



Alpro: Health Matters



EXCLUSIVELY FOR VIP MEMBER

THIS PROMOTION IS VALID UNTIL
30 JUNE 2016

VOL. 8



www.alpropharmacy.com

[www.fb.com/alpropharmacy](https://www.facebook.com/alpropharmacy)

06-662 1921

Medication Safety Our Priority



Sales Promotion

MEDICATION SAFETY • OUR PRIORITY
药安全 在大考

Alpro: Health Matters

Vol 8:

Promotion valid until
30 June 2016

PANEL OF EXPERTS

Medication Safety Our Priority

药物安全，我们的责任

Ph. Lee Yin Chen

Pharmacist of

Alpro Pharmacy

Lemak Tepu Penyebab Penyakit Jantung?

Oliver Mun

Dietitian of Alpro Pharmacy, Mantin

Nor Anieza

Dietitian of Alpro Pharmacy, Kuala Terengganu

A Dietitian in a Pharmacy

Kwan Lee Kuan

Dietitian of Alpro Pharmacy, Rasah Jaya

Colourful Stir-Fried Rice Vermicelli

五色香炒米粉

Kwan Lee Kuan

Dietitian of Alpro Pharmacy, Rasah Jaya

Have You Ever Reviewed Your Medication?

Ph. Jo Anne Tan Shee Meen

Pharmacist of

Alpro Pharmacy, Seremban City Centre

The Right Way To Rehydrate

Ph. Lim En Ni

Pharmacist of

Alpro Pharmacy

β -葡聚醣是抵御癌症的第一道防线?!!

张如屏药剂师

大专药剂师，芙蓉旗舰店分店

© Copyright. All rights reserved.

PUBLISHED AND PRODUCED BY

Alpro Pharmacy Sdn. Bhd. (581739-W)

NO. 2, Jalan PDS 4, PD Sunggala Gateway,


71050 Port Dickson,

Negeri Sembilan Darul Khusus, Malaysia.

Tel : 06-662 1921

Fax : 06-662 1659

www.alpropharmacy.com

 www.fb.com/alpropharmacy

CONTENTS

- 6-7 Medication Safety Our Priority
- 10-11 药物安全，我们的责任
- 14-15 Lemak Tepu Penyebab Penyakit Jantung?
- 22 A Dietitian in a Pharmacy
- 23 Colourful Stir-Fried Rice Vermicelli
五色香炒米粉
- 25 Have You Ever Reviewed Your Medication?
- 29-32 Sales Promotion
- 34-35 The Right Way to Rehydrate
- 38-39 β -葡聚醣是抵御癌症的第一道防线?!!

PAGE 6



PAGE 14



PAGE 22



PAGE 10



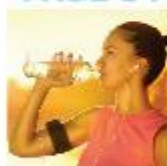
PAGE 23



PAGE 25



PAGE 34



PAGE 38



Counterfeit **KILLS!**

Not all the medicines heal! Counterfeit medicines are one of the "Silent Killers" among us and have caused more than a million people worldwide suffering from ill effects or dead every year. Counterfeit medicines are made from unknown materials, which may be harmful and bring no healing properties to patients!!! To made things worse, some contain toxic ingredients which cause harm to human body and are life-threatening.

Right medicine heals! Counterfeit Kills!



Spot The Genuine

Make Your Right Choice

- Purchase your medicines from reputable pharmacies or healthcare providers that source through genuine channels.
- Reject medicines from any unknown, suspicious or illegal channels.
- Practise your rights of doubt on medicines that are selling at "unreasonably low price" as that may be counterfeit medicines. Do not fall into the trap!
- Examine the packaging and content to look for any changes in the shape and colour of the medicine. Visit your nearest community pharmacy to clear your doubt.

If you suspect a counterfeit or un-registered medicine, report to Pharmaceutical Services Division, Ministry of Health.

Check the printed MAL number and Meditag Hologram™ on your medicine to ensure it is registered with the Drug Control Authority. Visit your nearest community pharmacy will be the best channel to clear your doubt.

Organised By



Supported By



Alpro Pharmacy

2015/2016

MEDICATION SAFETY
OUR PRIORITY
药安全 在大专

EVENTS

Anti Counterfeit Launching
3 Feb 2016
Melaka Flagship

Ever since the opening of our Melaka outlets, we had received some products that suspected to be counterfeit products.

This is why we are launching the awareness campaign named **"COUNTERFEIT KILLS"** to create awareness among community on how to avoid themselves from getting counterfeit / fake medicines, together with our partner from Caring Pharmacy, Malaysian Pharmaceutical Society, Malaysian Community Pharmacy Guild & Kementerian Kesihatan Malaysia.

大專藥劑與康寧打擊假藥活動

安拉希：無藥物成分、有副作用

國內5%假藥流通

【訊 吉隆坡3日訊】大專藥劑協會副會長安拉希昨日表示，在2009年，全世界共有20萬人因服用假藥死亡，在我國市場上則有5%的假藥在流通。

他指出，市面上的假藥，以藥丸及藥水形式出售，這些假藥的開光藥物成分在內，這些藥被破壞後，確實會產生副作用，甚至它可能含有其他沒有註冊在市場上的藥物，導致消費者其實并不知道真正服了什麼。



李殿振：非便宜替代藥品

▲李殿振（左起）安拉希、馬六甲亞羅士打商會主席陳志輝與陳志輝共同為「假藥」提供諮詢服務。

▲李殿振（右二）將市場上對假藥產品是假藥及真品（左二）對，安拉希（右）將時時提醒藥師給予建議，並為消費者。

▲李殿振（右二）將市場上對假藥產品是假藥及真品（左二）對，安拉希（右）將時時提醒藥師給予建議，並為消費者。

▲李殿振（右二）將市場上對假藥產品是假藥及真品（左二）對，安拉希（右）將時時提醒藥師給予建議，並為消費者。



Gluten Disorder Awareness Event
23 & 24 Jan 2016
TF, Port Dickson

大專藥劑今明辦假藥活動

讓你認識

"越買不癒症"

▲李殿振（左起）安拉希、馬六甲亞羅士打商會主席陳志輝與陳志輝共同為「假藥」提供諮詢服務。

▲李殿振（右二）將市場上對假藥產品是假藥及真品（左二）對，安拉希（右）將時時提醒藥師給予建議，並為消費者。

▲李殿振（右二）將市場上對假藥產品是假藥及真品（左二）對，安拉希（右）將時時提醒藥師給予建議，並為消費者。



Chap Goh Mei
20 Feb 2016
IJM Land, Seremban 2



ALPRO OPENING

Melaka Flagship
20 Nov 2015



Ampangan, Seremban
5 Dec 2015



Taman Tas, Kuantan
27 Dec 2015



Kuala Terengganu
26 March 2016



Jalan Munshi Abdullah, Melaka
30 March 2016



ALPRO NEWS

大專藥劑講座 傳遞兒童健康資訊



▲大專藥劑師以核心三人童裝引領，給予提升健康知識，同時以童裝研究，內涵健康資訊。



▲中區藥劑師與藥劑師(藥劑師)和藥劑師(藥劑師)中，給予正確的健康資訊。

【文華社訊】大專藥劑師行全體藥劑師，與同在大專藥劑師協會全體藥劑師，為提高大眾對藥劑師專業服務及對藥劑師專業服務之認識，同時為配合大專藥劑師協會之宗旨，特於日前在吉隆坡大專藥劑師協會舉行「大專藥劑師專業服務」講座。

是次講座，大專藥劑師行全體藥劑師，與同在大專藥劑師協會全體藥劑師，為提高大眾對藥劑師專業服務及對藥劑師專業服務之認識，同時為配合大專藥劑師協會之宗旨，特於日前在吉隆坡大專藥劑師協會舉行「大專藥劑師專業服務」講座。

銀行社會責任不放棄
大專藥劑師行全體藥劑師，與同在大專藥劑師協會全體藥劑師，為提高大眾對藥劑師專業服務及對藥劑師專業服務之認識，同時為配合大專藥劑師協會之宗旨，特於日前在吉隆坡大專藥劑師協會舉行「大專藥劑師專業服務」講座。



CORPORATE SOCIAL RESPONSIBILITY

Alpro Pharmacy PD Ocean Mall | Blood Donation



Blood Donation Campaign
9 Jan 2016



Charity Visit : 23 Jan 2016
Rapha Home Kuantan



Charity Visit : 12 Dec 2015
Happiness Center for the
Mentally Disabled Children, Melaka



Charity Visit : 12 March 2016
Bidara Happiness Center, NS



Charity Visit : 20 Feb 2016
Bread of Life Home, Bahau



Given out 100 Teddy Bear
5 March 2016
Kechara Soup Kitchen Society, KL



Charity Visit : 24 March 2016
Damai House, Kuala Terengganu



Round Worm Talk : 24 March 2016
SJK Chung Hua Wei Sin,
Kuala Terengganu

Career Talk : 23 March 2016
SMK Chung Hua Wei Sin,
Kuala Terengganu



Medication Safety

Our Priority



by Ph. Lee Yin Chen
Community Pharmacist of
Alpro Pharmacy

Medication safety is the most fundamental issue when one is taking his or her medication. Malaysians' awareness towards medication safety is still at a superficial level where most of us thought that medication safety issue is something which we only read about. It is always only until any serious damage or life threatening issue happens, we then realize the importance of medication safety.

Based on our experience and international practices, medication safety issue can be divided into 6 core aspects which are Right Medication, Right Route, Right Dose, Right Time, Right Patient and Right Source.

RIGHT MEDICATION



The first aspect of medication safety is taking the right medication. Most of the time, consumers are not aware of the names and indications or functions of the medication that are prescribed or dispensed by their doctors or pharmacists. Being a responsible consumer, we should always insist on the correct labeling of the name of the medications that are given to us. Although it is the responsibility of the pharmacist, but we should also play a role in ensuring the medication provided are properly labeled.

In the case when the list of medications is too long and the names are too difficult to remember, then a proper medication list is needed. This is known as a "Medilist". You may request your pharmacist to prepare a Medilist for you which has a clear detail record of your medications, drug allergy and personal details. You can bring the list along with you and to show your other healthcare providers so that there will be no duplication of medications being prescribed or dispensed which could lead to potential drug interaction.

RIGHT ROUTE



Contrary to popular belief, not all the medications are to be taken orally. There are different dosage forms of medicines that are actually administered non-orally route such as

enema, suppository, creams, ointment, gel, pessary, nasal spray and solution for intravenous injection. In Malaysia, most of the product inserts are written in medical terms which are not commonly understood by layman.

There was once a young woman who came to the pharmacy to get her medication for vaginal thrush and was given a pessary to be inserted into the vagina. However, probably out of embarrassment or lack of time, the woman went home without understanding the right way of administering the medicine. As the shape of the pessary resembles to that of a tablet, she swallowed the pessary. After a few days, she came back to the pharmacy and complained of unresolved vaginal thrush. Fortunately, she did not suffer from any major adverse effects other than a few episodes of diarrhea. Should the medication she accidentally ingest is potent and has serious adverse effects, then the consequence might be fatal.

RIGHT DOSE



The therapeutic effect of the medicine is dependent on the dosage as an under-dose treatment will not provide the optimum therapeutic effect and an

overdosed treatment will cause toxic effect. The right dosage is especially important for antibiotics. If a patient does not take

the antibiotics as prescribed, it might cause the bacteria to develop resistance towards the antibiotics. As a result, a higher dosage or a stronger antibiotic is required to treat the infection. Patients should always consult their doctors or pharmacists before adjusting the dosage of their medications.

RIGHT TIME



Most medications require specific or fixed time of administration. For example, certain oral contraceptives must be taken at the same time every day. If there is a time lapse in administering the medication, it might affect the optimum effect of the contraceptive pill.

The consequences are more serious for certain diabetes medication. If a patient takes the diabetes medicine at the wrong time of the day, it might cause hypoglycemia which can be life-threatening. To ensure patients adhere to the specific or fixed time of medication administration, a simple medication packaging system called Medicpack is available. It has been proven to reduce the error when taking medicines.

RIGHT PATIENT



The aspect of right patient is something that we have always neglected. Malaysians are well-known of the good trait of sharing. However, in the case

of medicine, it should not be shared under any circumstances. Some of the diseases might have similar symptoms but required a totally different treatment regimen.

Whenever it comes to my attention that someone is taking other's medication for the same symptoms, I never fail to warn them that medicine is not something to be shared with others, not even with your closest family members.

RIGHT SOURCE



The last aspect of medication safety is the right source of medicine. There are two issues related to this aspect. The first issue is that consumers should only get their supply of medication from registered pharmacies, clinics or hospitals. This is to ensure that consumers obtain the correct, genuine and registered medicine.

In Malaysia, the issue of counterfeit medicine and unregistered medicine should not be taken lightly. Counterfeit medicines are slowly creeping into the market with its unreasonably low price. Some of the counterfeit medicines contain toxic ingredient(s) or a higher strength of active ingredient to provide more potent effect. The consequences of buying counterfeit medicine can be fatal. A smart consumer should always check with his/her trusted pharmacist to ensure that his/her medications are registered and genuine.

Besides that, according to the guidelines from the Canadian Health Department, patients should have the good habit of getting their supplies of medication from the same pharmacy. By doing so, the pharmacist can keep track of the patient's medication history and assist in the best treatment outcome from the medications.



As a conclusion, reducing error and harm from medicines through safe and quality use of medicine is an important element of pharmacists' work. I believe that we have gained a better understanding on the importance of medication safety from this article. **Start building a good relationship with your pharmacist today and we will definitely be your partner in your journey of seeking a better health.**



DON'T FORGET YOUR MEDICATION

Do you know that as many as 50% of patients with chronic (long-term) illnesses do not follow their medication schedule?¹



The data from 21 studies showed that there are more deaths when patients do not follow their doctor's advice on benefits of medication. Patients who have poor adherence are twice more likely to die than patients who diligently take their medication.²

Here are some tips to help you remember to take your medicine:



Make it part of your daily routine much like having your mealtime, tooth brushing or other routine.³



Take your medicine at the same time each day.³



Use pill boxes specially designed with sections for daily. This will keep track of the pills to take each day.³



Your loved ones can help keep tab of your medications too.³



Use a calendar to keep notes whenever you have taken your medicines.³



Place reminder notes near where you keep your medicine. You can use a white board to write down your medications, which you can erase after taking.³



If you are smartphone-savvy, use your phone to set up reminders and take records.

With these tips, you have no more excuse for forgetting, do you?

References: 1. Sabaté E. Adherence to long-term therapies: evidence for action. World Health Organization, 2003. Available at http://www.who.int/bhp/knowledge/publications/adherence_full_report.pdf?ua=1. Accessed March 2015. 2. Simpson SH, Eurich DT, Majumdar SR, Padwal RS, Tsuyuki RT, Varnay J, Johnson JA. A meta-analysis of the association between adherence to drug therapy and mortality. *BMJ*. 2006 Jul 1;333(7557):15. Epub 2006 Jun 21. 3. American Heart Association. How can I remember to take my medicine?. Available at http://www.heart.org/HEARTORG/Conditions/Cholesterol/Prevention/TreatmentofHighCholesterol/Quick-Tips-for-Taking-Medications_UCM_305636_Article.jsp#_yl_ypZ95-U. Accessed March 2016.



A community service provided by

PFIZER (MALAYSIA) SDN BHD (040131-T)

Level 10 & 11, Wisma Averis, Tower 2, Avenue 5, Bangsar South, No.8, Jalan Kerinchi, 59200 Kuala Lumpur. Tel: 03-2281 6000 Fax: 03-2281 6388

In partnership with



WMAWVC1316137-25Mar2016



★ ★ ★
NO. 1
 IN
 HEALTH
 SUPPLEMENT*
 HERITAGE OF QUALITY

BLACKMORES



Now!
RM 99

**Blackmores
 Buffered C**
 120s x 2



Now!
RM 102

**Blackmores
 Collagen**
 10s + 2s



Now!
RM 78

**Blackmores
 Multivitamins + Minerals**
 120s + 60s



Now!
RM 179

**Blackmores
 Joint Formula**
 60s x 2



* Blackmores (Malaysia) Sdn Bhd calculation based in part on data reported by The Nielsen Company based on scan data from 7 key account chains for Total Health Supplement category and Blackmores' product definition for the Health Supplement category for 12 months ending June 2015 in Total Malaysia (Copyright © 2015, The Nielsen Company (M) Sdn Bhd)

Want to know more? We're here to help.

☎ 03-7955 0993 (Mon-Fri, 9am-5pm) | 📧 healthadvisory@blackmores.com.my

药物安全， 我们的责任



李股振药剂师
大专药剂

我们都听说过是药三分毒，而且水能载舟，亦能覆舟。在社区药局服务的这几年，我发现马来西亚民众对药物安全课题的认知依然处在非常表面的阶段。大家，包括药剂师对药物安全的课题往往是采取我不犯人，人不犯我的态度。在没有任何不幸事件发生之前，我们都不会正视这种性命攸关的课题。

以国际药物安全使用的标准，药物安全基本上分为6大核心元素，只要掌握好这六大正确的用药知识，您也可以为您家人的用药安全把关。我们吃药最大的目的就是为了健康，因此，药物管理的关键不在于价钱，而是安全。

核心1-正确的药物



首先，确定服用的药物是正确用药的第一步。民众往往不清楚自己服用的药物名称或者是药物的用途。有身为一位对自己健康负责的消费者，在医生或药剂师开药时，是应该坚持的是询问药物的名称以及用途，以确保我们服用的是正确的药物。

由于现代人服用或使用的药物种类繁多，而且名称刁钻古怪。其实我们可以要求药剂师为我们准备一份简单的药物单子（我们称之为 **medilist®**）。这样一来，每当我们再次购买药物时或到其他医院看病时，医生或药剂师能够通过单子了解我们正在服用的药物，以避免药物相冲或重复的问题。

核心2-正确的使用方法



基本上，不是所有药物都是通过嘴巴服用，有很大部分的药物是通过其他管道如皮肤、静脉注射、鼻子吸入式、肛塞或阴道塞等等。大部分的

药物说明书往往都只用英文注明，而且使用大量的医药专用词，因此一般民众基本上无法完全明白说明书的解释。

曾经，有一位少妇因为白带的问题而向药剂师购买了抗真菌的阴道塞剂。可是不晓得是出于害臊还是时间急促，在没有完全了解使用方法之下就匆匆离开了。这位少妇本着“药物都是口服的”的概念就把阴道塞剂给吞了下去。可想而知，药物当然没有发挥其应有的效果。幸运的是，这药物对人体不会造成太大的伤害。可是，试想想，如果这是一种非常危险的药物，那后果就不仅是轻微腹泻这么简单了。

核心3-正确的剂量



药物的剂量与疗效是息息相关的，太少的剂量很可能导致药物无法达致最佳疗效，太多的剂量则可能导致毒性反应。譬如说，如果病人没有根据抗生素正确的剂量来服用，很大可能会导致病菌对抗生素产生抗体。这样一来，当有一天我们急需该抗生素来救命时，药物无法发挥应有的疗效而可能导致悲剧发生。病人不应该随意自行增减药物的剂量，凡是在做出调整之前都必须询问医生或药剂师的意见。

核心4-正确的服用时间



大部分的药物都有特定的服用时间以达致最佳疗效。譬如说，有些避孕药必须在每一天的同一时间服用，误时可能导致避孕药的效果受到影响。更严重的情况是如果在错误的时间服用糖尿病药物，很有可能导致病人血糖过低而危及性命。为了避免病人在错误的时间服用药物或忘记服用药物，简单的药物包装系统，**medicpack®** 经证实能减低服用药物的错误率。

核心5-正确的服用者



这项要点听起来好像非常儿戏。但是，您可知道，在马来西亚，民众把“分享”的优良美德延伸到药物的服用。我经常在药剂行里听到病人说，

“这咳嗽药是我们一家人一起服用的。”

“我刚服用我太太的止痛药。”

“我听朋友说这种血压高的药物疗效非常好，我也拿来尝试”等等。民众不懂的是，药物是医生或药剂师在经过衡量每一位病人的病症和情况后而配给的。同样的症状，但药物却是因人而异，并根据个人体质与当下的状况而配药。所以，药物是不能共享的，正确的药物只能给正确的服用者。

核心6-正确的来源



六大药物安全核心元素里的最后一点，也是最容易被大众遗忘的一点，就是正确的药物来源。这里可以分成两大要素。消费者或病人应该只在注册药局、诊疗所或医院购买药物。因为，所有的注册药物只能在上述三个场合售卖。在我国，非注册药物以及假药的情况依然相当普遍，尤其随着生活上的经济压力逐渐增加，假药以非常低的价格逐渐充斥市场。购买到不含药物成分的假药事小，但购买到含有毒成分的假药则事大。精明的消费者如果发现假药的怀疑，应该第一时间向药剂师查询以确保本身服用的药物是经过注册的正版药物。

再来，根据加拿大卫生部的建议，民众应该培养长期在同一间药剂行配药的习惯。这样一来药剂师能清楚了解您的病情以及药物的服用以便给予您最佳的咨询。



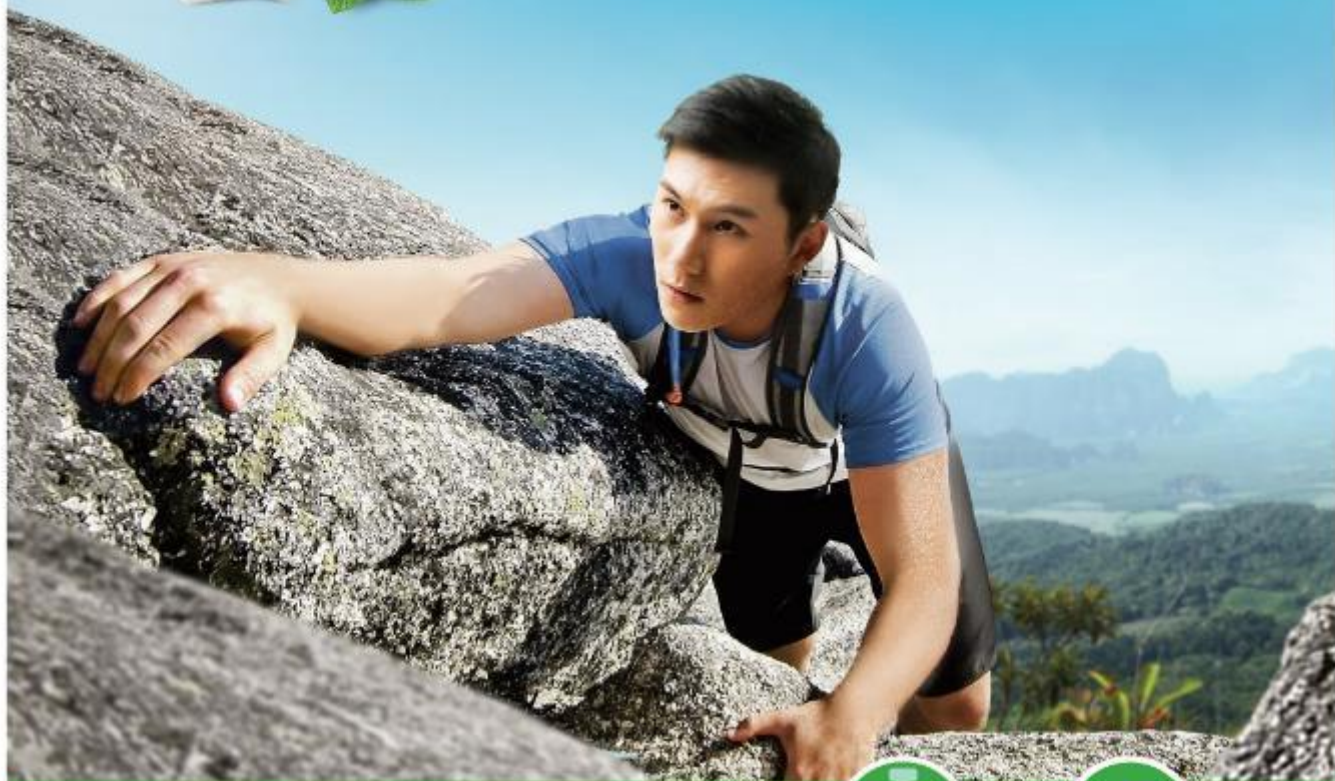
从今天开始，和您的药剂师建立良好的关系，
我们绝对能成为您健康道路上的
良好伙伴！



icy
mint

nicorette[®]

**CONQUER CRAVINGS FROM
THE FIRST CHEW TO HELP
YOU QUIT FOR GOOD¹**



Nicorette[®] icy mint gum For every step of the way.

When a craving strikes, fight back fast with Nicorette[®] Icy Mint Gum. It is clinically proven to actively fight against acute cravings and withdrawal symptoms². Keep a pack in your pocket for rapid relief at any stage of your challenging journey. You too can quit for good.



Rapid Craving
Relief³



Doubles your
success rate vs
willpower alone⁴

1. Gilman R, et al. Study of acute withdrawal of nicotine and its immediate symptomatic relief. *Psychopharmacology*. 2002;159:151-156. 2. Taylor AL, et al. Effect of Nicorette gum on acute and chronic withdrawal symptoms in the first 100 days of quit. *JAMA*. 2006;295:100-105. 3. Nicorette gum is a prescription drug.

4. Clinical Studies. This product is not suitable for children. Do not use this product if you have serious heart disease, are pregnant or breast feeding, but you are used to non-nicotine. Consult your healthcare professional before use.

© 2014 Nicorette



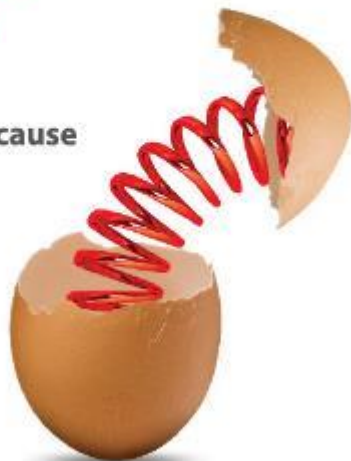
Do something amazing

biovaflex® Eggshell Membrane: Nature's Joint Pain Reliever

Do you find it difficult to get out of bed in the morning because of too much pain, especially when it is a cold morning?

Heard clicking noises (also known as crepitus) or felt a grinding sensation coming from your knee joints when you walk? You might be suffering from a joint degenerative condition called 'osteoarthritis' which can affect not only the knees but any joint in your body.

With so many people suffering from joint and connective tissue disorders, and that number expected to grow immensely as the overall Malaysia population ages, it is important for the people to have treatment options that are both effective and safe.



What Makes BiovaFlex® Eggshell Membrane Special?

People want healthy, natural alternatives. And they are looking for new, efficacious products for joint support. There is a growing global market for egg membrane products. BiovaFlex® Eggshell Membrane comes from common chicken eggshells, previously considered to be a useless by-product of the US liquid egg industry. Egg membrane is removed from eggshells using Biova's patented eco-friendly OvaPure process.

Due to its purity and standardization, 450mg of BiovaFlex® daily provides enough of these nutrients to be effective.

Collagen is one egg membrane matrix nutrient recognised to support joint health. As we grow older and our natural collagen production slows, we discover our tendons, ligaments, cartilage and skin pay the price. In a 1993 double-blind study, collagen was shown to decrease the number of swollen and tender joints in patients with arthritis during a 3 month period; patients receiving a placebo showed no such improvement.

Elastin is another major component of egg membrane which allows tissues in the body to retain its shape when pinched, stretched or contracted. It's the desmosine and isodesmosine that contribute to elastin's rubbery properties and stimulate the body's production of more. BiovaFlex eggshell membrane typically contains greater than 20% elastin.

Glycosaminoglycans also are an integral part of joint cartilage and other connective tissues. They are the building blocks by which chondrocytes rebuild damaged cartilage. BiovaFlex typically contains over 10% - 20% of glycosaminoglycans. Egg membrane also contains transforming growth factor, which plays a crucial role in tissue repair, cellular differentiation and immune function.

Just Once-A-Day, Start Seeing Results in Seven Days!

An independent study conducted in California to evaluate the supplement for safety and efficacy in the treatment of musculoskeletal pain and flexibility proved that BiovaFlex® helps improve joint pain as early as seven days from the start of the formulation, and gives users more flexibility, agility and strength in just six weeks.



A Patient's Story of Pain

"Within a week after starting to take BiovaFlex® 450mg once a day, I noticed less pain and more flexibility in all my joints, especially my knees.

After 2 months, I was contemplating getting back to my baseball games. I am convinced that BiovaFlex® is responsible for my improvement. Before BiovaFlex®, I had forgotten what it meant to be pain free."

David Hill, Fireman, St Louis, USA

LEMAK TEPU

penyebab

Penyakit Jantung ?



Disediakan oleh

Oliver Mun

Ahli pemakanan, Farmasi Alpro Mantin

Nor Anieza

Ahli pemakanan, Farmasi Alpro Kuala Terengganu

Adakah saya boleh mengambilnya?

Lemak boleh diklasifikasikan kepada beberapa kumpulan. Terdapat lemak yang baik untuk kesihatan, ada juga yang bersifat neutral, manakala sebahagian yang lain membahayakan kesihatan kita.

Kita sentiasa beranggapan bahawa lemak tepu adalah tidak baik untuk kesihatan kerana ia menyebabkan masalah penyakit jantung. Namun, berdasarkan kajian terkini, menunjukkan tiada hubungan secara langsung di antara pengambilan makanan yang mengandungi lemak tepu dengan penyakit jantung.

Dalam kajian yang lain menunjukkan diet rendah lemak tidak memberi indikasi terhadap penurunan tahap risiko penyakit jantung. Lebih mengejutkan, bagi sebahagian kajian yang lain pula, menggantikan lemak tepu dengan minyak sayuran meningkatkan risiko menghidap penyakit jantung.

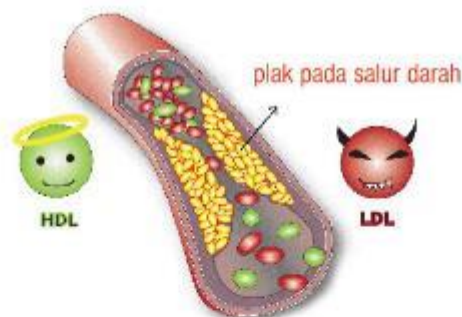
Bagaimana hal ini terjadi ?

Adakah kolesterol tidak baik untuk badan?

Secara umum, kebanyakan masyarakat membuat kesimpulan bahawa kolesterol adalah sesuatu yang tidak baik untuk kesihatan. Sebaliknya, kolesterol sebenarnya memainkan peranan yang sangat penting bagi pembentukan dinding sel dan penghasilan hormon.

Justeru, penting bagi kita memastikan paras kolesterol adalah pada kadar yang diperlukan oleh badan kerana kolesterol berlebihan akan mengundang penyakit kronik seperti penyakit jantung dan strok.

Apa yang anda perlu ketahui adalah kolesterol terbahagi kepada 2 jenis, kolesterol yang baik (HDL) dan kolesterol yang tidak baik (LDL). HDL dikatakan kolesterol yang baik kerana ianya tidak akan terenalap di dalam salur darah dan akan membersihkan plak (lemak terenalap) pada dinding salur darah kita.



LDL pula boleh dibahagikan kepada 2 jenis iaitu:

- **VLDL (Very Low Density Lipoprotein):** merupakan kolesterol tidak baik yang selalunya terenalap pada salur darah dan merupakan salah satu sebab berlakunya sakit jantung dan strok.
- **LDL (Low Density Lipoprotein):** merupakan kolesterol yang tidak dapat melalui salur darah arteri.

Saintis mendapati bahawa LDL berbahaya bukan disebabkan oleh kepekatannya, tetapi bilangan "LDL-p" yang terapung dalam saluran darah.

Tambahan, kadar peningkatan kandungan "LDL-p" bagi diet yang mengandungi lemak tepu semulajadi adalah lebih rendah berbanding diet tinggi karbohidrat.

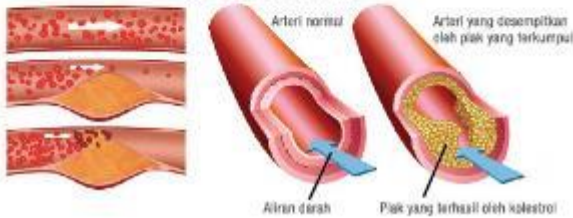
Sekiranya anda memilih makanan yang tidak diproses dan berkualiti, maka makanan yang mengandungi lemak tepu secara semulajadi adalah pilihan yang tepat. Antara sumber makanan yang mengandungi lemak tepu semulajadi ialah daging dari sumber haiwan yang tidak dibesarkan dengan ubat-ubatan, produk tenusu, dan minyak kelapa dara.

Terdapat sejenis lagi kelas lemak iaitu lemak trans, di mana ianya sangat berbahaya kerana lemak trans dihasilkan dengan mendedahkan lemak sayuran poli tidak tepu dengan proses kimia yang melibatkan penggunaan haba yang tinggi, gas hidrogen, dan pemangkin logam.

Kajian menunjukkan bahawa lemak trans menjadi sebab kepada peningkatan risiko rintangan insulin, masalah keradangan, pengumpulan lemak di perut, dan meningkatkan risiko penyakit jantung secara drastik.

Minyak kelapa dara dapat mengurangkan kolesterol?

KOLESTEROL TINGGI



Minyak kelapa dara merupakan sejenis lemak tepu yang mempunyai asid lemak rantai sederhana yang terdiri daripada asid laurik. Asid laurik yang terkandung dalam minyak kelapa dara mudah diserap dan digunakan sebagai tenaga. Justeru, ianya dapat meningkatkan jumlah kolesterol yang baik dan mengurangkan kolesterol yang tidak baik secara perlahan. Kolesterol yang baik boleh membersihkan salur darah dengan cara membersihkan plak yang terenal pada salur darah. Secara tidak langsung ianya dapat membantu meningkatkan kesihatan jantung dan mengurangkan risiko penyakit jantung.

Apakah lagi kebaikan minyak kelapa dara untuk kesihatan?

- **Meningkatkan sistem imun**

Minyak kelapa dara mengandungi bahan anti-mikrob yang dapat menghapuskan virus, bakteria, protozoa, dan kulat dalam badan.



- **Merendahkan kandungan gula dalam badan**
Minyak kelapa dara membantu dalam merendahkan kandungan gula dalam darah kerana ianya dapat meningkatkan penghasilan insulin.

- **Merawat kulit**

Minyak kelapa dara boleh dijadikan sebagai pelembap kulit yang baik bagi membantu mengubati masalah kulit, terutamanya kulit kering. Ia juga membantu mengubati jangkitan kulit (psoriasis, dermatitis) dengan kesan anti-mikrob yang terkandung dalam minyak tersebut.



- **Membantu meningkatkan metabolisme badan**
Minyak kelapa dara mengandungi asid lemak rantai sederhana yang dapat meningkatkan metabolisme badan.



Kesimpulannya, diet yang mengandungi lemak tepu yang tinggi tidak semestinya tidak baik untuk kesihatan kita. Yang penting adalah jenis lemak tepu yang dipilih. **Risiko penyakit jantung dapat dikurangkan dengan mengelakkan pengambilan lemak tepu dari sumber makanan yang diproses.**

#1 World Healthiest Oil

最健康的油!

METABOLIC RESCUE
VCO
100% Pure Coconut Oil

純淨椰子油

Improve metabolism & energy level.
改善体力和体质。

Rich in lauric acid- anti bacterial & boost immune system.
丰富的月桂酸可增强抵抗力和杀菌功效。

Improve fat soluble vitamin A,D,E,K & mineral absorption.
提高脂溶性维生素A,D,E,K与矿物质的吸收。

High level of MCT-converting fat into energy & provide you high productivity.
富含中链三酸甘油脂, 直接转化成能量, 另您充满能量。

best Choice OF THE YEAR

Suitable for everyone internally & externally
適合一家大小食用或外敷

Powerlife (M) Sdn. Bhd.

PureMed®

YOU can control diabetes with a healthy lifestyle, proper nutrition and support.

Cytranium Soft Gel

Diabetes is a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches, and other food into energy needed for daily life. In people with diabetes, glucose builds up in the bloodstream instead of taken into and used by the cells and lead to abnormally high levels of glucose in the blood (hyperglycaemia). Eventually, hyperglycaemia leads to damaged blood vessels, which in turn may cause eye disease, heart disease, peripheral and autonomic neuropathy and diabetic nephropathy. There are two major types of diabetes: Type 1 diabetes & Type 2 diabetes.

Type 2 diabetes is the most common form of diabetes, affects 90%-95% of diabetes suffers. In Type 2 diabetes, the pancreas does produce insulin in small quantities, but not enough to fuel the cells. The cells may also become resistant to the effect of such little insulin there is in the bloodstream.

Diabetes patients require a good control in blood sugar level in order to prevent the complications that can arise if insulin levels are not maintained at a constant level. PureMed® Cytranium Soft Gel provide the right kind of nutrients in order to restore the overall health condition for diabetes patients with better blood sugar control for better quality of life.

Health benefits of each ingredient that support diabetes patients:

- Alpha Lipoic Acid** Prevention of peripheral nerve damage in diabetic patients. Helps control blood sugar levels.
- Garlic oil** Decreases and stabilizes blood sugar levels. Enhances immunity and improves circulation.
- L-Carnitine and Taurine** Mobilizes fat and aids in the release of insulin.
- Quercetin** Helps protect the membranes of the lens of the eye from accumulations of polyols as a result of high glucose.
- Cyanocobalamin** Needed to prevent diabetic neuropathy.
- Chromium** Improve insulin's efficiency, which lowers blood sugar levels. A combination of chromium and other vitamins and minerals work synergy to regulate blood sugar level and correct deficiencies.
- Zinc** Deficiency of Zinc has been associated with diabetes.
- Manganese** Needed for repair of the pancreas. Act as a cofactor in key enzymes of glucose metabolism.
- Magnesium** Increases energy levels. Protect against coronary artery spasm in arteriosclerosis.
- Vitamin C, E & Selenium** Antioxidant.
- Spirulina** Nutrients dense food. It is considered one of the earth's richest vitamin B12 sources.
- Cod liver oil** Rich of omega 3.
- Safflower oil** Rich of vitamin E, improved glycemia, inflammation, and blood lipids in obese.
- Grape seed oil** Rich of omega 6, anti-inflammation.



Marketing Authorization Holder:

PureMed

Pure Medisciences (M) Sdn Bhd (1100004-X)
8-5-8, Plaza Mont Kiara, Mont Kiara,
50480 Kuala Lumpur, Malaysia.
Email: puremedsciences@gmail.com
www.puremed.com.my



Product of New Zealand
MAL15045047 NC

Efamol

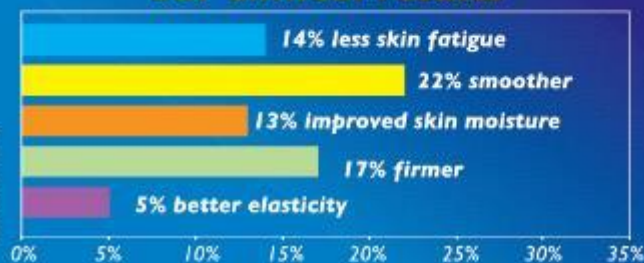
Start Young to Stay Beautiful



Trusted Over
30
Years

K.L.L.U. 2432 / 2015
MAL 0903070XCR

Feel the difference with our clinical results



Research has indicated that daily intake of 3g Efamol Pure Evening Primrose Oil can noticeably improve healthy skin, giving it a smooth, natural glow.*

Being rich in Gamma Linolenic Acid (GLA), a vital element of skin structure, Efamol can really help maintain skin moisture.

*Reference: Muggli, R. (2005). Systemic evening primrose oil improves the biophysical skin parameters of healthy adults, *International Journal of Cosmetic Science*, August 2005, 27, p. 243 - 249

This is a supplement product advertisement



Extra 20 capsules

Distributed by: **BIO-LIFE** Marketing Sdn. Bhd. (167808 - V)

For more information on natural healthcare and therapies, please call BIO-LIFE Customer Care (Mon-Fri: 8am-5pm) at 03-7882 8888



can I truly **LOVE** him... again?

"We have been married for 10 years and are still very much in love with each other. He is a very caring and loving husband and father. He understands my wants and needs and is always so compromising in everything, as long as I am happy. Yes, I love him a lot but... I have a problem - I am unable to genuinely respond to his request for intimacy.

I want him to love me and I desperately want to reciprocate his interests towards me but somehow it is very difficult for me to be turned on these days. Is it due to stress, tiredness or just me? I have to pretend to enjoy our intimacy and react the right way an aroused woman would, just to please him. I feel guilty, frustrated and sad. I do not wish for this problem of mine to affect our relationship one day."

Ms. Frustrated M



Ms.M is not alone. You may not know this, but many women aged **18 to 30** around you are facing the same difficulty when it comes to sexual intimacy with their partners¹. In fact, it is more serious in women than men, with 43% of women suffering from decreased sexual intimacy versus 20% of men.

It is rather easy to guess the cause of the problem. Yes, daily physical and emotional stress is the main culprit in many incidences² - the stress from work and endless household chores plus children matters are enough to kill all desires and douse all flames at the end of the day. That's a really sad ending for a "superwoman" of the modern world. Ultimately, you will find your quality of life and bonding time with your partner compromised.

A healthy woman should enjoy intimacy with her partner right into her 60's and beyond³.

Once a week of sexual intimacy is just right to maintain a happy relationship and stay a happy woman⁴. This is not surprising as sex is reported to have its unique therapeutic effects such as improved immune system, better sleep quality, improved bladder control, lower stress levels and more⁵.

If you are lagging in your sex life like Ms. M, and constantly feel depressed and anxious with a lack of cheerfulness and control, it could be a serious warning sign! You may be suffering from Early Hormonal Imbalance that throws your Estrogen (E) and Testosterone (T) levels off. Hormonal imbalance, like many other diseases, is affecting many younger women quietly but surely. Normalising your hormonal levels will help to solve your problem and help you to regain your True Love with your partner, while leading to a happier and healthier you.

8 weeks of treatment with Libifem® is clinically proven to increase the levels of E and T in women. The all-natural Libifem® is a non-hormonal, nutraceutical remedy made from Fenugreek seed extract.

When combined with Maca root extract, the formulation works to help boost **Mood, Vitality and Energy.**

For more information, please call Cambert (M) Sdn. Bhd. at 1300-88-1712 or email ask-prime@cambert.com.my.

References:
1. Langerman ET et al. Sexual Dysfunction in the United States: Prevalence and predictors. JAMA. 1996; 276(12):1946-52.
2. Saragoff SD et al. Sex and the quality of life in women. Sex-Role Review. 1982; 6:272-286,307.
3. Roger Sacks, Melissa Green. 1997. Sexuality and VSM Aging. Seniors Source: A Study by the National Geriatrics Society. September 1996. 1-12.
4. V. M. Masi et al. Sexual Pleasure, Physical Health, and Quality of Life in Older Adults. JAMA. 2003; 289(12):1553-1559.
5. H. P. M. van den Beld, P. M. de Waard, and P. M. de Waard. 2003. The Role of Testosterone in the Regulation of Sexual Intimacy and Health.



OHMS PROBIOTICS

"Dr. Ohhira's probiotic is the most unique probiotic in the world today"

Ann Louise Gittleman, N.D., C.N.S

A world-renowned nutritionist, author and lecturer in Total Health magazine

"Don't waste your money on mediocre probiotics. The Strongest, most effective probiotics product I've ever found is Dr. Ohhira's probiotics 12 plus."

by Nan Kathryn Fuchs, PhD,
Editor of Women's Health.

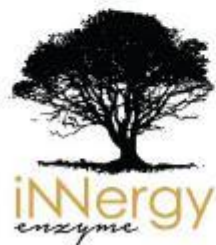
Dr. Ohhira's Probiotics has been named a "Best of Supplements: award winner in the Probiotics Category for the fifth year in a row, the only probiotics supplement to achieve this honor."

Better Nutrition Magazine
7 November 2012.

Buy 2 x 80's
FREE
30's



* While stock last



The functional enzyme that kick start your day with energy...

**As high as 96%
antioxidant activity**



100% Pure Natural Botanical Enzyme for

- **Weight Management**
- **Improve Skin Complexion**
- **Improve Digestion**
- **Detox & Cleansing**
- **Improve Immune System**
- **Reduce Fatigue, Improve Energy**
- **Maintaining Good Health**



The Leading Supplement™

Distributed by: **Power LIFE**

PowerLife Malaysia

citrex™ asonor®

Improve Your Quality-Of-Life

- RELIEVES UP TO 76% OF SNORES
- HELPS TO REDUCE AND ELIMINATES SNORING
- IMPROVES SLEEP QUALITY, DAYTIME TIREDNESS AND SLEEPINESS
- SAFE AND EASY TO USE NASAL SPRAY



pharmaniaga
passion in patients

Further information is available on request.

PHARMANIAGA MARKETING SDN BHD (118294-D)

COMMERCIAL DIVISION

No. 7, Loring Katilil 18, Kawasan Perindustrian Bukit Raja Selatan, Seksyen 7, 40000 Shah Alam, Selangor Darul Ehsan, Malaysia.
Tel : 603-5542 9999 Fax : 603-3944 2222 Customer Care Line : 1-800-830-313 Email : customers@pharmaniaga.com

www.citrex.com.my

VitaHealth®

Enriching Lives . Since 1947



Relieves sleeplessness &
insomnia zzz



KKLIU 0739/2015



WHAT IS QUINOA?

It is a protein-packed grain looks a bit like couscous, is as versatile as rice, and tastes delicious on its own.

WHAT IS ROYAL QUINOA?

Larger, rounder, fluffier and nuttier in flavor than other varieties, the 100% Organic Royal Quinoa grown in Bolivia's Andean Altiplano is praised the world over for being the very best.



Spoon Health[®]

WWW.SPOONHEALTH.COM

HORLEYS[™]
intelligent sports nutrition

Promotion

1st March to 30th Jun 2016

Weight Gainer Twin Pack



For details, visit:
www.horleys.com
Facebook: Horleys Malaysia



* While stock last

a Dietitian in a Pharmacy



by Dietitian Kwan Lee Kuan of Alpro Pharmacy, Rasah Jaya

Hi, I am Kwan Lee Kuan, a community Dietitian in Alpro Pharmacy Rasah Jaya for almost one and a half year. For me, working in Alpro Pharmacy allows me to stand at the first line to create a healthier community. I always believe prevention is better than cure. Whenever people come to pharmacy to do simple screening tests (blood sugar, HbA1c, uric acid, lipid profile), blood pressure monitoring or bone density test, I play my role in providing them consultation on the importance of dietary and lifestyle changes in disease prevention and management.

Recommending health food and supplements according to individual's needs is part of my responsibility too. I enjoy doing so and feel wonderful when there are customer coming into the pharmacy to look for a Dietitian and to seek for my advices.

From my practice over the past few years, I found that Malaysian's diet is rich in gluten. Gluten is a protein found in wheat, barley and rye. When gluten mixes with water, it forms strong, sticky, stretchy texture where it gives elasticity and holds the food together. However why there's a need of avoiding gluten? Not everyone needs to avoid gluten but if you have celiac disease, lifelong gluten free diet is essential. This is because your immune system reacts to gluten and causes inflammation and damage of the guts.

Starting a gluten free diet can help you controlling the signs and symptoms and prevent complications. Studies show that people with irritable bowel syndrome, psoriasis and autism may benefit from following a gluten free diet too.

Embarking a gluten free journey is challenging as you will find many food contains gluten and gluten free products are difficult to get in Malaysia. Yet, there are lots of wholefood that is naturally gluten free too. You should always ask a Dietitian/ Nutritionist, we are here to help and provide you scientific evidence based nutrition advice and practical ways and tips of gluten free diet. Not only that, we practice medical nutrition therapy of chronic illnesses such as diabetes, hyperlipidemia, hypertension, obesity and more.

Many would have wonder, why there is a Dietitian or Nutritionist working in a pharmacy? Conventionally, you will only see a Dietitian in hospital and a Nutritionist may work in health and food department, food industry or as a health product specialist. Nowadays, Dietitians and Nutritionists work hand in hand with pharmacists to provide more holistic primary health care services to the community.

Till date, we have Dietitians or Nutritionists in almost all the branches of Alpro Pharmacy and the number is definitely growing. If you want to lead a healthier diet and lifestyle, do not hesitate to ask a Dietitian / Nutritionist at your nearest Alpro Pharmacy! See you!



by Dietitian Kwan Bee Kuan of Alpro Pharmacy, Rasah Jaya



无麸质食谱

Yield: 2 servings
Cooking Time: 15 minutes

份量: 2人份
烹煮时间: 15分钟

Colourful Stir-Fried Rice Vermicelli 五色香炒米粉

Rice vermicelli (mee hoon) is the most accessible gluten free noodle in Malaysia and the flavours can be very versatile. This dish is appetizing, it also skipped the use of soy sauce. I have replaced it with natural taste from onion, garlic and cilantro.

Ingredients:

- 80g rice vermicelli (soaked in hot water for 15 minutes)
- ½ red capsicum, sliced
- ½ carrot, sliced
- 2 celery stalk, sliced
- 1 dried wood ear mushrooms (rinsed and soaked till soften), sliced
- 2 medium sized eggs, beaten
- 1 onion, sliced
- Cilantro, minced
- 4 clove garlic, minced
- ½ teaspoon lake salt light or 1 teaspoon fish sauce
- 2 tablespoons olive oil
- Pepper to taste

Directions:

1. Cook egg as thin omelet at low heat. When done, set aside and let it cool then slice.
2. Heat up a non-stick pan with small amount of olive oil at medium heat. Sauté minced garlic till fragrance.
3. Add onions, carrot and celery slices. Stir fry until vegetables are half cooked.
4. Add in mushroom slices, egg omelet slices accordingly and fry for another 1-2 minutes
5. Add in rice vermicelli and stir fry till well mix.
6. Finally, add in minced cilantro, salt and pepper to taste.

米粉是马来西亚最容易购买的无麸质面类食材，可以和米粉搭配的材料也包罗万象。这道炒米粉不但卖相鲜艳，味道也不会因为缺了酱油而逊色，反而来自大葱，蒜米和香菜的搭配让米粉十分可口。

材料:

- 80克米粉 (浸在热水15分钟)
- 半粒红灯笼椒, 切丝
- 半条胡萝卜, 切丝
- 2片西芹菜, 切丝
- 1朵黑木耳 (洗净后在水里浸软, 切丝)
- 2粒中型鸡蛋, 打散
- 1粒洋葱, 切丝
- 芫茜, 切碎
- 4瓣蒜米, 切碎
- 半茶匙低钠盐或1茶匙鱼露
- 2大匙橄榄油
- 胡椒粉适量

做法:

1. 将蛋浆用小火煎成薄片, 煎好待凉后切丝。
2. 把橄榄油用中火预热再放入蒜米爆香。
3. 加入洋葱, 胡萝卜和西芹菜丝拌炒至半熟。
4. 放入黑木耳, 鸡蛋丝再继续拌炒1-2分钟。
5. 放入米粉炒至均匀全熟。
6. 最后, 加入适量的芫茜, 盐和胡椒粉调味。

Healthy cooking tips / nutrition info:

Wood ear mushroom adds crispiness into this dish. To highlight, wood ear mushroom consists high content of natural iron that is essential in red blood cells making. A lack of iron can lead to anaemia which includes symptoms of fatigue, weakness and dizziness.

黑木耳的口感天然香脆, 因此被加入炒米粉里增加口感。其实, 黑木耳的营养价值丰富尤其是铁质, 铁质在制造红血球的过程中非常重要, 身体缺少铁质会造成贫血症状比如疲惫, 身体乏力或头晕。

Energy (热量) 440kcal | Carbohydrate (碳水化合物) 54g | Protein (蛋白质) 13g |
Fat (脂肪) 19g | Fiber (纤维) 1.9g | Sodium (钠) 307mg

Apogen[®]

"A Protective Health Firewall"

Natural Vegetable source of DHA & AA
(Garden of Eatin' Certified)

WHAT IS HAND, FOOT AND MOUTH DISEASE? 认识手足口症

Hand, foot and mouth disease (HFMD) is a common and contagious viral illness. It can be caused by different viruses such as Coxsackie virus and Enterovirus 71. HFMD commonly affects infants and young children below 5 years. However, older children and adults can also be infected.

手足口症是一种常见的传染病, 可有多种的肠病毒引致, 例如柯萨奇病毒和EV71型肠病毒, 潜伏期约一至二个星期, 主要发生在五岁或以下的幼童身上。

HOW DOES HFMD SPREAD? 传播途径

An infected person may spread the disease through:

Contact with feces (stools), coughing and sneezing, contact with blister fluids, contaminated objects and surfaces, close personal contact eg, kissing, hugging or sharing eating utensils or lack of personal hygiene eg, washing hands.

主要是透过患者的排泄物及呼吸道的飞沫或玩具等直接接触传染; 而接触患者穿破了的水泡亦能感染此病, 没有养成随时洗手等卫生习惯或曾去过高细菌含量的场所, 如公共游乐设施, 百货公司的扶手电梯等, 都会接触到细菌。

WHAT ARE THE SYMPTOMS? 病症

Symptoms usually start with a fever for a few days, lack of appetite, painful ulcers in the mouth, rashes and blisters on hands & feet. 病发初期有点感冒, 病者可能会连续发烧几天, 手、脚会出现水泡或无病的红疹, 口腔内及舌旁会有疼痛的溃烂, 因而影响食欲, 这些水泡及红疹通常会于7-10天内消退。

HOW TO PREVENT HFMD? 预防方法

- Maintain well-ventilated environment of indoor areas & avoid attending crowded and poorly ventilated areas.
保持空气流通, 减少到人多挤逼的地方。
- Practice good personal hygiene such as washing hands.
饭前, 如厕后及处理完宝宝的尿片或其他脏物后应彻底洗手。
- Cover your mouth and nose when coughing or sneezing.
咳嗽或打喷嚏时应捂盖鼻口。
- Clean and disinfect frequently touched surfaces including toys and eating utensils.
小朋友的玩具或用其应清洗干净。
- As the disease is highly contagious, affected children should stay at home until fully recover.
由于手足口症的传染性极高, 病童应留在家中, 直至退烧, 口、手脚的溃烂及水泡结痂才回校上课。
- Consume supplements to build a healthy immune system.
食用补品以增强免疫系统。



Kids Photo Contest

How to Enter?

Take a photo of your kids (1-6 years old) posing with either Apogen[®] Children Granules or Apogen[®] Drop.

Submit your entries by emailing to homewell_pharma@yahoo.com or mail to us.



Have You ever reviewed Your **MEDICATION** ?

*Am I taking the correct dose ?
How should I take this medication ?
What is this medication for ?*

There are always a lot of questions that a patient will ask when they are taking their medication. Come to Alpro Pharmacy and get your **medicheck®** done today.

By the way, what is **medicheck®** ? How does it benefit a client?

medicheck® or Medicines Use Review is a formal conversation between the pharmacist and the patient in an attempt to capture the current medication that the patient is on. Prescribed medication, over-the-counter medication and other complementary therapies are recorded systematically and checked for safety by the pharmacist. The aim of this service is to improve the patient's adherence to the medication by improving the patient's understanding of the following:

- Why they are using the medicines and what each medicine is for?
- When and how to take their medication?
- What are the side effects and how to manage them?
- What is the condition being treated?
- Is there any drug-drug interaction, drug-disease interaction and drug-food interaction?
- Is the patient adhere to his or her medication?

Other information such as the patient's current diet and nutrition status, smoking status, physical activity, alcohol intake, sexual health status and weight can be accounted for. Healthy living advice can then be dispensed



*by Ph. Jo Anne Tan Shee Meen
Community Pharmacist of
Alpro Pharmacy, Seremban City Centre*

help the patient in managing their condition by using lifestyle modifications.

Potential matters that may arise on the patient after **medicheck®** review include:

- Patient not using medicines as prescribed
- Patient might be having problems with the pharmaceutical of the medicines or device
- Patient reports need for more information about medicine or condition
- Patient reports side-effects or other concern about a medicine
- Necessary for lifestyle modification

At the end of the review, a report of the review and action plan will be sent as the feedback to the patient and their doctor. Urgency on referral to doctor or other healthcare professionals, for example, nutritionist or dietitian will be taken into account too.

So, talk to your pharmacist today and get your **medicheck®** done today in order to have yourself a better understanding of your current medications or supplements usage even though you only taking one or two medications.

Diabetes? Supplement it with... Kencing Manis? Tambah dengan...

Now!
RM 65⁰⁰



**Karela
Twin Pack**
• bitter melon
(buah peria/苦瓜)

Himalaya
WELLNESS SINCE 1930

Now!
RM 70⁰⁰



**Diagard
Twin Pack**

- *Gymnema sylvestre*
- *Pterocarpus marsupium*
- *Eugenia jambolana*
- *Trigonella foenum-graecum*

A healthy holiday is a happy holiday.

Strengthen your Body Defense System + Bone

with **Ca-C 1000 Sandoz**[®]

Calcium-Sandoz[®] + Vitamin C 1000mg



CAC 30's
x 2 FOC 10's
RM65.90
Inclusive 6% GST



Ca-C 1000 Sandoz[®]

Calcium-Sandoz[®] + Vitamin C 1000mg

NOVARTIS

Your trusted partner that ensures quality time with your loved ones.

Embracing
Femininity

The Female Midlife Medley

Around the age of 40, many women may start to experience symptoms such as tiredness, lacklustre skin which is losing firmness and reduced fitness.

Nuvaforme® is an activated soy isoflavone formula containing organic genistein. This researched phytonutrient (plant nutrient) has been shown to benefit a woman's overall well-being along their journey through womanhood.

Care for yourself. Embrace your femininity once again.



KLUJ-1693/2014

A New Woman – A Calmer Me

I had felt unfeminine, unsexy and I hated it. Worse was the tiredness which made me feel like a different woman. Nuvaforme® has helped me feel better. I'm more energised, healthier and more like the "me" I use to like. Now that's priceless!

S. C. Lee, *Buying Director, 48 years*
Kajang



Benefits



Feminine
Well-Being



Family
Well-Being



Fitness



Beauty



Energy

Available at all leading chain and independent pharmacies nationwide.

INFOLINE 1300 88 1712

Nuvaforma Sdn Bhd (67221049)

nuvaforme®

TIGER MILK MUSHROOM BETA GLUCAN

β-葡聚糖虎乳芝

CENDAWAN SUSU HARIMAU BETA GLUCAN

Scientifically and Clinically Proven Benefits of 1,3-1,6 Beta Glucan

1,3-1,6- β-葡聚糖科学研究和临床证实的四个好处

Manfaat 1.3-1.6 Beta Glucan secara saintifik dan klinikal



Anti-inflammatory and
immune-enhancing
properties

抗炎和增强免疫力

Anti-radang dan
meningkatkan imun
badan



Improve upper-respiratory
tract symptoms (URTI)
改善上呼吸道感染症状
(URTI)

Mengurangkan gejala saluran
atas pernafasan (URTI)



Fight off cold and flu
as well as helping
alleviate allergy
symptoms

Kelemasan dan demam, - 以及帮助
缓解过敏症状

Melawan sejuk badan dan
selsema serta membantu
mengurangkan gejala-gejala
alergi



Anti-tumour

抗肿瘤

Anti-tumor



Eldon Healthcare Sdn Bhd
188, Jalan Anggerik 1, Taman Kulai Utama,
81000 Kulaijaya, Johar.

T 07 66 22 007 F 07 663 7877

Email: healthcare_info@eldon.com.my

APPETON

A Gift of Health for Your Family



FREE

**24-Piece Set
Food Storage
Container***

Purchase any Appeton products
worth RM200 & above
in a single receipt.

Promotion Period
1 May – 30 June 2016



**BEST
BUY**



Now!
RM **38**

Appeton Multivitamin
Lysine with
Prebiotics
60's



Now!
RM **168⁸⁰**

Appeton Essentials
Glucosamine
Chondroitin
3 x 60's



* Terms and Conditions apply * While stock lasts

Now!
RM **38³⁰**



Appeton Essentials
MV21G + Selenium 30's



Now!
RM **95⁷⁰**

Appeton Nutrition
Wellness 60+
900g
FREE 450g



Now!
RM **108⁸⁰**

Appeton Nutrition
Wellness 60+
Diabetic
900g

1~15 May 2016

*Activated by Japanese patented activation technology to enhance absorption



Now!!
RM 435⁰⁰

Thomson Activated Ginkgo Extract 40mg 500's
RSP: 689.00



Now!!
RM 169⁹⁰

Bio-Life Efamol Rigel EPO 1000mg 2 x 110's
RSP: 232.20



Now!!
RM 85⁰⁰

BITREEN Neem 2 x 200's
RSP: 126.10



Now!!
RM 22⁹⁰

Berocca Effervescent 15's Orange / Citrus
RSP: 35.20



BEST BUY

OHMS 5 Probiotics 2 x 80's FREE 30's
RSP: 801.40



BUY 2 rebate
RM 10⁰⁰

Nestle Nutren Diabetik Vanilla 800g



BEST BUY

Nuvaforme 2 x 60's
RSP: 274.60



Now!!
RM 85⁰⁰

Livolin Forte 2 x 50's FREE 10's
RSP: 132.30

Now!!
RM 8⁹⁰ each



Sensodyne Toothpaste 100g - Fresh Impact / Original / Gum Care
RSP: 10.50 each

Now!!
RM 10⁹⁰



Forever Aloe Lips with Jojoba
RSP: 13.70



15% off

- Oil Free Cream 40ml RSP: 68.90
- Cleansing Gel 150ml RSP: 76.90
- Gel 40ml RSP: 56.00
- Lotion 125ml RSP: 95.40

Fight Acne Better



Now!!
RM 21⁰⁰

Palmer's Nursing Butter 30g
RSP: 25.50



Now!!
RM 16⁸⁰

Oasis Rexdong Minyak Essential 5ml
RSP: 17.70



Now!!
RM 4⁷⁰

Hisamitsu Salopas Patch 2's
RSP: 5.20



Now!!
RM 60⁰⁰

Novofine 31g 0.25 x 6mm x 100's
RSP: 84.80

new



RM 17⁰⁰

No-Moz Essence Spray 45ml

16~31 May 2016

BEST BUY



Uniqo Hepior Liver Tonic
2 x 60's **FREE** 30's
RSP: 169.40

Now!!
RM 145⁰⁰



Bio-Life
Saw Palmetto
2 x 100's **FREE**
Bio Zinc 30's
RSP: 223.30

BEST BUY



Kordel's
Glucosamin +
Chondroitin 500/400
90's x 2
RSP: 343.30

Now!!
RM 61⁹⁰



PNKids Guard C 30's + Vitagest 30's
RSP: 86.00

Now!!
RM 49⁹⁰



Redoxon
Orange
Effervescent
45's
RSP: 74.40

Now!!
RM 119⁰⁰



Aspen
L-Carnitine
500ml x 2's
RSP: 141.60

Now!!
RM 18⁹⁰



Spoon Health
Organic Chia Seed
150g
RSP: 21.10

BEST BUY



Abbott
Surbex Zinc
60's x 2
RSP: 132.50

Now!!
RM 199⁰⁰



Dermafal Placenta Serum Complex
60's x 2 **FREE** CoQ10 10's
RSP: 252.30

Now!!
RM 74⁰⁰



Himalaya
Purifying Neem
Face Wash
50ml

Now!!
RM 48⁰⁰



Rosken Skin Repair
Dry Skin Cream
250ml x 2 **FREE**
Sensitive Skin Care
75ml
RES: 52.90

Now!!
RM 67⁹⁰



Citrex
Asonor
30ml
RSP: 84.80

Now!!
RM 25⁴⁰



Secretleaf
Argan Hydrating
Cleanser
95ml
RSP: 31.70

Now!!
RM 22⁰⁰



Suvana
Lips Balm 7g
RSP: 23.50 each
-Paw Paw & Acai
-Paw Paw & Honey

Now!!
RM 9⁹⁰



Okamura
Tongue Cleanser
5's
RSP: 10.60

new

BEST BUY



Abbott
Surbex Bio C Plus
60's
RSP: RM93.30

1~15 June 2016

BEST BUY



Bio-Biloba 100mg 60's **FREE** 10's
RSP: 203.00

Now!!

RM 169⁰⁰



Bio-Life
Livasil 100's + 30's
RSP: 256.60

Now!!

RM 148⁰⁰



Shine
Elgucare 90's
RSP: 211.00

Now!!

RM 139⁹⁰



Vitahealth
EziSleep
30's x 2
RSP: 177.00

Now!!

RM 205⁰⁰



PureMed
Cytramium Soft Gel
60's x 2 **FREE** 20's
RSP: 241.70

BEST BUY



UNECE U-LP200
Fiber Plus 33g
15's
RSP: 109.90

Now!!

RM 75⁰⁰



21st Century
Cranberry Juice
1000ml
RSP: 100.00

BEST BUY



Colostrum
Powder Forte
500g
RSP: 106.90

**Buy 2
FREE
Travel
Pack**

worth RM10.90

CHT Sabun Ajalb
with Aloe Vera 60g
RSP: 16.90 each



Now!!

RM 29⁹⁰



Bio-Oil
60ml
RSP: 39.20

Now!!

RM 68⁷⁰



MedSkin
3 in 1
Intensive Cream
100ml
RSP: 76.30

Now!!

RM 180⁰⁰



Stimulen
Diabetic Skin Care
Lotion 60g
RSP: 227.90

Now!!

RM 27⁹⁰



Bepanthen Ointment Nappy Rash 100g
RSP: 35.60

Now!!

RM 36⁰⁰



Renu
Fresh Kit
355ml x 3's
RSP: 44.50

Now!!

RM 54⁹⁰



Nutriworks
Flexi-Patch 20's
RSP: 72.10

new

BEST BUY



The Prime
Femme Guard
30's
RSP: 135.70

16~30 June 2016



Essentiale Forte N 100's x 2
RSP: 381.60

Now!!
RM 220⁰⁰



PureMed Vital C 500mg 100's x 2 **FREE** 30's
RSP: 196.10

Now!!
RM 156⁹⁰



Kordel's Eggshell Membrane 90's **FREE** 30's
RSP: 285.00

BEST BUY



Live-well OsteSamin 100's x 3 **FREE** MSM 150's
RSP: 246.00

Now!!
RM 149⁰⁰



Now!!
RM 39⁰⁰

Sevenseas Multi-Vitamin Syrup 500ml + 100ml
RSP: 56.20



Buy 2 @ RM 115

BioConnexion Oat Grain 35 500g
RSP: 60.00



Now!!
RM 129⁹⁰

Pristin Omega-3 Fish Oil 1200mg 150's
RSP: 232.20



Now!!
RM 19⁹⁰

Safwa Multivitamin + Minerals 30's
RSP: 27.50



Now!!
RM 160⁰⁰

Apogen Drop Tincture Mint Flavour 30ml
RSP: 178.10



Now!!
RM 11⁰⁰

Minsyam kapsul Minyak Habbatus Sauda Syam 20's
RSP: 14.00



Now!!
RM 30⁸⁰

Listerine Original 750ml x 2
RSP: 40.20



Now!!
RM 39⁹⁰

Ezera Extra Gentle Cleanser Value Pack
RSP: 42.30



Now!!
RM 53⁵⁰

Secretleaf Organic Argan Oil 15ml
RSP: 66.80



Now!!
RM 6³⁰

Himalaya Complete Care Toothpaste 40g



15% off

Atopiclair
• Cream 40ml RSP: 61.50
• Lotion 120ml RSP: 82.70
• Cream 100ml RSP: 100.70

new

BEST BUY

Beta Skin Natural Active Cream 50ml
RSP: 61.50

We care for your family's health



Now!
RM 27⁹⁰

Flavettes
500mg 50's
Sugar Free loc
Flavettes
250mg Orange 60's



Now!
RM 39⁹⁰

CHAMPS
C Orange
100's+100's+100's



Now!
RM 89⁹⁰

PROVITON
CoQ10's
90's +30's



MS2424-2012



The Right Way to Rehydrate

Due to the equinox phenomenon, when the sun crosses equator, the already hot weather in Malaysia becomes sizzling. Certain schools were closed for a couple of days to prevent heat damage to health, many fell sick with similar symptoms such as fever, migraine, sore throat and dry eyes.

Is drinking tonnes of water or isotonic drink sufficient?

The answer is, definitely **NOT!**

Dehydration is not just about losing water. Chronic dehydration can affect kidney function and increase the risk of kidney stones. It can also lead to muscle damage and constipation. Western countries like the United Kingdom outlined clear "heat wave plan" to prevent or minimise heat stroke. In 2003, heat wave cost 15000 lives in United Kingdom. Hence, proper rehydration is essential.

How to know if you are having dehydration?

Early signs of dehydration are thirst and dark-coloured urine; it is the body's way of trying to increase water intake. Other symptoms may include:

- Dizziness or light-headedness
- Headache
- Tiredness
- Dry mouth, lips and eyes
- Passing small amounts of urine infrequently (less than four times a day)
- Palpitation
- Confusion



by Ph. Lim En Ni
Professional Pharmacy Preceptor of
Alpro Pharmacy

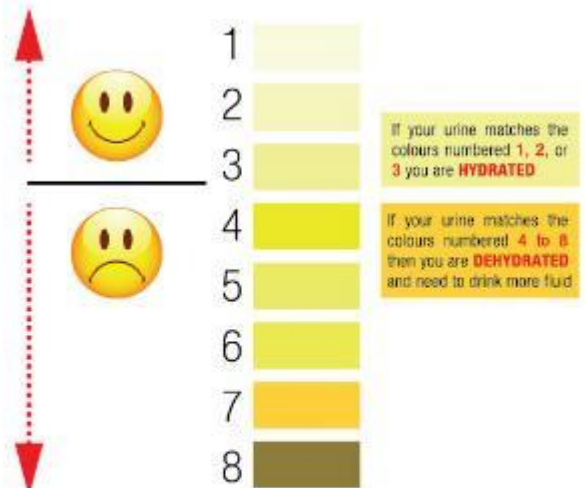


Babies and little ones could not express their health condition fully. So, these are some important signs to observe.

- Very sunken eyes with no tears
- Mouth and Tongue very dry with little saliva
- Soft spots on head
- Weak or inactive



Below is a chart indicating different stages of dehydration from observation of urine colour. This is a good indicator to self-monitor water uptake.



What food/beverage will cause excessive dehydration?

Alcohol



Alcohol is a natural diuretic and multiple trips to the wash-room depletes body's natural water and electrolytes reservoir. Dehydration is the main cause of terrible migraine or headache post big night out.

Protein



People on higher-protein diets get dehydrated easier in the process of metabolising naturally-occurring nitrogen in protein. Hence more water and electrolyte replacement is needed especially after work out.

Herbal Supplements



Certain herbs and plants like parsley, celery seed, dandelion and watercress excretes a greater volume of urine due to natural diuretic effects. General consumption of herbs and plants into food will not cause major problem unless taking as supplements.

Coffee & Sweetened Beverages



Drinking more than 2 to 3 cups of coffee each day or sweetened beverages reduces the chances for one to take adequate water. In addition, caffeine in soft drinks or coffee can trigger natural diuretic effect inducing further loss of water and electrolytes.

A substitute for ordinary ORS

Some refuse taking ORS even knowing its importance due to the unpleasant taste. Waterlyte is unique with its soft jelly texture that can be stored in both room temperature and cooled. Came in refreshing orange flavour, this ORS Jelly does not require dilution or any special preparation. Mind that for normal ORS powder, dilution with contaminated water can worsen an upset tummy.

Scientifically made in accordance to the Who guideline for quick solution

Pure consumption of plain water would not be able to replace the adequate electrolytes such as sodium and potassium that are lost during perspiration. It is also not recommended to consume large amount of icy cold soft drinks or isotonic drinks for rehydration because the amount of sugar in such beverages is extremely high. The best thing about ORS Jelly is that it is safe on the little ones as young as 1 year old, senior citizens and pregnant ladies! It is the rehydration solution for **EVERYONE!!**

When and who is the appropriate time to take ORS Jelly?

- When having fever or sore throat or mouth ulcers
- When having upset tummy or diarrhoea
- When trying to bring down "heat" from dehydration and high temperature
- During migraine / headache
- During morning sickness in pregnancy
- Sports person
- Persons who travel frequently
- Children who does not like consuming plain water

100th
YEARS
In 2012

morinaga
Chil-kid
More for
your child

BEST NUTRITION MILK

WINNER
READERS'
CHOICE
AWARDS
2015

BabyTalk
MamaPapa

WINNER
READERS'
CHOICE
AWARDS
2015
Natural
Health
RENEE



Suitable for children
one year onward

Interested to let your loved ones try our Morinaga Chil-kid? Don't miss it, apply for the Voucher today!

Visit our link@
morinagatpv.
oz-marketing.com
and fill up
your details

Distributed by:
OZ MARKETING SDN BHD (Co No. : 716165-D)
Wisma OZ, No.11-3, Jalan Kuchai Maju 5,
Kuchai Entrepreneurs' Park, Jalan Kuchai Lama, 58200 Kuala Lumpur.
Tel: 603-7982 5299 Fax: 603-7987 1941
Website: www.oz-marketing.com

Find out more from our Facebook
www.facebook.com/MorinagaMikMalaysia

Check out our Store Locator in Facebook

unigo
talk to nature

BATTALION
★ fibre & spores **HU58™**

Found naturally in our environment, spores of Bacillus species are a robust and effective way of delivering the friendly bacteria into our intestines.

Designed by
Nature

Travelling with Battalion HU58™ is convenient because it does not require refrigeration. It can be consumed anytime, anywhere.

Travel
Convenience

The Bacillus species in Battalion HU58™ are in spores form; therefore they are able to survive stomach acid and temperature up to 80°C and arrive at the site of colonization alive!

Survives
harsh conditions

Resistant dextrin is a dietary fibre that helps to promote regular bowel movement especially of people with a tendency to constipation. FOS-enriched inulin (a prebiotic) & Bacillus species help to maintain a good intestinal environment.

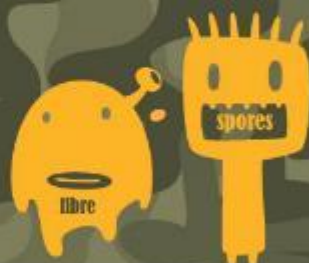
Gut
Benefits



HU58™

HU58™ is a trademark of Synergia Life Sciences Pvt.Ltd. Under license from Royal Holloway, University of London.

Double Fibre
Triple Spores
Promotes Regular
Bowel Movement
Helps Relieve Constipation
Maintains A Good
Intestinal Environment
Clear. Soluble. Taste-free





Ask your pharmacist!

OLIVENOL®

Patented Olive Juice For Daily Wellness - The Natural Way

OLIVENOL® is a patented formulation of olive fruit juice that acts as a super antioxidant to provide protection from free radical damage. It contains hydroxytyrosol that has the highest oxygen radical absorbance capacity (ORAC value) among all natural antioxidants (1), which is

- 250 times greater than mangosteen
- 25 times greater than acai berries
- 10 times greater than vitamin C
- 3 times greater than grape seed extract
- 2 times greater than olive leaf extract

(1) Brunswick Labs, Wareham, MA.



Customer Careline: 03-7726 3161 www.OLIVENOL.my



Naturally nutritious!



BIOEXTRACTS



- High Anti-Oxidant* Drink
- No Colouring & Sugar Added
- Health Recovery Energizing

*Tested at National University of Singapore

Natural Plant Extract

Easy & Ready to Use

For Wound Care

Non Staining & Pain Free



FURLEY BIOEXTRACTS SDN BHD (736826-H)
 7, Jalan Villaraya, Villaraya Industrial Park 3, 23rd Mile,
 Jalan Sungai Lalang, 43500 Semenyih, Selangor, Malaysia.
 Email info@furleybio.com or Phone 03 8724 3279/80
www.furleybio.com

Follow Us On **facebook.**

www.facebook.com/furleybio

β -葡聚糖是抵御癌症的第一道防线??!!!

β -葡聚糖可以激活巨噬细胞/嗜中性白细胞、是抵御细菌、真菌、某些病毒感染还有癌症的第一道防线??!!!



张如屏药剂师
大专药剂-芙蓉旗舰店

何谓葡聚糖?

你或许听说过食用燕麦对于心脏健康有好处，部分原因是因为燕麦中富含可溶性纤维 β 葡聚糖，在降低血脂、降低血糖、降低胆固醇和预防心血管疾病、提高免疫能力等方面都有着出色的表现。

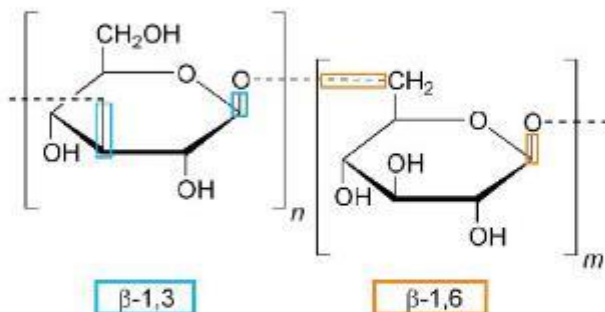
但是，什么是葡聚糖？而且据说葡聚糖来源有很多种，该如何分辨？

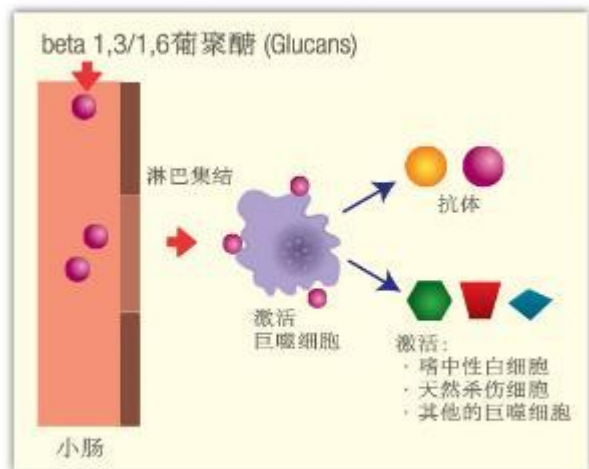


葡聚糖是由数个葡萄糖分子聚合而成的同多糖。葡聚糖不是单糖而是低聚糖(Oligosaccharide)。葡聚糖是在很多菌类中含有的物质，它存在于香菇、平菇等的一般菌类中，也存在于面包酵母和大麦等谷类中。在多种菌类中，猴头菇科的灵芝和原竹科的姬松茸等的健康效果最显著，自古以来就被用作生药或保健品的原料。

1940年代，科学家在面包酵母中发现葡聚糖，之后1960年代美国尼古拉斯·威尔吉欧博士终于成功地从面包酵母细胞壁中提取，并为之命名“葡聚糖”。葡聚糖链的结构分为 α 型和 β 型，通常所说的葡聚糖是 β 型， β 型葡聚糖最常见有 β -1, 3D、 β -1, 4D、 β -1, 6D三种构型。

在已广为人知的天然化合物中，能启动，活化身体免疫系统，其中最有效的就包括了葡多糖体(Gluco polysaccharides)，而最著名的就是 **beta 1, 3/1, 6 葡聚糖 (Glucans)**。大量实验证明：以 β -1, 3D为主链， β -1, 6D为侧链的葡聚糖是免疫活性最强而且最容易被人体吸收的葡聚糖构型。





β -葡聚糖最为强大的能力是强化免疫力，尤其能活化重要的免疫细胞-巨噬细胞(白血球)。巨噬细胞常被称为免疫系统的[守护者]，因为它们随着血液在体内循环而吞噬病毒、细菌、癌细胞以及其他可能有有害的入侵物。

日本川崎帝京大学的生物技术研究中心研究表明，香菇多醣具有抗肿瘤特性，抑制肿瘤的形成并有效防止扩散。在这项研究中，患有肿瘤的小鼠在接收 β -葡聚糖(包括香菇多醣)之后，肿瘤细胞的数量快速减少，中性白细胞显著增加。中性白细胞可摧毁入侵者(在这种情况下以摧毁癌细胞)。此外“香菇多醣在临床

应用结果已经证明了对于晚期或复发性胃癌、结肠直肠癌、乳腺癌等可以延长患者的寿命，而且几乎没有副作用。”香菇多醣有效的恢复或增强细胞因子的响应，细胞因子与免疫细胞相互作用，以调节对于疾病的处理。

β -葡聚糖除了辅助抗癌，研究表明它们也帮助身体战胜耐抗生素细菌和病毒引起的上呼吸道感染，减轻普通感冒的症状。

β -(1, 3/1, 6)-葡聚糖的作用:

- 能刺激巨噬细胞、嗜中性白细胞、天然杀伤细胞，灭杀敏感的肿瘤细胞也是强而有力的巨噬细胞刺激剂和肿瘤细胞生长和转移的抑制剂。
- β -葡聚糖不仅在各种生物体内发挥多种生物活性，而且在生物间的相互影响过程中也具有多种功能，是高效的生物反应调节因子(BRM)。

Promune MBG

Promune Mushroom Beta glucan enhances the immune response by activating the macrophages, our body's frontline of defense. These cells of our immune system are responsible of finding, identifying, and consuming foreign invaders in our body.



"Beta Glucan has been shown to enhance the envelopment and digestion (phagocytosis) of pathogenic microorganisms that cause infectious disease...The Beta-1,3/1,6 glucans additionally enhance the ability of macrophages, one of the most important cells in the immune system, to kill tumor cells. Laboratory studies have revealed the new Beta Glucan is significantly effective at activating macrophages, and via the macrophages, the entire immune cascade including T-Cells and B-Cells."

Activation of Immune Defense Against Infectious Disease: Hunter K, Gault R, Jordan F, "Mode of Action of B-Glucan Immunopotentiators-Research Summary Release," Department of Microbiology, University of Nevada School of Medicine, Jan 2001



The Leading Supplement™

LOVE YOUR FAMILY PROTECT THEM FROM MOSQUITOES!

As dengue fever has become an increasingly dangerous disease in Malaysia, you need to take all necessary precautions to protect your family from the harmful Aedes mosquito.

Tea Tree Oil, imported from Australia, is the main ingredient in Cosmoderm's Tea Tree Oil series.

It is a well-known treatment for insect bites, bacterial, fungal or skin infection and helps reduce itchiness, providing much needed protection for the entire family.

TEA TREE OIL LOTION TALC (For babies to toddlers up to 4 years old)

- Gentle formulation of Tea Tree Oil and Vitamin E
- Moisturise and soothe sensitive and irritated skin.
- Soothes nappy rash, milk rash, chicken pox and insect bites.
- Easily absorbed lotion leaving a layer of protection for babies.

MAGIC BODY LOTION (For children above 5 years old, adults and seniors)

- High level of natural Tea Tree Oil.
- Reduce body odour caused by bacterial infection.
- Alleviate body acne problem.
- Refresh and moisturise skin.

**GREAT
DEAL!!**



Cosmoderm
I LOVE MY SKIN

Vanity Cosmeceutical Sdn Bhd 553690-W ☎ 1700 815 495 🌐 www.cosmoderm.com.my 📱 cosmoderm



SALICO™

Product of Australia

Intensive Acne Skincare Series



ACNE CLEANSER

- Kills bacteria
- Stimulates circulation
- Relieves inflammation
- Increases cell turnover



Cleanse & Purify



ACNE TONER

- Reduces redness
- Shrinks pores
- Antibacterial
- Accelerates healing



Refresh & Invigorate



ACNE LOTION

- Creates moisture barrier
- Helps to brighten & lighten skin
- Natural & soothing anti-irritant
- Super light & non-greasy



Replenish & Hydrate



ACNE GEL

- Goes on clear
- Gentle exfoliate
- Helps to unclog pores
- Reduces scarring



Relieve & Circle

Introductory Offer 20%



<https://www.facebook.com/salico.skincare>

Email: salicoapex@gmail.com



website : www.salico.com.my

Marketed & Distributed by
Apex Pharmacy Marketing Sdn. Bhd.
2 Jalan SS 13/5, 47500 Subong Jaya,
Selangor Darul Ehsan, Malaysia

Tel : +603 5629 3688
Fax : +603 5636 8025



F O R M U L A

Beta - skin

BETA SKIN Natural Active Cream
Based on BETA GLUCEN

RECOMMENDED FOR:



NO PARABEN !!
NO STERIOD !!

ACTIVE INGREDIENTS:



Beta-Glucen

- Protects against infections
- Deeply moisturizes
- Strengthens immunity



Coconut Oil

- Alleviates irritation
- Protects against infections
- Exert anti-allergic effect



Ethers of Higher Fatty Acids

- Soften & elasticize skin
- Delay aging process
- Exert anti-inflammatory action.



Colloidal Silver

Accelerates the healing of irritations and superficial skin wounds. Aids the treatment of infections, especially long term therapies

EMBARRASSING BODIES
CHANNEL 4
BEST ACNE
PRODUCT

Antiac
Fast. Effective. Natural



英国最受欢迎的天然喷雾

- ✓ 粉刺
- ✓ 白头
- ✓ 黑头
- ✓ 瑕疵
- ✓ Pimples
- ✓ Whiteheads
- ✓ Blackheads
- ✓ Blemishes

1 Anti-inflammatory 抗发炎

Reduces the visual signs of pimples
减少粉刺的明显迹象

2 Cleansing 洁净

Gets deep into pores to expel impurities
深入毛孔排出杂质

3 Anti-bacterial 防细菌

Neutralises infection in and on the skin
中和皮肤上的感染



15% OFF For All Antiac Range



Over 92% Natural Origin
No Steroids
No Artificial Fragrance

For baby & children from 3 months

“Natural therapy for skin prone to eczema and severe dryness from 3 months”

Bioskin
junior



- Eczema • Severe Dryness • Itchy Skin
- Nappy Rash • Cradle Cap

15% OFF For All Bioskin Junior Range

Ezerra™

The Complete Eczema Management For Children



STEP 1 - Treat **STEP 2 -Moisturise** **STEP 3 -Cleanse**

Ezerra Cream
Ezerra Ointment
Ezerra Plus Cream

Ezerra Lotion

Ezerra Extra Gentle Cleanser

Manage eczema with 3 simple steps



ALLERGY RELIEVING FORMULA

With Probiotic

Natural, mild and pure skincare formulas are essential for nursing baby with sensitive skin. CHARM BABY shares mothers' concern and baby's need for dedicated skincare formulas. Fortified with probiotic extract, CHARM BABY is mild, safe and suitable for baby with sensitives skin.

舒敏益生菌萃取
Mengandung
ekstrak probiotik



Baby Corn-Starch Lotion/For sweaty skin/ Non-Talcum



Baby Lotion PH5.5/Non-greasy/ Rehydration



Baby Hair Wash PH5.5/Tear-free



Baby Body Wash PH5.5/Tear-free



Allergy Relieving Probiotic



Non Allergenic Formula



Natural Botanical Ingredients



NO No Chemical Additives



Passed SGS Skin Sensitivity Tests



Passed Providence University's Allergy Relieving Tests

Marketed by Active Marketing Pte.Ltd.P0002273 (LTD)



Over
3 million
 units sold worldwide

Now!
 RM **10⁵⁰**

Nourishing
 Skin Cream 50ml



MOISTURIZE • NOURISH • PROTECT

T & C apply

ALL PURPOSE ORGANIC BALM

SUVANA SOFTENS, SOOTHES,
 CHAPPED & DRY LIPS,
 RELIEVES NAPPY ITCH,
 INSECT BITES & CRACKED NIPPLES!



TEL: +6012 483 5677 / +6012 318 9231
 facebook.com/mysuvanaorganic



NO PETROCHEMICAL
 JELLY OR ANY
 NASTY CHEMICALS



MULTIPLE USAGE



NATURAL ORIGIN

CERTIFIED BY



As seen
on Astro

Fade Pigmentation & Dark Spots *Naturally*

UVA
UVB

NO. 1

NATURAL
SKINCARE
SERUMS
MALAYSIA



Rosa E Serum for Pigmentation

- Rosehip Seed Oil is known to lighten skin pigmentation and even out skin tone.
- Trans-retinoic acid aids in correcting dark spots.
- Skin is visibly brighter, more luminous while reducing wrinkles and fine lines.

While stocks last.



GARDEN OF
EDEN
Trusted Remedies from Mother Nature



Now!
RM 31⁹⁰

ROSA E Pigmentation
Serum 5ml

Now!
RM 59⁹⁰

FREE 1 Satin White Day Cream 40gm
(at pack) worth RM38.90 with purchase of
1 Rosa E 15ml.



DEOPROCE KOREA

Now!
RM 42³⁰

Aloe Vera Soothing Face & Body Mist 95%

- ✓ Hydration & Moisture
- ✓ Soothing treatment – quick soothing to inflammation with a cooling sensation
- ✓ Sun burn treatment- reduce redness with calming effect
- ✓ Used as a toner to add more moisture to skin after cleansing your face
- ✓ Finishing spray to set make up for long-lasting wear
- ✓ Gives your skin an instant dewy look
- ✓ Multi Care – for face, body and hair

*Price include GST 6%



Now!
RM 25⁴⁰

Pure Aloe Soothing Gel 92%

This instantly gives a soothing and hydrates for skin. Suitable for all skin type. Revitalize the skin throughout the day, set makeup, and soothe irritations. Gives refreshing effect on skin.

Ways To Use



MOOGOO



MOOGOO

NATURAL SKIN CARE

has helped *herds* of people.

Care for hair & scalp

MooGoo Milk Shampoo

- Glucose and coconut derived cleansing ingredients
- Milk Protein for smooth & silky hair
- Scalp-friendly shampoo

MooGoo Cream Conditioner

- Rapeseed Oil & Jojoba Oil to moisturize and smoothen hair
- Olive Oil for healthy scalp
- Scalp-friendly conditioner

MooGoo Scalp Cream

- Rosemary Oil & Tea Tree Oil for anti-fungal properties
- Aloe Vera to soothe irritable skin
- Suitable for infants and adults (scalp, ears, eyes & nose areas)



Super Deal 25% Off

MooGoo Cream Conditioner
1/4-15/5/16

MooGoo Scalp Cream
16/5-30/6/16

X SLS X Parabens X Mineral Oils X Steroids X Silicones

f MY.MOOGOO

Distributed by: TriNaire Sdn Bhd
Customer Careline: 63-7727-7999



NO NEED TO HIDE

Dermatrix®

Lightens, Softens & Flattens Scars

NO.1 Advanced SCAR Formula

It's never too late to heal a scar with *Dermatrix*®.



Data on File



CLINICALLY PROVEN

Advanced Scar Formula

- Non-oily, quick-drying and easy-to-use
- Effective for facial and body scars
- Works on new scars and older scars below 2 years

MENARINI

*Based on IMS data for OTC-Other Dermatological class in Application form (Topical Gel) Sale in private sector market as of WAT Q2 2015

Reference: Dermatrix® Gel Information, 2013HD-802-

OKAMURA

SINCE 1907 IN JAPAN

“ WHY cleaning your tongue ? ”

- ✓ 90% of bad breath come from dirty tongue
- ✓ Tongue is uneven, which makes it easy for bacteria to hide
- ✓ To avoid fur been eaten accidentally
- ✓ Tongue as important as teeth



www.okamuragroup.com

Distributed by: Okamura Enterprise Tel: +6017-3346055 Email: OkamuraMalaysia@gmail.com

Tongue brushing is an easy addition to your daily dental routine, and experts recommend making it as a regular habit is necessary.

Oral-B®



TOOTHBRUSH BRAND RECOMMENDED USED BY DENTISTS WORLDWIDE **

* 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.



Oral-B Vitality Precision Clean Electric 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**

NP : 149



Oral-B CrossAction® Power Max Whitening Toothbrush

- **ActionCup® Brush Head:** Hugs each tooth and helps hold toothpaste for effective stain removal
- **Rubberized bristles:** Help gently polish away stains
- **Blue cleaning bristles:** Break up plaque and reach between teeth
- **Rechargeable:** No need to replace batteries
- **Action Cup Brush Head:** Hugs each tooth and helps hold toothpaste for effective stain removal

Now!
RM **79**

NP : 95



UP TO
9X HEALTHIER MOUTH**
IN 21 DAYS

Rinse 30 seconds, 20ml and 2x daily

FRESH BREATH

1 DAY



CLEANER TEETH
THAT YOU CAN PAL

7 DAYS



HEALTHIER GUMS

14 DAYS



STRONGER TEETH

21 DAYS



4 ESSENTIAL OILS



LISTERINE® UNIQUE FORMULATION
4 fixed combination of essential oils proven efficacy to kill cariogenic bacteria, penetrate biofilm & provide anti plaque & anti gingivitis benefits.



START CHALLENGING YOUR MOUTH TODAY!

Log on to www.fb.com/ListerineMalaysia for more information.

No.1* in Total Peninsular Malaysia in Mouthwash Category. **Based on Retail Audit for Mouthwash Category for 12 months ending December 2014 in Total Peninsular Malaysia. (Copyright © 2014, The Listerine Company (M) Sdn Bhd). *As assessed with need to moderate gingivitis with 0.06% periodontal improvement.



Every cell in our body needs oxygen to live!

"Deprive a cell of 35% of its oxygen for 48 hours and it may Become Cancerous!"

— Dr. Otto Heinrich Warburg, 1931 Nobel Prize Winner



CONCENTRATOR

Now, you can enjoy pure oxygen anytime you wish!

**German Technologies
German Security
Your Life's Priority**



The average amount of oxygen in the blood is about 96%. When deprived of adequate oxygen (hypoxia) the body can experience a variety of symptoms which include:

- Overall body weakness
- Muscle aches and pains
- Fatigue
- Dizziness
- Circulation problems
- Depression
- Poor digestion
- Insomnia
- Memory loss

Indulge yourself with pure unpolluted oxygen is no longer a DREAM!

Benefits of Oxygen to Our Body:

- Destress
- Anti-aging
- Boosting immune system
- Detoxification
- Improve sleep quality
- Increase stamina
- Think faster



Contour[™] plus

Blood Glucose Monitoring System

More accurate readings help you
**MAKE THE RIGHT DECISIONS
WHEN THEY MATTER MOST**



Now!
RM **128**

Contour Plus Meter
Starter Pack
+ 25's Strips



**HIGHLY
ACCURATE**

Highly accurate¹
Delivers closer to lab results,
so you can test with
confidence



**No Coding[™] and
no setup requirements**
Ready to test right out
of the box



**Second-Chance[™]
Sampling**

Second-Chance[™] sampling
Allows you to apply more blood
to the same test strip if the first
sample was not enough

Reference: 1. Goby A, Warchal-Windham NE, Morin R. Accuracy evaluation of the CONTOUR[™] PLUS blood glucose monitoring system. Poster presented at: 6th International Conference on Advanced Technologies & Treatment for Diabetes (ATTD), February 27-March 2, 2018, Paris, France.



Ascensia Diabetes Care Malaysia
Lot 2-2, Level 2, Tower B, The Troika,
19 Persiaran KLCC, 50450 Kuala Lumpur, Malaysia
Tel: +603 21786162 Fax: +603 21785001

1438073 Rev A

FORA®



Managing hypertension,
With **FORA®** you're never alone

Now!
RM **220**



P30 Series

Multi-Mode
Blood Monitoring System

- Auscultatory mode
- Memory up to 60 tests
- Smart averaging technology
- Detection of Morning/ Evening Hypertension

Clinically
Validated

Accuracy by
International Protocol



More info: www.kinsmedic.com.my

OMRON

Introductory Special
FREE Adaptor
(Worth RM80.00)

Now!
RM280

AUTOMATIC BLOOD PRESSURE MONITOR HEM-7130-L

Providing accurate and comfortable upper arm blood pressure measurement with enhanced IntelliSense Technology

Wide range soft cuff fits arm circumference from
22-42cm



DELUXE

Intelli sense ENHANCED INTELLISENSE TECHNOLOGY

The new algorithm enhances measurement accuracy with a standard deviation of less than 4 mmHg. With a press of a button, the enhanced IntelliSense Technology delivers accurate measurements with comfort and ease of use.

135/85 BLOOD PRESSURE LEVEL INDICATOR

For easy interpretation of blood pressure results. Recent studies* suggest that systolic or diastolic pressure values above 135 systolic / 85 diastolic mmHg indicate high blood pressure. This criteria is for home blood pressure measurement.

*Source: American Heart Association (AHA) guidelines for home BP monitoring, Obesama Study



DETECTS IRREGULAR HEARTBEAT

An irregular heartbeat is a heartbeat rhythm that varies by more than 25% from the average heartbeat rhythm detected while the unit is measuring the systolic and diastolic blood pressure. If the irregular heartbeat symbol is shown frequently, please inform your doctor.



AVERAGE OF LAST 3 READINGS TAKEN WITHIN 10 MINUTES



STORES 60 MEASUREMENTS WITH DATE AND TIME IN MEMORY



DETECTS BODY MOVEMENT ERROR

Prompts user to retake measurement when an error is detected due to movement of the body during measurement.



WIDE RANGE SOFT CUFF FITS ARM CIRCUMFERENCE OF 22-42CM



CUFF WRAPPING GUIDE LAMP

The "Cuff Wrapping Guide" detects and indicates whether the cuff has been properly wrapped around the arm. When the measurement is taken with cuff wrapped properly around the arm, the green LED lamp glows indicating OK. If the lamp does not light, the reading is not reliable due to incorrect wrapping of the cuff. This function ensures an accurate and reliable blood pressure measurement without concern whether the cuff is loosely wrapped.

All for Healthcare

Distributed by



Designed for a **Better** testing **Experience**

Now!
RM **72⁰⁰**



FreeStyle Freedom Lite Starter Kit

1 FreeStyle Freedom Lite Meter,
10's Lancets,
10's Test Strips,
1 Lancing Device,
1 Carrying Case

FREE 1 Foldable
Recycle Bag

for each kit purchased

 Patented ZipWik Strip Design

 Easier & Faster* Blood Application

 Tiny Sample Size - Only 0.3 μ L

*Data on file, Abbott Diabetes Care Inc.



FreeStyle

Freedom Lite

Blood Glucose Monitoring System



Abbott

MEDISANA® *made for Life*

30 Years History in **GERMANY** 8 Great Years in **MALAYSIA**

This fact has been driving our company for about 30 years, making medisana now one of the leading healthcare specialists. Worldwide manufacturer of medical products for end consumers. Sectors of mobile health, health control, wellness, home therapy and personal care and sports. A team of over 120 dedicated professionals worldwide. 10 subsidiaries & distributors in 25 countries worldwide.

Medisana Quality & Awards



reddot design award
winner 2011



NCT Infrared Non-Contact Forehead Thermometer

- Precise contact-free measurement of body temperature (from approx. 5cm away)



Now!
RM **199**
RSP: 274.60

BU A50 Automatic Blood Pressure Monitor

- Accurate blood pressure measurement on the upper arm



Now!
RM **188**
RSP: 211.60

GlucoDr.™

INTERNATIONAL STANDARD OF ACCURACY

DESIGNED FOR DIABETICS

"Glucose monitoring should be easy, including choosing one too."

Now!
RM 93³⁰



- ✓ ISO Certified
- ✓ Lifetime Warranty
- ✓ Auto Calibration
- ✓ Affordable Strips
- ✓ 500 memories

Full set includes :Glucose Meter 10 lancets, 25 test strips, Lancing Device, Bag

TRADE IN OLD FOR NEW PROGRAM AVAILABLE.
ASK TODAY!

MADE IN SOUTH KOREA

Roche

Accu-Chek® Performa.

The hospital standard blood glucose meter you can trust.



RM20 off

Accu-Chek Performa meter kit with 25 test strips when you purchase 1 bottle of Mecozin ALA Plus



Accuracy You Can Trust



Accu-Chek Performa is widely used by hospitals in Malaysia.

- **Proven Accuracy**
Meets the latest international accuracy standard for blood glucose monitoring systems ISO 15197:2013*
- **Proven Quality**
Meets international quality standards (US FDA, CE, ISO 13485)
- **Proven Reliability**
Built-in features that ensure consistent and accurate results

* Data on file.
Please consult your doctor for interpretation of results.

Accu-Chek® Customer Care: 1-800-88-1313
(Monday - Friday, 9am - 5pm)

www.accu-chek.com.my

ACCU-CHEK®

MY_ACCPERM_24/04/16_ML ACCU-CHEK and ACCU-CHEK PERFORMA are trademarks of Roche. © 2016 Roche.

BLOOD PRESSURE MONITOR



MW701f

Clinically validated



British Hypertension Society



European Society of Hypertension

AC Adaptor



5 Years Warranty & Lifetime Free Calibration

HOW ACCURATE IS YOUR BP SET?

Most regulatory agencies suggest recalibration of a unit's Pressure readings, but due to the technical constraints, the unit can only be recalibrated by manufacturer or via sophisticated equipment.

Knowing the importance of recalibration to the units and the users, Rossmax devoted 2 years to develop the world's first mobile calibration system.

Send your Rossmax Blood Pressure Monitor to us for free lifetime recalibration service using the CalPro.



Certified by SIRIM, No. SST5/R/2014F-25

UPGRADE YOUR METER



STEP 1
UPGRADE

your current meter in any condition (non-OneTouch® brand)



STEP 2
PURCHASE

One unit of Ultra® Strips 50s



STEP 3
REDEEM

UltraEasy™ Blood Glucose Monitoring Kit (consisting of UltraEasy™ meter, Lancing Device, Carrying Case and 10 UltraSoft Lancets)

* Terms & conditions apply. Only available in participating outlets while stocks last. Call our customer care for more information. Please consult your doctor for the interpretation of the blood glucose reading.

Johnson & Johnson

For more information, please visit our website:
<http://www.onetouchasia.com/my/en>

© 2016 Johnson & Johnson Sdn Bhd. (3718-D)
All rights reserved. Images were simulated.
013-20140716-10339

OR
contact our

ONETOUCH® Customer Care Service:
1-800-801-497 (Malaysia only)
Available Monday to Friday 9:00 a.m. to 5:00 p.m.
(except Public Holiday)

0015-02016-MY

Support Your
Healthy Lifestyle



less **15%**



[Coolmax®]



karma
mobility solutions

S-ERGO
series
WHEELCHAIRS

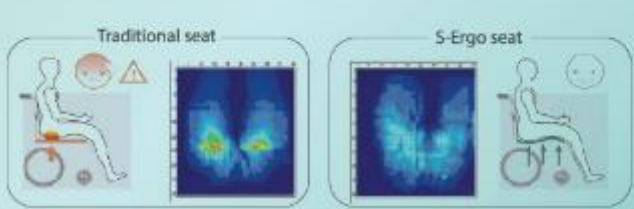


Microbe Shield/
Antimicrobial

Ergonomic Design



- relieving pressure
- reducing sliding
- stabilizing seat pose
- stabilization



The picture on the top shows a flat seat with cushion, the bottom shows KARMA's new Ergonomic S-Seat with cushion. Red indicates hot spots that cause decubitus ulcers. KARMA's new **rollfit** line keeps your backside in the cool.



www.pinangmedical.com.my

medicpak®

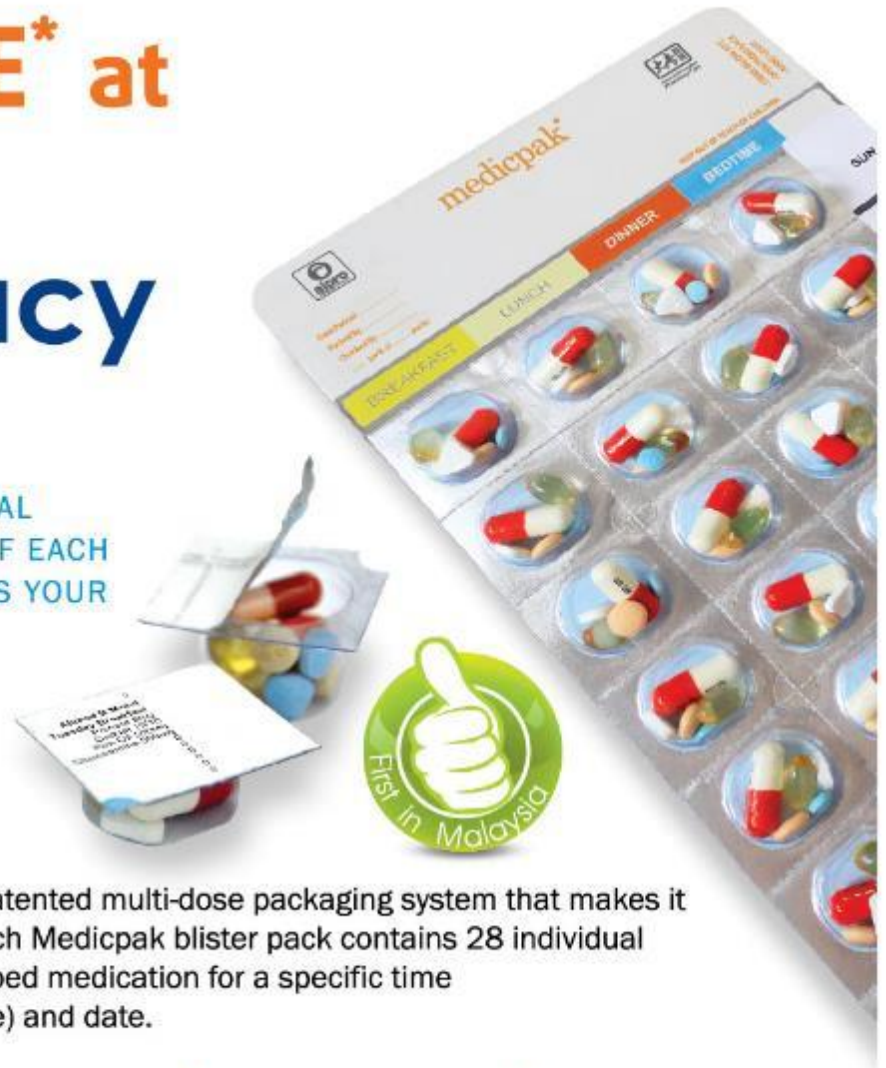
A sealed and convenient medication packaging system for your patient

MANY HOSPITALIZATIONS ARE RELATED TO ERRORS IN TAKING MEDICATION

now **FREE*** at
Alpro Pharmacy

* Terms & conditions apply

FAST ACCESS TO ESSENTIAL INFORMATION: THE TOP OF EACH INDIVIDUAL BLISTER LISTS YOUR NAME, THE MEDICATION WITH AND THE TIME IT SHOULD BE TAKEN.



Medicpak is an innovative and patented multi-dose packaging system that makes it easy to take your medication. Each Medicpak blister pack contains 28 individual blisters that contain your prescribed medication for a specific time (morning, noon, evening, bedtime) and date.

Filled directly by your pharmacist so there are no mistakes.

Cleaner and more convenient than traditional pill boxes.

Detachable and portable from one single dose to the desired quantity of doses.

Colour-coded for the time of day so you know exactly when to take your medication.

Find out more details at www.alpropharmacy.com

Like us on  Alpro Pharmacy

JOIN US! TODAY!



ALPRO PHARMACY LIFETIME VIP MEMBERSHIP



Alpro Pharmacy Port Dickson

PD Oceanic Mall • Tel: 06-646 2330 HP: 019-662 9001

Alpro Pharmacy Tampin

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

Alpro Pharmacy Teluk Kemang

PD Sunggala Gateway • Tel: 06-662 1922 HP: 333 9010

Alpro Pharmacy Wangsa Maju

Aeon Big Wangsa Maju • HP: 019-336 9005

Alpro Pharmacy Sikamat

Taman Sri Pulai • Tel: 761 4300 HP: 013-380 9007

Alpro Pharmacy TF, PD Water Front

TF Typemarket P. Dickson • Tel: 06-646 2908 HP: 019-612 9006

Alpro Pharmacy Mantin

Jalan Besar Mantin • Tel: 06-758 6982 HP: 019-654 2603

Alpro Pharmacy S2 Garden Home

Seremban 2 Garden Home • Tel: 06-631 3783 HP: 019-266 9015

Alpro Pharmacy Taipan Senawang

Taipan Senawang • Tel: 06-671 7328 HP: 019-301 0112

Alpro Pharmacy Seremban City Centre

Jalan Dato Sheikh Ahmad • Tel: 06-762 6939 HP: 019-214 0923

Alpro Pharmacy Ampangan

Bandar Baru Ampangan, Seremban • HP: 019-401 1903

Alpro Pharmacy Kuala Pilah

Jalan Yam Tuan Raden • Tel: 06+481 0160 HP: 013-647 0304

Alpro Pharmacy Rembau

Jalan Terentang • Tel: 06-685 2870 HP: 013-362 3588

Alpro Pharmacy Kepong

Aeon Big Kepong • Tel: 03-6179 5765 HP: 019-750 0612

Alpro Pharmacy Rasah Jaya

Taman Rasah Jaya • Tel: 06-631 3272 HP: 019-990 1923

Alpro Pharmacy Kuantan

Jalan Berserah • Tel: 09-505 4899 HP: 019-987 1923

Alpro Pharmacy Bahau

Jalan Gurney • Tel: 06+454 3560 HP: 019-751 1923

Alpro Pharmacy TF, Gemas

TF Hypermarket • Tel: 07-948 2139 HP: 019-723 1923

Alpro Pharmacy Seremban Flagship

Jalan Dato Bandar Tunggal • Tel: 06-763 0888 HP: 019-448 1923

Alpro Pharmacy Kemaman, Terengganu

Jln. Sulaiman, Bdr. Chukai • Tel: 09-850 2560 HP: 019-331 1923

Alpro Pharmacy Jalan Mahkota, Kuantan

Jalan Mahkota • Tel: 09-513 6188 HP: 019-215 1923

Alpro Pharmacy Bandar Seri Putra

Jalan Seri Putra 1/4 • Tel: 03-8920 9778 HP: 019-662 1923

Alpro Pharmacy Jalan Mahajaya, Port Dickson

Jalan Mahajaya • Tel: 06-647 3853 HP: 019-689 9002

Alpro Pharmacy Bentong, Pahang

Jalan Chan Siang Sun • Tel: 09-222 2933 HP: 019-252 1923

Alpro Pharmacy Mentakab, Pahang

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

Alpro Pharmacy Melaka Flagship

Plaza Merdeka • Tel: 06-282 3788 HP: 019-323 1923

Alpro Pharmacy Taman Tas, Kuantan

Lorong Pandan Damai 2 • Tel: 09-5383288 HP: 019-3571923

Alpro Pharmacy Kuala Terengganu

Jalan Sultan Ismail • Tel: 09-622 6886 HP: 019-774 1923

MEDICATION SAFETY • OUR PRIORITY
药安全 在大专

Alpro Pharmacy Jalan Munshi Abdullah, Melaka

No. 112, Jalan Munshi Abdullah, 75100 Melaka.

Tel: 06-284 7202 HP: 019-659 1923

NEW Outlet