND OIL WITH ROSEHIP OIL

Cosmoderm has been helping customers to fade their scars, brighten and nourish their skin through an exclusive formulation that pairs two of Nature's most effective anti-oxidants - **VITAMIN E** and **ROSEHIP OIL** in a synergistic combo that tackles free radicals to shield and renew the skin. No more dull skin and no more scars.

COSMODERM'S VITAMIN E HELPS TO:

- Lighten scars and pigmentation
- Brighten and heal skin
- Moisturise, soften and revive dry, stressed skin due to environment or climate
- Accelerate skin recovery before and after minor cosmetic surgical procedures
- Evens out skin tone
- Reduce appearance of fine lines
- Increase skin elasticity, softness and suppleness
- Neutralise free radicals to protect skin

COSMODERM'S VITAMIN E skin care series has been proven safe and trusted by pharmacists for the past 15 years. It is most suitable for adults with normal, dry and combination skin and is very effective even in dry, hot and cold climates.

VITAMIN E scar healing series comes in the form of Cream and Oil in different concentrations. This allows you to customise just the right amount according to what your skin needs by selecting the most suitable cream or oil.

VITAMIN E CREAM 1000 I.U. is a light moisturizer for young skin specifically for normal to combination skin.

VITAMIN E CREAM 3000 I.U. is a rich, nourishing moisturiser suitable for normal to dry skin.

VITAMIN E OIL 15,000 I.U. is a light, fragrance-free, therapy oil for skin and hair.

VITAMIN E OIL 30,000 I.U. is highly concentrated, fragrance-free oil for intensive scar healing. Combine with the Vitamin E 3000 I.U. cream for better healing power.



Vanity Cosmeceutical Sdn. Bhd. 55360-W 1700 815 495 www.cosmoderm.com.my cosmoderm

Kelebihan Halia

Yang Mungkin Anda Tidak Tahu



Diseiakan oleh:
PRP Noorazwaniza Binti Ahmad Khairi &
PRP Nurul Syazwani Binti Ahmad Joni

Teh Halia adalah salah satu minuman popular di kalangan rakyat Malaysia, namun tahukah anda teh halia mungkin mempunyai interaksi dengan ubatan anda? Halia biasa ditemui Asia Utara dan digunakan sejak beratusan tahun dahulu. Ia bukan sahaja diguna dalam pemakanan, ia juga diimplikasi dalam perubatan alternatif dan tradisional.

Bagaimana Memilih Teh Halia Yang Sesuai Untuk Anda?

- 1 Halia, terutamanya halia tua berasa pedas dan mungkin akan mengakibatkan ketidakselesaan perut. Oleh itu, anda boleh memilih produk yang mengandungi gula perang yang mampu meneutralkan rasa halia serta membawa aroma yang harum untuk minuman anda. Gula perang mempunyai kandungan mineral yang lebih banyak daripada gula pasir. Banyak yang berfikir teh halia hanya boleh diminum secara panas kerana ia membantu pemanasan dari dalam badan. Sebenarnya, teh halia juga boleh dinikmati secara sejuk, ataupun ditambah dengan madu, peppermint ataupun lemon.
- 2 Pilih teh halia yang bebas daripada kafein. Walaupun kandungan dalam teh adalah jauh lebih rendah daripada kopi, namun golongan yang sensitif akan kafein boleh mengalami migrain ataupun denyutan jantung yang lebih tinggi apabila mengambil kafein. Secara amnya, adalah disyorkan untuk mengambil teh halia pada waktu sebelah pagi untuk mengelakkan ia mempengaruhi kualiti tidur anda.

Halia Muda Memang Berbeza Dengan Halia Tua?

Ramai yang bertanya-tanya adakah halia yang lebih pedas adalah lebih bagus untuk kesihatan.



Halia Muda

- Lebih manis, berjus
- Lebih digunakan dalam masakan



Halia Tua

- Lebih pedas dan banyak serat
- Kandungan aktif gingerol lebih banyak dan mampu memanaskan badan, mengurangkan kesakitan

Bagaimanakah Teh Halia Memanfaatkan Anda?

- 1 Teh halia mengandungi pelbagai jenis vitamin dan mineral seperti potassium, magnesium, vitamin B6 dan vitamin C yang sangat baik untuk kesihatan keseluruhan. Teh halia amat disarankan untuk mengurangkan masalah sistem penghadaman seperti masalah angin disebabkan oleh gastrik, pedih ulu hati, muntah, pening, dan kurang selera makan. Apabila dalam perjalanan jauh, teh halia juga mampu mengurangkan ketidakselesaan dan mabuk perjalanan.
- 2 Kandungan halia (gingerol) juga amat terkenal dengan sifat anti-radang dan amat sesuai digunakan bagi individu yang mengalami masalah keradangan otot ataupun sakit sendi. Wanita mengalami kesakitan ketika datang haid boleh cuba melegakan kesakitan melalui pengambilan halia. Suatu kajian dari University of Miami memutuskan bahawa halia mengurangkan kesakitan sendi sebanyak 40 peratus jika dibandingkan dengan plasebo.
- 3 Seperti yang anda maklum, pengaliran darah yang lancar diperlukan oleh tubuh badan untuk menyalurkan nutrisi dan oksigen ke sel-sel badan. Terutama bagi golongan yang selalu mengalami kesejukan tangan serta kaki pada waktu pagi, minuman teh halia dapat meningkatkan kadar metabolisme serta pengaliran darah.
- 4 Sekiranya anda berada dalam keadaan stres yang mengakibatkan masalah seperti migrain, teh halia yang kaya dengan anti-oksidan dapat menguatkan sistem pertahanan badan serta menenangkan fikiran. Kandungan aktif dalam halia juga membantu melawan bakteria, fungi ataupun virus di persekitaran kita.



Bolehkah Anda Mengambil Teh Halia Dengan Ubat-ubatan?

Walaupun halia mempunyai pelbagai khasiat kesihatan, amatlah disarankan supaya ia diambil dengan sederhana. American Diabetes Association 2014 menyatakan bahawa halia boleh meningkatkan penyerapan gula ke dalam sel otot lalu menurunkan paras gula dalam darah. Oleh itu, janganlah mengambil teh halia pada masa yang sama dengan ubat-ubatan kencing manis bagi mengelakkan peristiwa "hypo".

Bukan itu sahaja, kandungan halia juga mampu mencairkan darah apabila diambil dalam dos yang tinggi, ataupun bagi golongan yang juga mengambil ubatan cairkan darah seperti aspirin. Jumpa dengan doktor atau ahli farmasi anda sekiranya anda mendapati tanda-tanda pendarahan seperti lebam-lebam tanpa punca, gusi berdarah, najis berdarah ataupun luka yang tidak berhenti berdarah.

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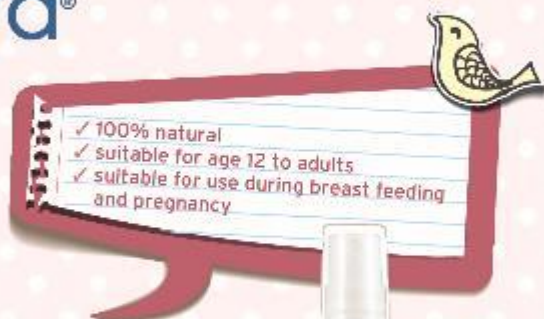
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Reference: F. Andrieu et al. Free Radical Scavenging Activity of Papulex Oil Free Cream. MPE 2008; 1(5):10-17

Simple yet Effective Steps to Combat Pigmentation and Early Ageing



of fine lines and wrinkles. This can happen as early as late twenties and is more visible for fair skin people.

What causes hyper-pigmentation?

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

The main cause of pigmentation is over exposure to the sun's harmful UVA and UVB rays. Sun exposure stimulates the skin's melanocyte cells to over produce melanin, a dark substance that causes the dark patches and uneven skin tone. This does not happen overnight. Hyper-pigmentation is the result of long-term sun exposure on unprotected skin. The longer the skin is exposed to the sun

the thicker is the melanin deposits that usually appear as uneven dark patches. They are harmless but aesthetically unattractive.



Cells try to protect themselves from UV Ray's damage with an uneven distribution of melanin

Fine lines and wrinkles

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

Remedies for Hyper-pigmentation and early aging

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

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

Go the natural way: Simple and Safe yet effective

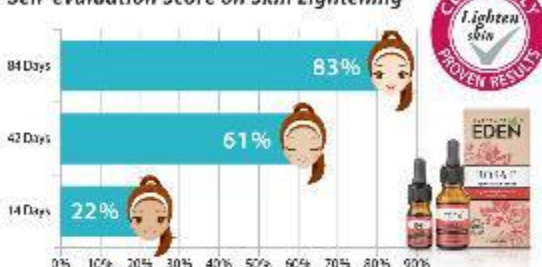
Choose natural products with high concentration of natural ingredients that target at skin protection and skin regeneration. **Garden of Eden** offers discerning customers who care about what they put on their skin. **Garden of Eden Rosa E Pigmentation Serum** is highly recommended for pigmentation and uneven skin tone and also highly recommended is the complementary sun protector product, **Satin White Day Cream SPF 30++**.



Clinically Proven Rosa E Pigmentation Serum

The good news is **Rosa E Pigmentation Serum** contains the right kind of active botanical ingredients in high concentration that help reduce pigmentation, even our skin tone and increase skin brightness. Just two to three drops of Rosa E Serum applied evenly on entire face or affected areas morning and night after cleansing is sufficient to produce visible results as early as the third week of regular use.

Self-evaluation Score on Skin Lightening



- 100% of people tested saw improvements on their skin tone
- 83% reported excellent results in pigmentation reduction after continued use
Source : Results of an independent 12-week Clinical Study conducted by a FDA-accredited Clinical Research Centre

In a recently completed clinical trial by a USA FDA accredited test centre using **Rosa E Pigmentation Serum** on selected subjects with mild to severe hyper-pigmentation, more than 80% of the subjects showed good to excellent results in a 84-day trial with remarkable reduction in skin tone and fine lines.

The secret to **Rosa E Pigmentation Serum's** effectiveness is its all-natural ingredient Rosehip seed oil rich in essential fatty acids, Omega 3 and 6, which provide vital skin nutrients to nourish, repair and regenerate new skin cells. Faster skin regeneration promotes lighter and more even skin tone.

To increase the effectiveness of the product, powerful antioxidants from Natural Vitamin E and Grape seed oil (Proanthocyanidins) are added to protect the skin's collagen against harmful free radical attacks. In fact these antioxidants help promote collagen synthesis. Those who use **Rosa E Pigmentation Serum** commented that they experience an increase in skin firmness and reduction in fine lines and wrinkles.

Start your day right with sun protection :

Satin White Day Cream SPF 30++

To enhance the brightening and anti-ageing effect of **Rosa E Pigmentation Serum** use **Satin White Day Cream SPF 30++** over Rosa E Pigmentation Serum daily. Start your day right. Use Satin White sun protection to avoid pigmentation and early ageing. It contains Vitamin C ester which functions as an antioxidant with skin lightening effect. It blocks our both UVA and UVB. Daily use of Rosa E Serum and Satin White helps prevent recurrence of dark spots.

To enjoy the complementary effect of Rosa E Pigmentation Serum and Satin White Day Cream, get Garden of Eden's **2X Lightening Effect Special Offer Pack** today!

Take The Rosa E Challenge

To share the effectiveness of Rosa E Serum we invite you to participate in the Rosa E Challenge to discover how you too can benefit from the brightening effect of Rosa E Serum and get to win a dream holiday to Bali for 2! For more details contact your pharmacist or visit www.goeskincare.com or call 03-7882 8222



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You Want A Healthier Blood Pressure?



by Ph. Ter Joe Yang
Community Pharmacist of Alpro Pharmacy,
Bandar Baru Bangi

High blood pressure or hypertension is a common yet alarming public health issue. It is also known as "silent killer" as it often has no warning signs or symptoms at an early stage. According to National Health and Morbidity Survey 2011, 1 out of 5 Malaysian adults is an undiagnosed hypertensive patient!

What Should I Be Careful of When Self-checking Blood Pressure?

Here are some useful tips to have your own blood pressure checked correctly:

1. Make sure the cuff fits

Measure your upper arm and choose a blood pressure monitor machine that comes with suitable cuff size. It is **INCORRECT** to think that the tighter the cuff is the better it is. Right cuff should be fitting just nice around upper arm.

2. Be Still

Avoid drinking caffeinated beverages, smoke or exercise within 30 minutes before measuring your blood pressure.

3. Sit Properly

Sit with your back straight and supported on a chair. Do not cross your legs or arms. Keep your arm supported on table with the upper arm at heart level.

4. Take Multiple Readings

Take 2 or 3 readings with at least one minute apart and record all the results.

5. Measure At The Same Time Daily

Try to take your readings at the same time everyday, preferably in the morning and evening.



6. Calibrate Blood Pressure Monitor Machine

Calibrate blood pressure monitor machine at least every 2 years to ensure its accuracy.

Interesting Facts About High Blood Pressure

1. High Blood Pressure Does Not Cause Symptoms In Its Early Stages

It is usually discovered at a doctor's visit when routine blood pressure reading is taken. Symptoms in the later stages include dizziness, headaches and nose bleeds. That is why public should have one home-monitoring blood pressure machine at a home for regular monitoring.

2. High Blood Pressure Is Concerning During The Late Stages Of Pregnancy

Pregnant mums are always required for frequent monitoring of blood pressure to avoid complication such as eclampsia when life-threatening convulsions could happen.

3. Blood Pressure Increase With Age

In general, women develop high blood pressure later than men due to regulation of estrogen that will decrease significantly when reaching menopausal stage. Ageing changes to the heart and blood vessels also contribute to the increment of blood pressure. This explains the different blood pressure guideline with different age group and co-morbidities.

4. It Is Important For Patients With Diabetes To Take Care Of Blood Pressure

The cut-off point for optimal blood pressure reading is lower for groups of patients with diabetes, especially Type 2 diabetes. Good blood pressure management can help to delay or minimize complication such as kidney failure, stroke and others.

5. Potassium is critical for healthy blood pressure, but be-careful if you are taking certain blood pressure reducing medication such as ACE Inhibitors (eg.Perindopril)

Potassium helps to relax the arterial wall and keep blood pressure in the healthy range. Good high potassium foods such as bananas, eggplant and baked potatoes are some alternatives. However, certain blood pressure reducing medication can increase level of potassium. Too much potassium can cause trouble to your heart and circulation. Consult a pharmacist before taking any supplement or natural therapies for blood pressure management.



Wild Garlic Improves Blood Pressure Control

Supplementation of wild garlic appears to reduce blood pressure with respectable magnitude in people with high blood pressure. Wild garlic acts as reservoir of sulfur, which can be used to make the signaling molecules that can help to relax the blood vessel.

Wild garlic produces more allicin which makes it having a better blood pressure lowering properties comparing to normal garlic. The recommended amount for wild garlic is merely one gram per day whilst regular garlic requires 4-6g per day in reaching the same effect. Not only that, wild garlic helps to reduce low-density lipoprotein (LDL) cholesterol production which will protect against the formation of plaques and blood clots. The anti-oxidant properties of wild garlic reduce inflammation in blood vessel in helping to maintain healthy blood pressure.

Patients undergoing menopausal symptoms, stress or anxiety, first stage hypertension that can be improved through lifestyle modifications are groups who can try on wild garlic supplementation in helping blood pressure management. Pregnant or breastfeeding mum should avoid wild garlic supplementation without doctor or specialist's consent. Wild garlic possesses blood thinning effect, and hence patients whom take blood thinner such as aspirin should be extra careful and consult their pharmacists before initiating supplementation.

High Blood Pressure Can Be Prevented

Perhaps you are categorized in the group of people who are at greater risk in developing high blood pressure. However, keeping your weight at a healthy level, compliment with exercising can help you to prevent high blood pressure. Go for smoking cessation programme that is available in accredited pharmacies if you are smoking. And most importantly, learn on effective stress management and food label reading. Ask your nutritionists or dietitians in helping to identify those "hidden salt" in your diet.

You can make a difference to your health.



“They” Say Garlic Helps To Reduce Blood Pressure. Is It True?



Garlic is well known by many due to its benefits to our general health. Recently, wild garlic or its Latin name, *Allium ursinum* has been developed as the “new star” of garlic due to its naturally odorless property, yet it contains all of garlic's active properties. Wild garlic is found mainly in the hills and mountains of central Europe. Unlike regular garlic, the active substances in wild garlic are cultivated from its green leaves.

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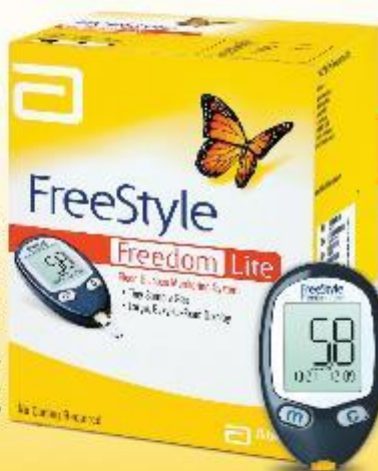


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Reference:

1. Lock JP et al. Diabetes Technol Ther 2011;13:1-10.

* Versus original FreeStyle Lite test strips. Study conducted in August 2009. Data on file, Abbott Diabetes Care Inc.

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FIGHTING THE SILENT KILLERS

Diabetes, High Cholesterol & High Blood Pressure

Cardiovascular disease (CVD) includes all the diseases of the heart and circulation, such as coronary heart disease (chest pain, heart attack) and stroke. Apart from smoking, being overweight and/or physically inactive, or having a family history of heart disease, the following conditions will also increase your chances of getting CVD¹:

- Diabetes
- High cholesterol
- High blood pressure

In Malaysia, 17.5% of adults aged 18 years and above have diabetes, 30.3% have high blood pressure and 47.7% have high cholesterol, based on the National Health and Morbidity Survey 2015.²

What exactly does having diabetes mean?

Diabetes is a condition where the glucose levels in the blood are too high. The two main types of diabetes are type 1 and type 2, with the latter being the most common. If you have type 2 diabetes, your body does not make sufficient insulin, or your body cells become resistant to the action of insulin. This will result in high glucose levels in the blood. Diabetes makes a person up to five times more likely to have CVD than those without diabetes. It can also lead to blindness, kidney failure and lower limb amputation.³

What is LDL-C and how does it affect me?

Low-density lipoprotein cholesterol or LDL-C is also known as "bad cholesterol". "Bad cholesterol" brings cholesterol to cells, and too much of it causes plaque formation between layers of blood vessel walls. Plaque accumulation clogs the blood vessel, making it difficult for blood to flow to the heart, brain and the rest of the body.^{4,5} Plaque can also break loose and cause blood clots. A clot can block blood vessels feeding the heart (leading to a heart attack) or brain (leading to a stroke).⁴

Why is high blood pressure a concern?

High blood pressure is the persistent increase of systolic/diastolic blood pressure of 140/90 mmHg or greater, based on the average of two or more separate clinic visits. Blood pressure is the strongest predictor of stroke.⁶ Untreated high blood pressure

also increases your risk of heart attack, heart failure, kidney disease and dementia.⁷

What can be done if I have type 2 diabetes, high cholesterol and/or high blood pressure?

Lifestyle and diet changes are the first steps to manage type 2 diabetes, high cholesterol and high blood pressure.^{3,5,7} These include:

- **Weight reduction if you are overweight or obese:** For Asians, target for a BMI of 18.5 to <23 kg/m² and a waist circumference of <90 cm (for males) or <80 cm (for females)^{8,9}
- **Increasing physical activity:** Exercise at least five times a week, 30–45 minutes per session^{9,10}
- **Quitting smoking** if you smoke¹⁰
- **Limiting alcohol consumption**^{8,9}
- **Eating a healthy, balanced diet:** Reduce saturated fat and salt intake, take foods that are high in fibre (eg, whole grains and oats), and aim for at least five portions of fruits and vegetables a day^{3,5,8,9,10}

If your blood pressure, glucose or cholesterol levels are still high despite lifestyle modifications, your doctor may prescribe medications for you. It is important to take your medications on schedule and as prescribed.¹¹ If you miss your doses or do not take your medications as directed, the treatment will not work as effectively.^{12–14} To remind yourself to take your medications, set a reminder on your phone or alarm clock, and use a pill box to keep your medications organized.¹³

Your healthcare professionals can advise you on your conditions and how to manage your medications, including what to do if you forget a dose, whether your medications will interact with any other medications, vitamins or foods, and possible side effects.¹²

Even if you are taking medications, do not forget to lead a healthy lifestyle. The more you can lower your glucose, cholesterol and blood pressure levels through a healthy lifestyle, the less medication you will need.¹⁴

Keeping track of your glucose, cholesterol and blood pressure levels

Discuss your blood glucose, HbA_{1c}, cholesterol and blood pressure targets and readings with your healthcare professionals. The following numbers serve as a general guide.

Type 2 diabetes

If you have type 2 diabetes, the targets for control are¹⁰:

Parameters	Target levels
Blood glucose level before meals/fasting blood glucose	4.4–7.0 mmol/L
Blood glucose level 90 minutes after meals	4.4–8.5 mmol/L
HbA _{1c} (average blood glucose levels over the previous 2–3 months ⁸)	≤6.5%

However, these targets should be individualized and might be slightly different depending on your profile, including how long you have had diabetes, your age, life expectancy, risk of severe low blood glucose, and if you have/have had CVD, renal failure or liver dysfunction.¹⁰ Check with your healthcare professionals to find out more.

High cholesterol

If you have high cholesterol, reducing LDL-C is your primary goal of therapy. The target LDL-C levels according to your CVD risk are⁹:

Risk level	Target LDL-C levels
High risk* (Individuals with a 10-year risk score of 10–20%)	<ul style="list-style-type: none"> • <2.6 mmol/L with an option of <2.0 mmol/L in very high risk individuals • <1.8 mmol/L for patients with diabetes mellitus with established CVD
Intermediate risk* (Individuals with a 10-year risk score of <10%)	<3.4 mmol/L
Low risk* (Individuals with a 10-year risk score of <10%)	<4.1 mmol/L

*Global CVD risk is determined based on the Framingham CV risk score (2008). Please talk to your doctor to find out your 10-year CV risk score.

High blood pressure

If you have high blood pressure, your clinic blood pressure targets are⁸:

Group	Clinic blood pressure targets
General	<140/90 mmHg
If you are 80 years and above	<150/90 mmHg

If you have diabetes	<140/80 mmHg
If you have ischaemic heart disease (eg, heart attack)/cerebrovascular disease (eg, stroke)/kidney disease	<130/80 mmHg

Keep to your medical appointments so that your healthcare professionals can monitor your conditions. You can also check your blood glucose and blood pressure at home with home monitoring devices.^{10,14} Your healthcare professionals will be able to explain more about how to do this.

By working together with your healthcare professionals, you can take important steps to combat these silent killers.

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4 Simple Guides when using your Blood Glucose Monitoring System



	Guides	Benefits
Blood Glucose Meter¹	1. Using your blood glucose meter correctly can help you manage your diabetes effectively. Always read the user's manual before you start testing.	<ul style="list-style-type: none"> Accu-Chek[®] meters are supported by a number of Meter Training Videos. Please visit www.youtube.com/AccuChekMalaysia and learn how to use your meter the easy way. You can also call the Accu-Chek[®] Customer Careline on 1-800-88-1313.
Test Strip²	<p>2. Store your test strips in a cool dry place, e.g. drawer in your living room. Heat and moisture can damage test strips. Do not store test strips in high heat and moisture areas (e.g. bathroom or kitchen).</p> <p>3. Check the test strips expiry date printed on vial before you use. Expired test strips must not be used since they can give false readings. Some test strips expire 3 – 6 months after first opening though it is yet to reach its expiry date printed. Watch out!</p>	<ul style="list-style-type: none"> Accu-Chek[®] meters perform internal checking on the test strip before you apply your blood. The Accu-Chek[®] Performa meter will display an "E-1" error code if your test strip has been damaged due to heat or moisture. The internal checking ensures reliability of your result. Accu-Chek[®] test strips can be used until the expiry date printed on the vial. This gives you a peace of mind and assuring the reliability of our readings.
Lancing Device³	4. Discard all used lancets properly as the lancet may accidentally injure others. You may consider discarding your lancet into a sealed container at home. Always keep out of reach of children.	<ul style="list-style-type: none"> Accu-Chek[®] FastClix lancet is stored inside a drum after used thus preventing accidental injury. This is a better option and worth your consideration.

These simple guides can help your home blood glucose monitoring become easier and with peace of mind. Discuss with your healthcare professionals should you need further information.

Please consult your doctor for interpretation of results.

References: 1. Accu-Chek Performa user's manual.
2. Accu-Chek Performa and Accu-Chek Active test strip package insert.
3. Accu-Chek FastClix lancing device package insert.

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Reference: 1. Colby A, Wexler-Kasher S, Mann B. An independent lab of the CONTOUR[™] PLUS Blood glucose monitoring system. Poster presented at the International Conference on Advanced Technology in Diabetes Care (ATDC), February 27-March 1, 2013, Paris, France.



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