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HEALTH MATTERS

EXCLUSIVELY FOR ALPRO VIP MEMBER | JUNE - JULY 2024

VOL 24



“WEIGHT MATTERS for your HEALTH”

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GARDEN OF EDEN®

The secret of youthful and bright skin is hidden in your daily skincare routine

It is never too young nor too old to start on a healthy skincare routine to maintain flawless, smooth and radiant skin. The skin is the biggest and most visible organ that makes us aware of the aging process. It is a barrier that keeps out harmful microbes, dirt and pollutants and keeps moisture in. It is important to follow a skincare routine that supports a healthy skin barrier.

Step 1 : Cleansing and Toning

Your journey for beautiful healthy skin begins with cleansing. Select a mild cleanser that does not strip the skin of its natural oils. Use cleansers that are SLS and paraben-free . Strong cleansing agents cause skin dryness and irritation, damaging the delicate skin barrier. Plant-based cleansing oil works well to deeply remove stubborn makeup, dirt, sweat and sebum build-up, great for those with dry or oily skin. For oily skin, follow up with a gel cleanser for double cleansing while dry skin will benefit from a milk cleanser. Complete this daily routine with a pore-refining soothing toner.

Step 2 : Hydrate, Moisturise and Nourish

No matter what your skin type, your skin needs skin hydration (water) and moisturisation (oil) for healthy skin. Look out for water-boosting ingredients like hyaluronic acid . Hyaluronic acid draws moisture into the skin plumping out fine lines infusing radiance while preventing moisture loss.

Include natural facial oil serums as part of your daily anti-aging treatment. Natural plant oils like the Rosehip Seed Oil, Evening Primrose Oil, and Jojoba Oil are rich in Omega fatty acids 3,6,and 9. These natural oils provide the skin with essential nutrients for ceramide and collagen production while deeply moisturising and nourishing the skin against signs of early aging.

Garden of Eden has recently launched the Rosa E Brightening Hydra Cream 50gm infused with 8 types of hyaluronic acids and skin brightening ingredients of Niacinamide, Rosehip Seed Oil, and Silver Vine extracts to complement the clinically-proven Rosa E Pigmentation Serum.

Step 3 : Exfoliate for brighter skin

Include a gentle facial scrub into your weekly skincare routine- once a week for oily and acne skin and once in 10 days for drier and sensitive skin. Basically, scrubbing removes dead skin cells, excess sebum and impurities. Scrubbing stimulates faster skin cell turnover and removal of melanin deposits promoting brighter smoother skin. Follow this with a calming face mask once a week.

Step 4 : Skin Protection for youthful skin

Skin protection is a must for daily sun protection against harmful UV rays. Wear a SPF 50 broad- spectrum sunscreen which blocks out both UVA and UVB with long hour sun protection. Use daily skincare loaded with anti-aging antioxidants like Vitamin A, C, and E as in Garden of Eden Grape E Anti-aging Hydra Cream.

Looking Good Feeling Good

The reward for a personalised daily skincare routine is looking and feeling good – surely a boost for self-confidence, now and in the years ahead.

*New Rosa E Brightening Hydra Cream



“Reassurance that brings Smiles • 我们专业，您安心” | 003



MEDICATION SAFETY, OUR PRIORITY



Alpro Pharmacy, a healthcare community center dedicated to serve our community. Starting off as a modest pharmacy in Port Dickson until becoming the largest prescription pharmacy in Malaysia, our vision is to create a healthy and vibrant world where individuals have access to the quality healthcare they deserve. We have our professional team of Pharmacists, Physiotherapists, Nutritionists and Dietitians on board that are ready to serve the community. Additionally, we have teams under Silvercare focused on elderly care, while MamaB provides expert advice for pregnancy, ensuring comprehensive support for all stages of life.

alproclinic

BRINGING CARE TO THE COMMUNITY

Alpro Clinic is a primary care clinic committed to make healthcare accessible to all. Established in 2018 at Negeri Sembilan, our mission is **to bring care to the community**. The clinic places a strong **emphasis on prevention, education and awareness**. Led by our team of family doctors, we offer comprehensive support for families, maintaining detailed medical histories for each patient. We also extended towards Home Care Services to ensure no one was left behind in receiving the quality care they deserve.



alprophysio

EMPOWERING MOVEMENT, ENHANCING LIVES



In 2017, Alpro Physio set out on a mission to help people who relied on painkillers for their chronic pain or injuries. Starting off in Seremban 2 until having more than 10 outlets in Malaysia, we do not just treat symptoms, we look at the issue as a whole and offer specialised care for conditions like pediatric, sports injuries and even neurological challenges such as stroke and Parkinson's disease.



BRINGING SMILES TO YOUR PARENTHOOD

Created to celebrate the joy of new beginnings in life, this place is dedicated to expectant parents and growing families. Besides providing baby essential products, we are also here to provide guidance, support and a sense of community. We also offer safety car seats for babies to ensure safe traveling along the road. Not only this, Breastfeeding Consultation Services offered for new parents too provide professional knowledge in terms of navigating parenthood.



HEARING SOLUTION FOR A VIBRANT WORLD



Alpro Audiologi is dedicated to enhancing the lives of those grappling with hearing challenges, which includes individuals of all ages. We now have our first audiologist center in Senawang, where we are able to provide exceptional audiological care for individuals experiencing hearing difficulties. We also offer Mobile Audiometric Testing to provide convenient access to hearing assessments, where we aim to create a better quality of hearing for all.



NO.1 JAPANESE DRUGSTORE IN SOUTHEAST ASIA

Established in 2023, we are proud to offer 2 Japanese Drugstores for the first time in Malaysia, one in Starling Mall and one in Paradigm mall. Opened with the collaboration of Sugi Holdings Co., Ltd, a leading Japanese pharmacy chain with 1,600 stores, we strive to deliver a new dimension of healthcare services that transcends traditional pharmacy settings to provide better health support towards the local community. We believe that everyone deserves access to high-quality and affordable healthcare options.





Mindy Leong Min Yee

Branding Manager
Alpro Pharmacy

FROM THE EDITOR

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

Remains the core ethos that resonates within every Alproean. Keeping this value at the forefront of our minds, we aim to address the critical issue of obesity and overweight in Malaysia. The latest data from the National Health Screening Initiative 2023 paints a stark picture: 53.5% of Malaysians are categorised as either obese or overweight, with 22.2% falling into the obese category and 31.3% classified as overweight.

These statistics underscore the urgent need for concerted efforts to tackle the obesity epidemic that's gripping our country. Projections from the World Obesity Atlas report indicate a troubling journey for Malaysia's future, with anticipated annual increases in child obesity rates by 5.3% and adult obesity rates by 4.7% from 2020 to 2035. This data underscores the severity of the situation and the necessity for immediate action.

At Alpro, we acknowledge the complex nature of obesity and are committed to address it with empathy, insights, and evidence-based approaches. This edition of Health Matters is dedicated to the theme **"Weight Matters for Your Health."** We aim to confront this public health crisis and pave the way for a **healthier, more vibrant future for all Malaysians.**

Hence, in this series, we shed light upon the issue of obesity, providing insights, resources, and practical tips from pharmacists, nutritionists, doctors, and physiotherapists to empower individuals and communities on the journey towards a healthier living. In addition to our pharmacy services, our team of nutritionists, dietitians, doctors from Alpro Clinic, and physiotherapists from Alpro Physio are all ready to offer comprehensive care and support to those in need.

Furthermore, we are pleased to announce our official partnerships with Panasonic, Motor Neurone Disease Malaysia, and CVS KL, all established within the first three months. Through these collaborations, we come together to bring additional benefits and support, such as cleaner air and atrial fibrillation quick check, to both our patients and customers. We also extend our reach to motor neurone disease patients through Silvercare. Stay connected with us via our social media channels and the upcoming issues of Health Matters for more surprises in the second half of 2024.

On behalf of all Alproeans,

We extend our heartfelt gratitude for your continued support of Alpro. We reassure you of our commitment to continual improvement, with no bounds to our dedication. Your health journey is our journey, and we pledge to stand by you every step of the way. Together, side by side, let us continue moving towards building a healthier and more vibrant world.

Stay Safe and Healthy
Terima Kasih, Xie Xie Ni

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Your weight matters for your health, and we assure you our team of professionals is here to support you every step of the journey.





Insights

from a Pharmacist

Entering The Maze of

WEIGHT LOSS Supplements



By: **Ph. Joel Lim Whye Ern**
Alpro Pharmacy Parit Sulong

“ Weight loss is a common dream for many, especially those who live a sedentary lifestyle. It is even more challenging to lose weight when there is flavourful and calorie-dense food around us.

The National Health Screening Initiative (NHSI) 2023 concluded that more than half of Malaysians screened are overweight or obese^[1]. Losing weight is not easy because it involves physical exercise, a healthy diet, and good sleep. Thus, many people turn to supplements hoping it will help them to lose their 'body kilograms'. From shelves displayed with "guaranteed" rapid fat loss to online platforms advertising promising transformations, these products can sound very convincing.

Surrounded by thousands of weight loss supplements, one must wonder: what ingredients lie behind these seemingly magical potions? Let's dive in and learn more about these common weight-loss ingredients used in the market.

Garcinia Cambogia

Also known as Malabar tamarind, it is a well-known weight loss supplement. It blocks our body's capability of producing fat and suppresses our appetite. The active ingredient, hydroxycitric acid, blocks the body's enzyme, citrate lyase, which our body uses to make fat [2]. Besides, it increases the level of serotonin hormone in our brain, which is known to have an appetite-suppressing effect.

Green Tea Extract

It contains the compound catechin and caffeine, and its high antioxidant activity is the secret combination in providing a modest weight loss property. Studies have shown that both catechin and caffeine regulate hormones that can intensify thermogenesis - a process where our body burns calories to digest the food consumed and to produce heat [3]. Hence, taking green tea extract may make our body more effective at burning calories, leading to weight loss.

L-Carnitine

L-Carnitine is an amino acid produced naturally by our body and obtained through food such as red meat, fish, and dairy. It helps to produce energy for the body's needs by transporting fatty acids into our cells [4]. Because it aids the movement of fatty acids into cells, it may be useful as a weight supplement.

Lactobacillus Plantarum

It is a probiotic that can help in weight loss by inhibiting the absorption of dietary fat and increasing the amount of fat excreted with feces. In other words, they make our body absorb fewer calories from our foods. Studies have shown that this probiotic can effectively reduce up to 15% body fat, including visceral fat, in just 6 weeks! [5]

Chromium Picolinate

It is a form of mineral that is commonly used in supplements. This mineral suppresses the appetite and stimulates the production of heat by the body, thus increasing energy expenditure [6]. Besides, chromium can aid in lowering blood glucose in our body by increasing insulin activity. Thus, this may be extra beneficial for those who wish also to control their blood glucose level.

While these ingredients are commonly found in weight loss supplements, it's important to note that one should not solely depend on weight loss supplements to lose weight. ***A balanced lifestyle and nutritious diet are keys to healthier living and better weight control.*** Always consult with your healthcare provider before starting any weight loss regimen, especially if you have underlying health conditions or are taking medications that could interact with the supplements.

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Insights

from a Nutritionist

Fun & Fit:

Your Happy WEIGHT ADVENTURE



By: **Nutritionist Peveena Devi**
Alpro Pharmacy Taman Gaya

“ Remember, maintaining a healthy weight is about making lifestyle choices that you can sustain over time. Small, consistent efforts lead to long-term success!

What weight is the healthiest for me?

A healthy weight is referred to as the appropriate weight for an individual's height, age, sex, and body composition. This promotes overall well-being and minimize the risk of health problems.

Why Is Keeping a Healthy Weight So Important?

Maintaining a healthy weight is important because it keeps your body strong and helps prevent illnesses. It gives you more energy to do things you enjoy, makes you feel good about yourself, and let you live a longer and happier life. So, it's like giving your body a superpower to stay fit and enjoy every moment!!

Let's keep it light and chill! Check out your BMI to see which weight category you're in

BMI stands for Body Mass Index. It's a simple calculation using an individual's height and weight, it's commonly used as a quick and easy way to estimate whether someone has a healthy body weight.

$$\text{BMI} = \text{Weight(kg)} / \text{Height(m)} \times \text{Height(m)}$$



So, how to maintain a healthy weight?

TIPS#1 : Pay Attention To Hunger and Fullness Cues.

- Hunger cues are like your body's way of saying, "Hey, it's time to eat!" You might feel your stomach growling or notice a bit of emptiness.
- Fullness cues, on the other hand, are signals that say, "Okay, that's enough." You might feel satisfied or not as hungry anymore.
- Listening to these cues helps you eat when you need to and stop when you have plenty, keeping things in balance.

TIPS#2 : Limit Processed Foods and Sugars.

- **Whole Food Wins:** Pick food that looks like they did when they were grown. Think apples instead of apple-flavored snacks.
- **Water, Not Soda:** Swap sugary drinks for the ultimate hydrator - water.
- **Colour Your Plate:** Load up on different colour fruits and veggies.
- **Fruitful Sweets:** When your sweet tooth calls, answer with fruits. They're nature's candy, 2 servings of fruits in a day is enough.
- **Read labels like a secret agent:** If there are too many long words, it's probably best to put it back on the shelf, for example, high-fructose corn syrup (HFCS), trans fats, artificial colours and flavours etc.

TIPS#3 : Practice Mindful Eating



Taste Detective:
Pay attention to the flavours in your mouth



Quiet Time:
Eat without distractions, no TV or phones. Just you and your meal.



Taste Detective:
Pay attention to the flavours in your mouth



Look at Your Food:
Notice the colours on your plate. It's like a food rainbow!



Thank You Bite:
Before you eat, say a little thanks to your food. Gratitude makes meals better.

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20 DAYS WEIGHT LOSS CHALLENGE



Written by:
Dt. Basyirah

The Foundations of a Healthy Weight Loss Journey

At its core, a healthy weight loss journey is about balance, moderation, and consistency. It's about making mindful choices that prioritise nourishing your body with wholesome foods, staying active, managing stress, and getting adequate rest. Fad diets and extreme measures may offer temporary results, but they often fall short in fostering sustainable lifestyle changes.

Instead, focus on a personalised plan that suits your needs. Eat a variety of nutrient-rich foods like fruits, veggies, lean proteins, whole grains, and healthy fats. Balance your meals with occasional treats, and stay active with activities you enjoy. Manage stress with relaxation and mindfulness, and prioritise good sleep. This holistic approach sets you up for long-term success.

Meal Replacement in Healthy Weight Loss

Embarking on a journey towards a healthier weight involves more than just shedding weights; it's about cultivating sustainable habits that nourish both body and mind.

While there's no one-size-fits-all approach to weight loss, incorporating meal replacement into your routine can provide a convenient and effective strategy for reaching your goals.

How Meal Replacement Can Help?

Meal replacement offers a convenient and structured approach to managing caloric intake while ensuring adequate nutrition. By replacing one or more meals or snacks with a carefully formulated alternative, you can control portion sizes, reduce calorie consumption, and simplify meal planning.



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PURCHASE

2

KEY COMPONENTS

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Energise Your Day MORNING BURN

A dynamic blend of Everymorning Breakfast 228+ and Metabolic+ Organic Virgin Coconut Oil (VCO).

Everymorning Breakfast 228+ is enriched with fibre, vitamins, and minerals that promotes satiety, making it an excellent choice for breakfast.

Paired with Metabolic+ VCO that contains medium-chain triglycerides (MCTs), known for their ability to boost metabolism and facilitate weight loss. MCTs are converted into ketones, a potent source of energy, that act as appetite suppressant which leads to a reduced calorie intake. Besides that, the rapid conversion of MCTs into ketones prevents them from being stored as fat and generates significant metabolic heat, leading to an increased calories burn.

Therefore, this Morning Burn combo can deliver a burst of vitality, keeping you energised while remaining light on calories.



Support Digestive Health MIDNIGHT BLOCK

A harmonious blend of Faibakoso, Ourmate Harcourt Valley Apple Cider Vinegar (ACV), and Sugaroff Sucralose Drop, to be taken before your dinner.

Faibakoso, a vegetable drink mix that is packed with fibre and antioxidants featuring 3 patented ingredients: ACTAZIN, OXXYNEA and Fibersol-2 that promotes digestive health and overall well-being.

Ourmate Harcourt Valley ACV contains the 'mother' of vinegar, offering probiotic that aids digestion and nutrient absorption. Besides that, the acetic acid in ACV may help suppress glucose absorption by interfering with the absorption of starches, making it beneficial for people with diabetes and those seeking to lose weight. This helps with insulin regulation and prevent further fat accumulation due to excess sugar in the body.

With the added sweetness of Sugaroff Sucralose Drop, Midnight Block is a flavorful treat that won't compromise your weight and blood sugar levels. Don't stop here! Enjoy your dinner as usual afterwards but be mindful to control the portion so you don't end up with excess calories.

MEAL PLAN GUIDE



Embrace the Journey



Remember, sustainable weight loss is not just about reaching a number on the scale; it's about fostering a lifelong commitment to wellness and vitality. Therefore, embrace the journey, celebrate your progress, and savor the rewards of a healthier, happier you.

WHY IS IT SO HARD FOR ME TO LOSE WEIGHT?

Written by: Najmi
Dietitian



Struggling with weight loss can be frustrating. There's no one-size-fits-all approach, but understanding the underlying factors can shed light on why it's challenging.

FACTORS AFFECTING WEIGHT

>> BEHAVIOR MATTERS

Our modern lifestyle often leads us towards sedentary habits & unhealthy food choices, making it harder to maintain a balanced weight.

>> HORMONAL IMBALANCE

Our body works with hormone that regulate our body process. Hormonal imbalance can lead to craving and weight gain despite effort to control intake.

>> GENETICS

Genetics can cause some individuals to gain weight more easily, especially when triggered with factors like stress and lack of sleep.

FAT BURNING VS HORMONE REGULATION

Contrary to popular belief, achieving weight loss isn't just about cutting calories; it's also about balancing hormones. For instance, "insulin resistance" in overweight individuals can make it harder to shed weight by promoting fat storage and cravings to unhealthy food.

In addition to insulin resistance, other hormonal factors play pivotal roles in weight loss. Leptin and ghrelin, for instance, regulate hunger and fullness. Balancing these hormones may also help prevent overeating.

When your hormones are in check, your body will become better at breaking down fat. Hence, balancing hormones alongside traditional methods can make your journey easier and more effective in helping the body to burn fat for greater result.

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BURN FAT with Red Blood Orange Extract
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BLOCK APPETITE with Salacia Chinensis Extract
Regulate appetite & reduce likelihood of weight rebound by addresses insulin and carbohydrate absorption.

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From Fat to Flat
DUAL SLIMMING ACTION

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MOROSIL™

helps to increase metabolism rate and burn fat by reducing excess fat mass

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One sachet away from slimmer you.
Transform your body inside out!



Burn Excess Fat



Appetite Control



Save Time



Powerful Antioxidants



Increase Metabolism



Improve Body Composition

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- White Kidney Bean Extract
- MCT Powder
- Green Coffee Bean Extract

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**UNIQUE LOW GLYCEMIC
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References: 1. Yu, D., et al. (2011) Nutrition, 2011; 39(11): 1177-1182. 2. Mignone, C., et al. (2010) Nutrition, 2010; 38(10): 1074-84.



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Unlocking the *Secrets* of Weight Loss

Ever felt like diabetes and weight loss are playing a game of tug-of-war with your well-being? You're not alone! Let's embark on a journey to decode the secrets of this complicated relationship.

Diabetes Can Be a Weight Issue?

Absolutely! Carrying extra weight, especially around your belly, isn't just about how you look - it's about your health. When fat piles up around your organs like the liver and pancreas, it messes with insulin, the hormone that helps regulate your blood sugar. This can lead to insulin resistance, where your body doesn't use insulin properly. When your body cells don't respond well to insulin, sugar stays high in your blood.



Tips from Dietitian Shu Yeng:

1. Aim For a Healthy Weight

Forget the scale stress! Aim for a weight that's both realistic and sustainable, like hitting the normal BMI scale between 18.5 to 24.9 kg/m². But here's the juicy part: focus on improving blood glucose, blood pressure, and cholesterol levels, instead of just chasing numbers on the scale. It's all about striking a balance for a healthier you!

2. Dive Into the Diet Dilemma

Low-calorie, low-carb, Mediterranean diets... oh my! With a buffet of diet options out there, it's easy to feel overwhelmed. But guess what? There's no one-size-fits-all solution - it's all about discovering a diet that aligns with your unique preferences, lifestyle, and health goals. Struggling to kickstart your weight loss journey while managing your blood sugar level?

Embark on SugO365 - a comprehensive digital platform with a dedicated team of pharmacists, nutritionists and dietitians to guide and empower you toward your health goals. With sugO365, subscribers gain access to a comprehensive platform where they can upload health data such as blood sugar readings, food diaries, blood pressure measurements and physical activity.

The heart of sugO365 lies in its real-time chat consultation feature. Need advice on adjusting your meal plan to better manage blood sugar levels? Want to discuss the best exercise regimen for weight loss? Simply open the app and connect with a healthcare professional for personalised guidance tailored to your unique needs and goals.



If you're living with diabetes or are concerned about your risk, remember: weight loss can be a game-changer. By shedding extra weight, you can significantly improve your blood sugar control and reduce complications like heart disease and nerve damage. Start by making simple changes to your diet, focusing on whole, nutritious foods, and incorporating regular physical activity into your routine. You'll be amazed at the difference it can make to your insulin sensitivity and overall wellbeing. Start today and take charge of your health!



References:

1. Diabetes UK (n.d.). Weight loss and diabetes. The British Diabetic Association. <https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/whats-your-healthy-weight/lose-weight/>
2. Ministry of Health Malaysia. (2020). Clinical Practice Guidelines: Management of Type 2 Diabetes Mellitus (6th Edition). https://www.moh.gov.my/moh/resources/Penerbitan/CPG/Endocrine/CPG_T2DM_6th_Edition_2020_13042021.pdf

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

References: 1. Brorsson et al. Survey, Sweden, 2017. 202 respondents: People with type 1 and type 2 diabetes, over 10 years old, who tested at least 4-7 times a day. Participants received free meter and test strips. Survey funded by Ascensia Diabetes Care. 2. Koff L, et al. Accuracy and User Performance of a New Blood Glucose Monitoring System (published online ahead of print, 2020 Nov 26). J Diabetes Sci Technol. 2020; https://doi.org/10.1177/1932296520974348. 3. Richardson J, et al. Clinical Relevance of Respiration of Blood Samples During Blood Glucose Testing. Poster presented at the 26th Annual Diabetes Technology Meeting (DTM), November 12-14, 2020. 4. Surin A and Peters G. Impact of Real-time Use of the CONTOUR® DIABETES App on Glycemic Control and Testing Frequency. Poster presented at the Diabetes Technology Meeting (DTM), November 9-12, 2019, North Baltimore, Maryland, USA. 5. Pardo J, et al. Changes in Blood Glucose Concentration After at Least 180 Days Real-world Use of a New Smartphone Application for Blood Glucose Monitoring. Poster presented at the 12th International Conference on Advanced Technologies & Treatment for Diabetes (ATTID), February 20-22, 2019, Berlin, Germany.

*This analysis was conducted with the CONTOUR®NEXT ONE system. Results may vary with other Blood Glucose Monitoring Systems.

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EN ISO 15197:2015 **In vitro diagnostic test systems** — Requirements for blood-glucose monitoring systems for self-testing in managing diabetes mellitus ISO 15197:2015

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References:

- 1 Accu-Chek Guide Test Strip Package Insert.
- 2 Accu-Chek Drum-based Lancing Devices Global Value Dossier, 2012.
- 3 mySugr app, App Store and Google Play Store, Sept 2021.
- 4 Etchings, V., et al. Mobile health application usage shows long-term improvement on blood glucose control. *Diabetologia* 2020 63: SUPPL. 1 (S32).

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Insights

from your Family Doctor

Let's Debunk

4 BIG MYTHS about obesity!



By: **Dr Tommy Tan Soon Wai**
Alpro Clinic Bandar Prima Senawang



Myth 1: Obesity is mostly due to a lack of willpower, results from insufficient exercise and a sedentary lifestyle!

While there may be some truth to this, it's only a part of the overall picture. Did you know that our body weight is homeostatically regulated and strongly influenced by our genes?

For instance, in identical twins, if one is thin, generally both will be thin, and vice versa. This means that, day-to-day, regardless of the type and amount of food we eat and the daily activities we engage in, our body physiology adapts and maintains our body weight to remain stable over time.

Obesity is not merely a lack of willpower; genetic factors play a crucial role.

Myth 2: Obesity is described as having a BMI greater than 24.9 kg/m.

Yes, but currently, we are redefining it and to constantly advocate the community - it is more than just a number!

Obesity is a disease triggered by genetic factors that disrupt our regulation of body weight, leading to a surge in body weight. In the long term, it can lead to many complications from head to toe, including heart diseases, diabetes, an increased risk of osteoarthritis, and lung complications.

Obesity is a disease, early intervention reduces long term complications.



Myth 3: Obesity can be treated with exercise

While it's agreed that exercise is important, here's a misconception. In an obesity treatment regime, we encourage exercise not primarily for burning fat; the main goal is to reduce the amount of muscle loss.

Let's break it down. Did you know that in moderate exercise, only a small proportion of the total energy we burn in a day is utilised?

For instance, if a person jogs for half an hour or walks for one hour:

Our daily basal metabolic rate: 368 kg/hour x 24 hours = 8832 kJ/day

Jogging for 30 minutes (0.5 hr): 3075 kg/hour x 0.5 hour = 1538 kJ/day

Walking for 1 hour: 1009 kg/hour x 1 hour = 1009 kJ/day

Therefore, in lifestyle-based therapies, the average weight loss achieved is usually only around 5-6kg. While this may be beneficial for certain overweight patients, in cases of obesity, it is mostly insufficient.

Exercise is important however is insufficient in treatment for obesity.

Myth 4: There's magic pill for weight loss

Again, we stress the main point of the day - Obesity is a disease. To treat a disease often involves multidisciplinary management, and pharmacology which means the use of medication is part of it.

Up to date, Malaysia has 4 approved anti-obesity medications which require consultation and assessment with a physician prior to deciding what is the most suitable option taking into the consideration the 5Cs - contraindications, comorbidities, cues, combination and cost. Like most chronic diseases such as hypertension and diabetes, there's no standardised regime for all, instead it should be individualised.

Currently there's 4 approved oral anti obesity medicines in Malaysia. Do consult doctors who are trained to tell you more about it.



Table below shows a summary of current approved anti-obesity medication in Malaysia :

Medication	Mechanism Of Action	Mode Of Administration	Frequency Of Medication	Possible Side Effect
Liraglutide	Act on both central nervous system and gastrointestinal system	Subcutaneous injection	Daily	Nausea, vomit, alter bowel habit
Phentermine	Act on central nervous system	Oral	Daily	Headache, Dry mouth, palpitation
Orlistat	Act on gastrointestinal system	Oral	Daily	Oily stool, flatulence
Bupropion / Naltrexone	Act on central nervous system	Oral	Daily	Nausea

Source: CPG Malaysia Obesity 2nd edition 2023

In summary, obesity is a medical condition that can lead to various health problems if not addressed properly. It's more than just being a number on weighing scale and mathematical formula; it's a complex issue that requires professional attention for effective management. Healthcare professionals, including doctors, pharmacists and dietitians, working together as a team to help individuals tackle obesity and its associated risks. Seeking help from a healthcare provider is crucial if you're unsure about your weight status or need guidance on managing obesity. Timely and effective interventions can greatly improve your health and quality of life.

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References:
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2. World J. Diabetes 2014; 5(12): 1853-1858. doi:10.4239/wjcd.v05i12.1853

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*This is a supplement product advertisement. KKLIJ 0060/2022 (Exp 31.12.2024)



PRISTIN® GOLD
Promo Pack
 Omega-3 Fish Oil
 1200mg
 90s X2 + 30s

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No Refrigeration Required

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- ✓ Support digestion
- ✓ Promotes nutrient absorption
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Stomach acid resistant
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LACTO-5®
Promo Pack
 Locally Derived
 Probiotics
 90s X2 + 30s



Duphalac
667 mg/ml
Lactulose Solution

**CONSTIPATION
RELIEF FOR ALL
AGES¹**

老幼皆通¹



**NOW @
RM 21⁹⁰**



**PREBIOTIC
EFFECT**
**益生元
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**NO ADDED
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**NON-HABIT
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**TASTES LIKE
HONEY**
**蜂蜜般
的口味**

**EFFECTIVE LAXATIVE WITH PREBIOTIC EFFECT FOR HEALTHY BOWEL REGULATION.
DUPHALAC 具有益生元作用，能调理肠道。**

Reference / 参考文献: 1. Duphalac Malaysia PI, Apr 2022.

Duphalac is indicated for constipation; regulation of the colonic physiological rhythm, when soft stool is considered of medical benefit (haemorrhoids, post colonic/anal surgery); hepatic encephalopathy (HE); treatment and prevention of hepatic coma or precoma.

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KKLIU 1292 / EXP 31.12.2025, MAL2294974 NOV 2023



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helps to replenish iron in treatment
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查询有关Iberet® Folic 500如何帮助
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105mg

Once daily optimum 105 mg elemental IRON formulation.
每天一粒，最佳的105毫克铁质配方

1
2

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采用GRADUMET®科技，尽可能减少对胃的刺激

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C B

Contains VITAMIN C, VITAMIN B-COMPLEX and FOLIC ACID.
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Iberet® Folic 500 is indicated for 1. The treatment of iron deficiency anemia and prevention of concomitant folic acid deficiency in non-pregnant adults where there is an associated deficient intake or increased need for the B-complex vitamins and 2. The prevention and treatment of iron deficiency anemia in pregnancy where there is a concomitant deficient intake or increased need for the B-complex vitamins (including folic acid).

Reference / 资料来源: Iberet® Folic 500 Malaysia PI, Oct 2022.

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KK11U 3244 / EXP 31.12.2025 MAL2296905 DEC 2023

Abbott

CRACKING THE CODE OF

GOUT



Written by: Caleb Mok
Nutritionist



How Serious Is Gout?

Gout manifests through several stages, beginning with hyperuricemia, where elevated uric acid levels accumulate in the blood, often without symptoms. Gout flares, characterised by intense joint pain and swelling, mark the onset of gout. Left untreated, gout can advance to tophi formation, in which uric acid crystals accumulate in the joints, leading to irreversible joint damage and organ complications.

What Is Gout?

Gout, a form of inflammatory arthritis, affects millions worldwide, causing debilitating pain and swelling primarily in the joints. Understanding its progression and triggers is crucial for effective management and prevention strategies.

Who Is At Risk?

Various factors contribute to gout development, including genetic predispositions and lifestyle choices. Men, particularly those in middle age, are more susceptible, though women become vulnerable post-menopause. Lifestyle factors such as alcohol consumption, sugary beverages, and diets rich in purines exacerbate uric acid accumulation. Additionally, conditions like obesity, metabolic syndrome, and chronic kidney disease heighten the risk.

! REDUCE

High-Purine Foods

Effective gout management hinges on lifestyle modifications and targeted medical interventions. Dietary adjustments play a pivotal role, with recommendations to limit alcohol and sugar-sweetened beverages. Reducing intake of purine-rich foods like red meats and certain seafood can mitigate uric acid buildup. Embracing the Dietary Approaches to Stop Hypertension (DASH) eating plan, emphasising fruits, vegetables, and whole grains, proves beneficial for gout patients.

✗ AVOID



SEAFOOD



RED MEAT



ALCOHOL

✓ EAT MORE



FRUITS & VEGETABLES



RICE



EGG

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Terminalia Bellerica Extract Ayuric[®]

Designed to manage uric acid levels by limiting uric acid production in the body. Ayuric[®] is organic, vegan & clinically proven to maintain healthy uric acid levels without significant adverse effects.

Amla Fruit Extract Saberry

Rich in antioxidants & adaptogens, effectively reducing pain & inflammation, particularly during gout flares and kidney damage induced by high uric acid levels.



Green Tea Extract

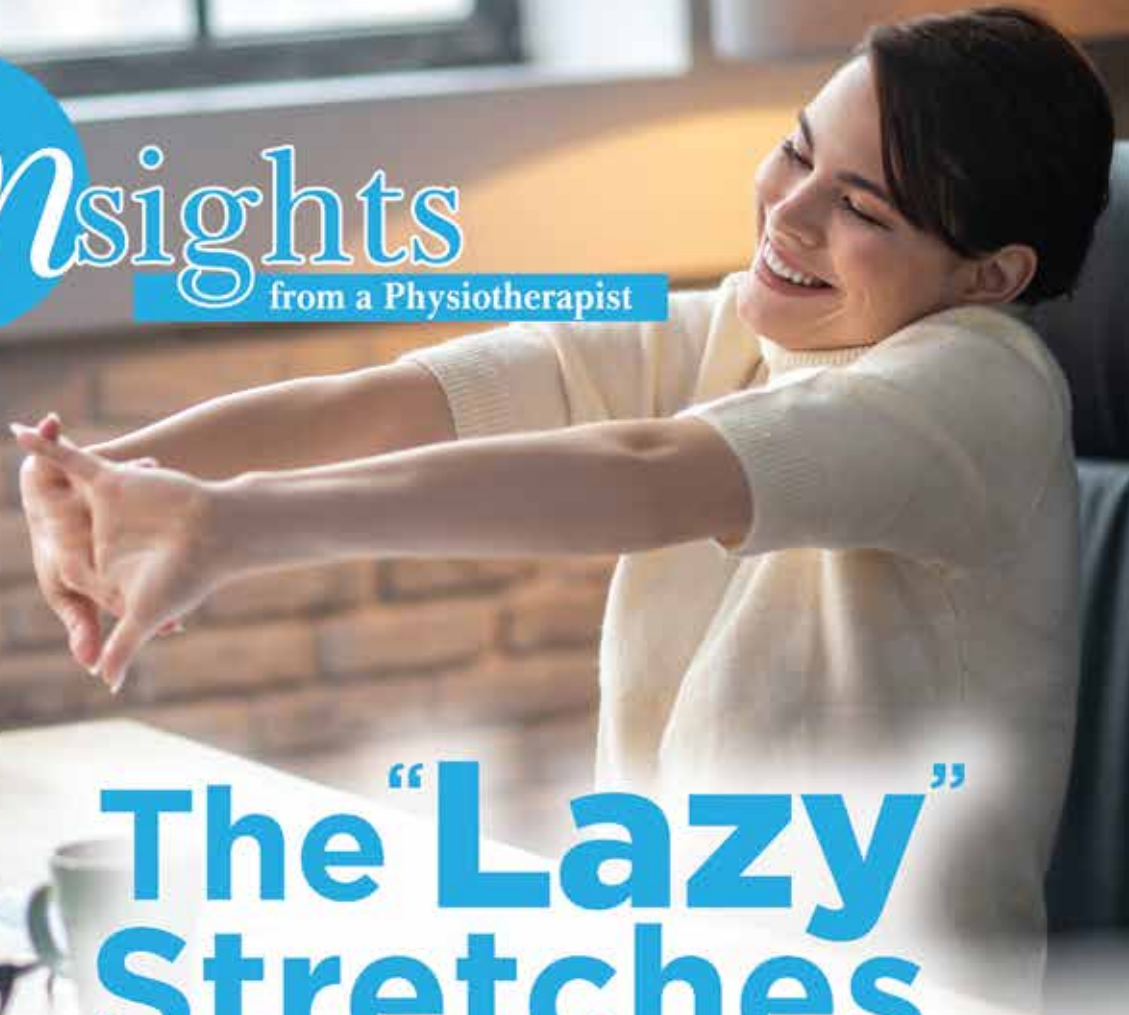
Uric acid levels can be reduced by increasing its removal from the body. Green tea extract promotes the natural excretion of uric acid through urine.



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Insights

from a Physiotherapist



The “Lazy” Stretches



By: **Physiotherapist May Lee**
Alpro Physio Bentong

Nowadays, it is not uncommon to have ourselves glued to our seats for long periods of time. Whether it's at the office or even at home, where we're enjoying our Netflix Korean dramas. However, sitting down for long periods at once can lead to multiple health issues, ranging from small issues such as neck pain, tight muscles, to more serious issues like back pain and postural issues.

Fortunately, incorporating breaks in your prolonged sitting sessions to perform some simple stretching can help improve your musculoskeletal health by promoting movement and mobility to your body. Stretches, along with regular exercise, can go a long way in improving your health and preventing issues faced with living a sedentary lifestyle.

In this article, we will go through 5 simple stretching exercises which you can easily incorporate in your breaks! You may perform each stretch for 5-10 repetitions. Make sure to perform these exercises every hour or so, to keep your muscles active and your blood pumping!



Seated Cat Cow Stretch

Great stretch for combating stiffness and strain from prolonged sitting by relieving the tension on the back, spine and upper neck.



1

In a relaxed sitting, inhale and arch your back and look up at the ceiling. Open your chest up.



2

As you exhale, round your back and tuck your chin towards your chest, gently stretching your back muscles. Repeat the exercises slowly, for 1-2 minutes.

Seated Twist Stretch

This stretch targets the spine, releasing tension and promoting flexibility to the back muscles.



1

1. In a seated position, cross your legs by placing your right knee over your left.



2

Rotate your torso and as you twist to the right, use your left arm to guide the twisting movement and your right arm to support your body. Switch the leg placement and repeat the movement for the other side.

Seated Neck Stretch

This stretch alleviates the tension on the neck and shoulders and improves mobility of the spine.

1

In sitting, use your hand to gently tilt your head to the side while looking straight, bringing your ear close to your shoulder.

2

Hold the position for 15-30 seconds, maintaining a steady rate of breathing and repeat on the other side





Seated Figure 4 Stretch

An exercise that stretches the glutes, hips and lower back.

- 1 In sitting, lift up your right leg and rest your right ankle on your left thigh, just above the knee. Gently press your right hand down on your raised knee.
- 2 Gently fold forward by hinging at your torso. Do not hunch your shoulders or round your spine, as you might strain your lower back. Hold for 15-30 seconds. Repeat for the left leg.



Hamstring Stretch

The last stretch targets the muscles located at the back of your thighs, known as the hamstrings that tend to get tight with prolonged sitting or being sedentary.

- 1 Sit on the floor with your right leg extended in front of you. Bend your left knee, facing the inner thigh.
- 2 Keeping your spine in a neutral position, hinge forward and extend your arms towards your right leg. Hold the position for 15-30 seconds and switch over to the other side.



And that's it! Incorporating these simple stretching exercises into your daily routine is a simple way to encourage mobility in your muscles and counteract the effects of prolonged sitting. Make sure to also include a healthy diet, and regular exercise! This can go a long way in improving your health and preventing issues faced with living a sedentary lifestyle. So, the next time you find yourself glued to your seat, remember to stretch it out and keep your body happy and healthy!



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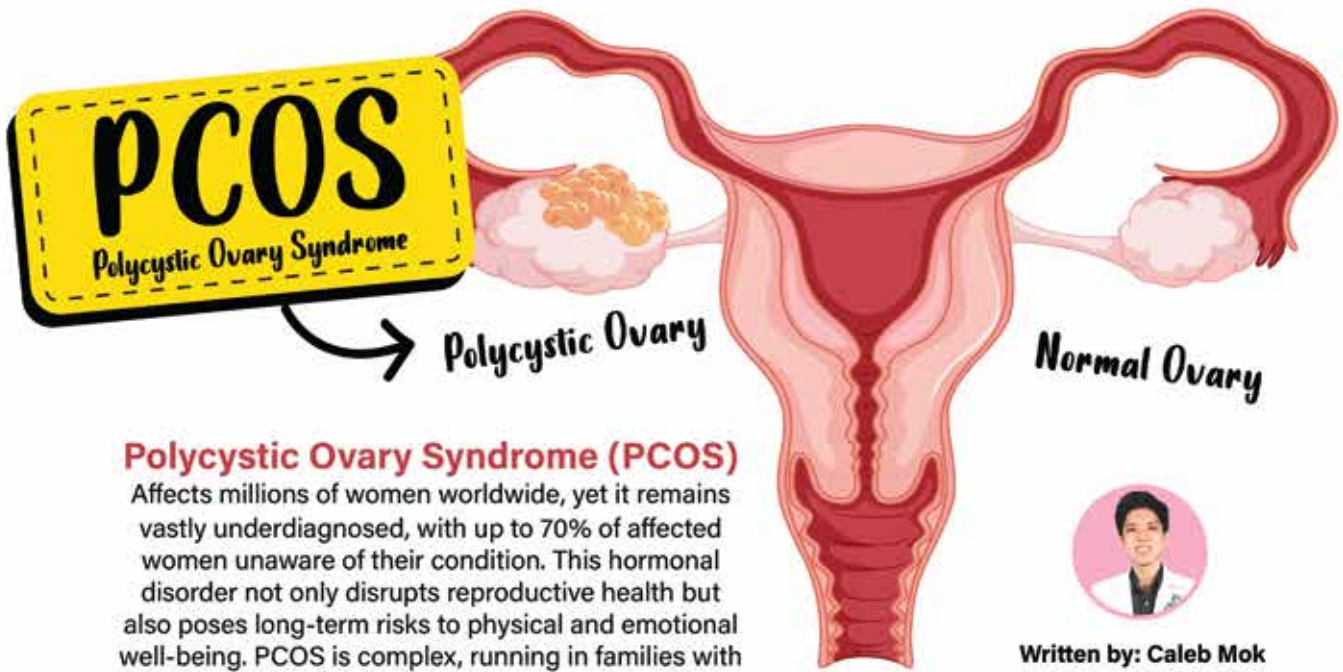
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Polycystic Ovary Syndrome (PCOS)

Affects millions of women worldwide, yet it remains vastly underdiagnosed, with up to 70% of affected women unaware of their condition. This hormonal disorder not only disrupts reproductive health but also poses long-term risks to physical and emotional well-being. PCOS is complex, running in families with varied ethnic manifestations and impact levels.



Written by: Caleb Mok
Nutritionist



Adopting a balanced diet rich in whole grains, fruits, vegetables, and lean proteins, alongside reducing sugar and saturated fats, is key for women with PCOS to manage weight and improve insulin sensitivity. Regular exercises like yoga, walking, or resistance training also play a crucial role in enhancing metabolic health and combating insulin resistance.

The complex nature of PCOS underscores the importance of weight management as a critical part of managing the condition. Weight loss stands out as a key strategy, improving both reproductive and metabolic symptoms by regulating menstrual cycles, boosting ovulation, and reducing insulin resistance. Additionally, **supplementing with L-carnitine, a nutrient vital for energy production and fat metabolism, shows promise for women with PCOS by supporting fat use for energy and muscle mass preservation, aiding in weight management.** Specifically, L-Carnitine from Carnipure®, with its high concentration and better absorption, offers a beneficial approach to improving symptoms and fertility in PCOS.



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1. Hans Stüttgen, Peter Kurba, Johannes Kandler, Viktoria Pavel, Marion Weiler & Anna Maccua-Biegun (2017) A new topical panthenol-containing emollient for maintenance treatment of childhood atopic dermatitis: results from a multicenter prospective study, Journal of Dermatological Treatment, 28:8, 774-779, DOI: 10.1080/09546634.2017.1328938. 2. Study: IMP 21762, IMP 21763 (alpha diversity). 3. Study: IMP 21762, Questionnaire, absence no flares in IMP 21762. Tested in combination with Bepanthen SensiDaily Moisturizer.



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GERMAX SDN.BHD. (41985-K)

Bioshield Skin Solutions MY bioshieldksolutions

PARACAP
PARACETAMOL 500MG TABLET

BUY 2
STRIPS OF PARACAP
100MG TABLET @

RM8.90

RELIEVES HEADACHE
& FEVER

ARRGGH!

YESS!



NOW @
RM 4.70 each



FAST
ABSORPTION

- Relieves Headache & Fever
- Gentle on Stomach
- Small Tablet Size

GERMAX SDN.BHD. (41985-K)

Always follow the instruction. If symptoms persist, please consult to your health professional.

Clearblue
Pregnancy & Ovulation Tests

World's
No.1
selling brand!

6 days before
the missed period*

Extra wide tip
changes colour
for easy targeting.

Easy to use
curved handle



Easy to read results

*No. 1 selling brand in home pregnancy and fertility tests, based on international sales compiled using independent market research data.



Clearblue Digital Pregnancy Test
with Emotional Indicator
Registered under Act 717,
MCA Registration No.
1128283-00000000



Clearblue Ultra Early Pregnancy Test
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sanosan
Baby



Available at
Alpro One Click!

sanosan. Naturally with love

— Gift With Purchase —
FREE Sanosan Baby Bath &
Shampoo 50ml + Care Lotion 50ml
(worth RM34.00) with min purchase
of RM80 Sanosan products.

with
milk
protein

RM 28.40 - RM 56.50



Cleansing range

Care range

Sun range

GERMAX SDN.BHD. (41985-K)

Sanosan Malaysia sanosanmy

Sudocrem®

97% of users agreed
Sudocrem® helps
Soothe, Restore, Moisturize, and Protect
their child's delicate skin

LOWEST PRICE GUARANTEE

NOW @ RM 24.90

Sudocrem® BABY CREAM
RESTORES • SOOTHES • MOISTURIZES

Sudocrem® RESTORES • SOOTHES • MOISTURIZES

Protects, Soothes, Moisturises your baby's skin

SUD-APP-00014 & Expansion date: Oct 2020

Kaloba® relieves symptoms
NATURALLY

Fight Common Cold and Cough

Suitable for home and travel use

- * Contains *Pelargonium Sidaoides* root extract (EPs@ 7630)
- * Well tolerated herbal medicine
- * Non-drowsy
- * Convenient Pack

Available in syrup form

NOW @ RM 19.90

For children 1 year old & above

Kaloba® Tablet 20mg

Product of GERMANY

The is medicine product information: P/002 2778 EPF 01 13 000

schülke →

THE IDEAL HYGIENE SOLUTIONS FOR YOUR LOVED ONE

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SPECIAL OFFER

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Relieves Conditions Protects
Suitable For Dry, Itchy, Irritated Skin

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Relieves Conditions Protects

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IN 14 DAYS

NEW
intro pack
RM 44.90

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Transforming Child Nutrition:
Alpro MamaB's Mission
Recent findings from the National Health and Morbidity Survey 2022 illuminate a sobering reality: stunting affects a significant proportion of Malaysia's children, with approximately one in five, or 21.2 per cent, grappling with this issue.

Stunting Free generation!

Shockingly, this challenge transcends economic boundaries, impacting families across the financial spectrum. For some, it stems from the frantic pace of modern life, while for others, it is a grim consequence of poverty. Minister of Youth and Sports, Hannah Yeoh, has witnessed firsthand the heart-wrenching choices some families face, where necessities like infant formula become unattainable luxuries, forcing desperate measures like diluting water with sugar to feed their babies.





OPEN TIN



SCAN FOR
MORE INFO:
OPEN TIN

However, amidst these struggles, a beacon of hope emerges in the form of the Alpro MamaB team. Committed to ease the burden on parents, the team has launched the innovative **"Open Tin" Campaign**, ensuring access to affordable, high quality milk formula. This groundbreaking initiative not only guarantees freshness but also promises the most competitive prices in the market.

Scheduled for rollout in early 2024 across all Alpro Pharmacy and Alpro Baby outlets, the campaign is poised to revolutionise child nutrition by addressing the escalating costs of milk formula.

Moreover, MamaB's collaboration with leading milk formula manufacturers extends beyond affordability. Through an ingenious loyalty program, parents can now enrich their child's developmental journey with premium toys. By collecting stamps from Alpro outlets, parents unlock a world of educational toys, fostering sensory stimulation, cognitive growth, and imaginative play in their little ones. This **"My Toys Redemption Passport"** initiative exemplifies MamaB's dedication to not only nourishing bodies but also nurturing young minds.

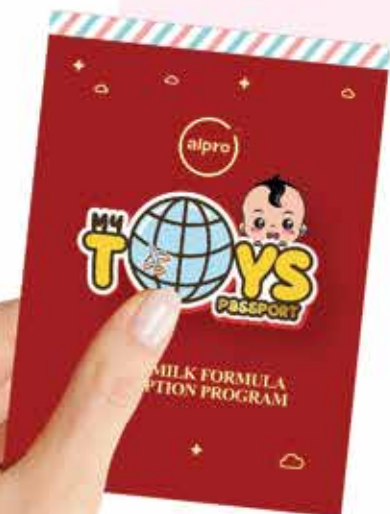
MY TOYS PASSPORT

At the helm of this transformative endeavor is Wong Ching Yaw, a devoted father of three and a visionary leader in the parenting sphere. Spearheading MamaB's strategic positioning within the Alpro Group, Wong leverages over a decade of experience in pharmacy and clinical settings to elevate industry standards. His mission transcends mere commerce; it's about empowering parents, enriching childhoods, and reshaping the landscape of child nutrition in Malaysia. In a world where the well-being of our children hangs in the balance, Alpro MamaB stands as a beacon of hope, ushering in a new era of accessible, holistic care for Malaysia's most precious resource – its children.

For more info, may walk-in to your nearest Alpro Pharmacy, Alpro Baby or you may contact our MamaB hotline: 019-730 5923.



Mr. Wong Ching Yaw
MamaB Project Leader



SCAN FOR
MORE INFO:
MY TOYS
REDEMPTION

Nature's Way.

**INSTANT
REBATE
RM5**
with purchase above RM60



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Nature's Way - Malaysia
naturesway.my

Nature's Way Kids A+
Omega 3 Fish Oil 50s

RM 52⁹⁰



Nature's Way Kids A+
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Kids A+ Blue Light 30s

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Nature's Way Kids A+
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Kids A+ Omega 3 Trio 60s/
Kids A+ Multi Vege 60s

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Promo starts from May onwards
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Travel Backpack***

with purchase of 10 Boxes 600g or 6 Tins 900g
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to Boost Immunity



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Black Elderberry Original 120ml
NP: RM69.90 each

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RM119

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



pigeon



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Manual Breast Pump
26488-4



RM35.00
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26914-1



RM19.80
Natural Feel
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ComfyFeel™ 60s
79293



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Bags 180ml, 25bags
79321

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#1 DERMATOLOGICAL SKINCARE BRAND*

JUST ARRIVED

Pump for a
gel-foaming
good time.



Reduces
pore
size



Maintains
skin
barrier



Removes 94%
of pollution
microparticles

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RM 39⁹⁰ / unit

Cetaphil

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Contest period : 1 May – 30 Jun 2024



x1 GRAND PRIZE
4D3N Retreat to Bali
for 2 pax (worth RM4000)



x30 CONSOLATION PRIZE
Cetaphil products
(worth RM200)

STEP 1

PURCHASE
RM68 of Cetaphil products.
(inclusive of 1 Daily Facial Cleanser)

STEP 2

SNAP
A picture of purchased receipt.

STEP 3

SUBMIT
Receipt along with WhatsApp. Scan QR for entry.



*T&C apply.



WE DO SKIN
BABIES DO PLAYTIME

9/10**

parents agree Cetaphil Baby is the best sensitive skincare brand for babies

Nourish your baby's delicate skin in just 3 steps:



Step 1
Cleanse



NOW @
RM 43⁴⁰

Step 2
Moisturise



GUARANTEED LOWEST PRICE

Step 3
Protect



NOW @
RM 26⁸⁰

Clinically proven gentle formula

5

BABY PROTECTION FOLD

♥ Gentle Soft

♥ Soothing Moisture Seal

♥ Skin Barrier

*Source: IQVIA Malaysia, Emollients & Protective Market, MAY Q1 2023 (Value) 1000000

**Real World RQVIA Study (2021, N=377)

Join the #CleanseMoisturiseProtect Challenge today!
Step 1: How to Enter



Ezerra™

The Complete Skincare for Children with Dry & Sensitive Skin

Gently Cleanses & Moisturises

Relieving Sensitive Skin

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RM 2190 / unit - RM 3190 / unit

3x Gentler Moisturising Cleanser



Ezerra Extra Gentle Cleanser 150ml, 500ml

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Sensitive Skin Relieving Moisturiser

Restores Moisture

Relieving Sensitive Skin

Made with Natural Active Ingredients



FREE



Cute Bear Kid Water Bottle with Straw & Shoulder Strap*

1st JUNE – 31st JULY 2024

*With min. purchase of RM99 on any Ezerra products.

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DON'T LET HEAD LICE BUG YOU



NOW @
RM 1430 / unit



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BACK TO SCHOOL CONFIDENTLY WITH A LICES

Active ingredient: Permethrin 1%
Preferred Treatment for Head Lice



Eliminates head lice with one combing in step 1 & day 10

For hair combs impaired

Solution safe for 3 years old children

Only 10 minutes per application

Counterpain™

Efektif Melegakan Kesakitan. Di mana jua.



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Duta Counterpain

Melegakan Kesakitan Otot dan Sendi



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NOW @
RM 1340 / unit

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KKLJU 1011 / EXP 31.12.2026

alprobaby
Bringing Smiles To Your Parenthood

FREE FREE FREE



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SERVICE**

worth
RM89

Every Wednesday & Thursday, 2-4pm

*Appointment basis only
*Limited slot available

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70300 Negeri Sembilan.
📞 019-987 4923 🕒 10:00am - 9:00pm

Alpro Baby Senawang
No.40, Jalan, Jalan BPS4, Bandar
Prima Senawang, 70450 Seremban,
Negeri Sembilan.
📞 017-355 2087 🕒 10:00am - 10:00pm

Alpro Baby Kuantan
III, A-385, Jalan Beserah,
Taman Sri Kuantan, 25300
Kuantan, Pahang.

Opening soon!

SHOP NOW!

JUNE - JULY 2024

PROMOTION



RM 15⁹⁰
/unit

Cosmoderm
Licrice Feminine
Hygiene Wash
375ml
[SKU:64620]



RM 17⁹⁰
/unit

Cosmoderm
Manjankani Hygiene
Wash 375ml
[SKU:64637]



RM 27³⁰
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Perskindol
Cool Spray
250ml
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Classic
Spray 150ml
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Sido Muncul
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Mint 15ml 5s [SKU:74555]



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/unit

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Max Aa 4s /
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RM 9
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Cap Kanggaru
Minyak Kayu
Putih 28ml
[SKU:19919]



RM 13
/unit

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Minyak Kayu
Putih 56ml
[SKU:19920]



RM 15⁹⁰
/unit

Hialid
0.1 Ophthalmic
Solution 5ml 1s
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RM 69⁹⁰
/unit

Plant & Tree
Domestic
18g 15s
[SKU:70478]



RM 23⁹⁰
/unit

Wodaphil
Baby Gentle Wash
& Shampoo 250ml
[SKU:73962]



RM 138
/unit

Olivia
Hair Tonic By Olivia
100ml
[SKU:1003083]

Buy 1 FREE 1
Essential Hapifoli
3s



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Cracked Skin
Repair
Moisturizing
Cream 120ml
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bebe Head To
Toe 650ml
[SKU:64626]

Buy 1 FREE 1
Dentepro Kids Fluoride
Free Toothpaste 75g



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Getset
Smooth'D 10s
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/unit

Skinlabs
Concentrated
Vit.e Cream 200ml
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RM 11⁹⁰
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Herbal Plaster 5s
[SKU:59942]



Buy 2 @ RM41.00

Dr.morita
Hyaluronic Acid
Moisturising Essence/
Long Lasting Facial
Mask 5s
[SKU:71290] [SKU:71291]

Dr.morita
Collagen Repair
Facial Mask 5s
[SKU:71212]



RM 11⁵⁰
/unit

Ammeltz
Yoko-Yoko Massage
Cream 60g
[SKU:85745]



RM 339
/unit

Thomson
Livrin with
Milk Thistle
300mg 300s
[SKU:11094]



RM 6⁹⁰
/unit

Eye Mo
Eye Mo
Moist
7.5ml
[SKU:12095]



RM 9
/unit

Eye Mo
Eye Mo
Moist
15ml
[SKU:12194]



RM 5²⁰
/unit

Eye Mo
Eye Mo
Regular
7.5ml
[SKU:12174]



RM 7
/unit

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Regular
15ml
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SAVE MONEY, LIVE BETTER. 省得多, 活得更好。:)

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Protect Your Loved Ones From

INFLUENZA

KKLIU0408 / EXP 31.12.2026



Who Should Inject?

- **Parents** with children at home
- Elderly aged **60 years** old and above
- **Healthcare workers** who work in clinical setting
- Family members who are **staying with elderly** at home
- **Working adults** who frequently meet different people
- **Frequent travellers** who love vacation
- **Pregnant** women
- **Asthmatic** patients
- **Diabetic** patients
- **Caregivers** who are taking care of ill elderly



WHY FLU VACCINE?



Pregnant women

6 month immunity against flu for infants.²



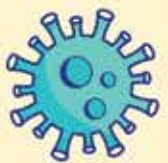
People with Cardiovascular diseases

Reduce 67% chances of heart attack
24% chances of stroke.¹



Children

20% of children with flu will experience hospitalisation.²



References: 1. Regan AK, Haberg SE, Fall DB. Current Tropical Medicine Reports. 2019;6(1):239-249. 2. Antonova EN, Rycroft CE, Ambrose CS, et al. BMC Public Health. 2012;12:968

 nicorette®

QUIT 

WITH NICORETTE



MAL15045076XRZ



MAL14035009XCZ



QUICKMIST FAST CRAVINGS RELIEF



GUM FIGHT ACTIVE CRAVINGS



PATCH ALL DAY* CRAVINGS CONTROL

**For 16 hours use*

*With 2 consecutive sprays. Use 1 or 2 sprays when cigarettes normally would have been smoked or if cravings emerge. If after a single spray, cravings are not controlled within a few minutes, a second spray should be used. If 2 sprays are required, future doses may be delivered as 2 consecutive sprays. Most smokers will require 1-2 sprays every 30 minutes to 1 hour.

KKLIU 1006 / Exp 31.12.2026. This is a medicine product advertisement. This product is not suitable for children. Do not use this product if you have serious heart disease, are pregnant or breastfeeding. Not to be used by non-smokers, consult your healthcare professional before use.



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150mg
Cordyceps

50mg
Tiger Milk
Mushroom

Passion
Fruit
Flavour

Each drop contains

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18.00

TIMO
Brefwell Cordyceps
& Tiger Milks Drops



Attached to the air inlet position

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Eliminate Odour

Anti-Mold

Deodorise

Effect Lasts About 3 Months

Cogit PowerBio anti-mold box for air conditioners

Non-Toxic & Odourless | High Efficiency Filtration | Preventing Mildew | Dehumidification | Air Purifying

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日本製 Made in Japan

Oxygen + Enzyme

BIO

3 Powerful Cleaning Formula
Cleansing, Deodorization & Mildew Prevention!
酵素のチカラで強力洗浄!

45日間 バイオのチカラで きれいキープ!

Around 135 days supply with 3 sachets

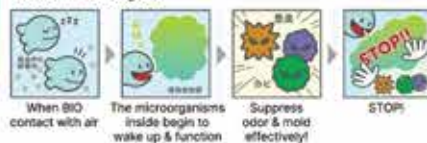
洗剤槽は カピキレい

Before After

I can see the dirt!



BIO is an aerobic organism created by biotechnology. Suitable for families with young children, the elderly or those with allergies!



SCAN & BUY HERE





SURFACE DISINFECTANT

JUST SPRAY & WIPE

Suitable On Children & Food Contact Areas



Chopping Board



Baby's Toy



Baby's High Chair



Kitchen Sink



Bath & Tap



Toilet Seat



NOW @
RM 15.60 / unit

KILLS THE COVID-19 VIRUS



ANTIBACTERIAL SURFACE DISINFECTANT
READY TO USE



24HR ANTIBACTERIAL PROTECTION

500ml

SUITABLE FOR USE ON FOOD AREAS

SEASIDE



DETTOL DISINFECTANT SPRAY

NOW @
RM 19.85 / unit



KILLS THE COVID-19 VIRUS & COLD & FLU VIRUS



ANTIBACTERIAL ALL IN ONE DISINFECTANT SPRAY

Kills 99.9% of Germs in 30 seconds*



THE BUILT-IN VAPOR

CRISP BREEZE



KILLS THE COVID-19 VIRUS & COLD & FLU VIRUS



ANTIBACTERIAL ALL IN ONE DISINFECTANT SPRAY

Kills 99.9% of Germs in 30 seconds*



THE BUILT-IN VAPOR

MEDITERRANEAN DEW

NOW @
RM 19.85 / unit



ABSORBA™ CONTI-FIT PLUS

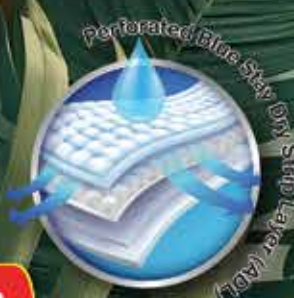


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SOFT AND BREATHABLE

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NOW @
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/ pack

NOW @
RM 1780
/ pack



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 <p>RM 2380 /unit [SKU:100327477]</p> <p>Claire Organics Soother Balm</p> 	 <p>RM 6560 /unit [SKU:100327196]</p> <p>Claire Organic Rosehip Face & Body Oil 50ML</p> 	 <p>RM 1390 /unit [SKU:100303361]</p> <p>Uniq Mulberry 315ml</p> 

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Nihon Soothing Facial Cleanser 100ml
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SCAN & SHOP

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SCAN & SHOP

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[SKU:100284561]

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INSTANT DEBATE RM5

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Beright Hiv 1.2 Rapid Test 1s
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SCAN & SHOP



TENA

discreet

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NOW @ RM 8 ⁹⁰ / unit	NOW @ RM 8 ⁹⁰ / unit	NOW @ RM 8 ⁹⁰ / unit	NOW @ RM 8 ⁹⁰ / unit	NOW @ RM 16 ⁵⁰ / unit
19CM LINERS	24CM LINERS	24CM PAD (WING / NON WING)	27.5CM PADS	32CM PADS

Recommended for:



TRIPLE PROTECTION
Against leaks, odour and moisture



DERMATOLOGICALLY TESTED
No irritation and hypoallergenic proven



PERFUME FREE
No harsh additives

**Compared to sanitary products using in-house methods

DISCREET PROTECTION

TENA
MEN

Thickness: 3mm

100% DISCREET
With extra thin and light design. Only 3mm thin.

DESIGNED FOR MEN'S BODY
To gently follow the movement.

SECURE ABSORPTION ZONE
Locks in leaks efficiently.

TRIPLE PROTECTION
Protection from leaks, odour, and moisture.

STAY IN PLACE
Adhesive strip to best stay in place in men's underwear.

DERMATOLOGICALLY TESTED
Material that is kind to the skin.

19 CM

NOW @
RM 22³⁰ / unit

TENA
TRUSTED BY MILLIONS OF MEN
MEN
ACTIVE FIT

100% DISCREET
EXTRA LIGHT

3x PROTECTION

ABSORPTION ZONE

x14

Recommended for:



Suitable for:



How to use:



Absorbency level:



RM6,000
TAX RELIEF
 Cost Of Basic Supporting
 Equipment For Disabled
 Self, Spouse, Child Or Parent.

出租服务 SEWA



OXYGEN THERAPY



Oxygen Concentrator

5LPM
RM300*/month

10LPM
RM600* <30 days

20LPM
RM1,000* <30 days

*10LPM & 20LPM available except for Kelantan, Terengganu, East Malaysia.

Oxygen Tank 10L

(Not Include Roll Fee Yet)
RM100*/month

Oximeter

RM50*/month



BiPAP Machine

RM150* for 1st month
 (Included 2 weeks **FREE** trial)

RM300*/month



Suction Pump

(Not Include Accessories Fees)
RM50*/month

HOSPITAL BED & RIPPLE MATTRESS



Electric Homecare Bed

RM80*/week **RM200***/month

HEARING AID

(Not include Accessories Fees)

RM380*/month

* 1 Piece



Manual Hospital Bed

RM80*/week **RM200***/month

WHEELCHAIR



Manual Wheelchair

RM50*/week

Electric Wheelchair

RM280*/week



Ripple Mattress

RM60*/week **RM150***/month

HOW TO RENT?

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



More Than Just **LIGHTWEIGHT**

Built for **DURABILITY** and **SAFETY!**

only
10.8
kg
Aerospace
Aluminium Alloy



Test Equipment :
Two drum Test Machine
Drop Test Machine
Impact Test Machine

Registered under Act 737 with
Medical Device Authority Malaysia
Registration number : GA10828423-150985



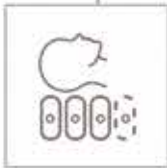
CPR Strap

Quick release that enable rapid air deflation for emergencies.



Nylon/PU Cover

Vapor permeable and water resistant cover with a level of low fireretardancy and anti-MRSA effect.



Pillow Function

Simulate a pillow function with constant pressure which also helps with patient compliance



Ventilated Low Air-Loss

Wicks moisture away to keep the patient comfortable.



Foam Base Pocket

For inserting additional foam



≤180 kg
Weight capacities



2 Mode
Alternating & Static Mode



9.6 minutes
Operating cycle



7.8 kg
Weight pump+mattress



APEX
Care for a Healthy Life

DOMUS 3

Advance care ripple mattress



Discover More

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Registration number: GA6298720-A2801

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Elevate Senior Living With Showerbuddy's High-Quality Bathroom Aids From New Zealand.



QUICK FOLD DESIGN

The wheelchair is user-friendly and easily collapsible without complicated tools.



ADVANCED LEG SUPPORT

Adjustable footrests provide optimal leg support and comfort. They are easily removable for convenient transfers.



PERMA LUX FRAME PROTECTION



WEIGHT CAPACITY

It support up to 120kg.



ACCESSORIES

Come with additional bag to well keep the shower chair.



WARRANTY

Lifetime warranty against corrosion of original parts.



PRODUCT OF
NEW ZEALAND



Scan for
more info

Registered under Act T37 with Medical Device Authority Malaysia
Registration number : GA6465523-16866



alpro homecare
Bringing Care to Home



At Alpro Homecare, we deliver comprehensive healthcare service directly to your doorstep, ensuring that you and your loved ones receive top-quality treatment in the comfort of your own home.

Well-trained **Home Care**
professional team

- Doctors
- Nurses
- Medical Assistants
- Physiotherapists
- Pharmacists
- Nutritionists

OUR SERVICES

Nursing Care	RM 110
Medical Procedure	RM 110
Doctor Assessment 	RM 250

NURSING PACKAGE

RM**990** x10 visits

RM**1800** x20 visits

Terms & Conditions apply

1. Turn around time for deployment will commence once full payment received.
2. Surcharge is applicable if the distance to your doorstep is more than 10km from our nearest assigned station.
3. Price quoted is for service fee only excluding medication and / or consumables.

Home Care Services

NURSING CARE

- Sponging / bathing
- Change diaper
- Basic physiotherapy/ passive stretching exercise
- Feeding
- Serve medications

PROCEDURE

- Urine catheter insertion and removal
- Feeding tube insertion and removal
- Wound dressing and care
- Stoma care
- Injection-medication / vaccination
- Intravenous (IV) drip
- Blood tests

DOCTOR ASSESSMENT

- Personalise treatment plan

CONTACT US NOW!



Call or WhatsApp us now for enquiries:
019-396 7828

 alproclinic.com/homecareservices

 Alpro Home Care

Operation Hours:
9:00am - 9:00pm (Daily)

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SCAN FOR MORE DETAILS



Celebrating Our Supportive Community

In Alpro, we cherish the bond we share with our dedicated members, affectionately known as Alpro Fans. Alpro Fans are a group of people we would like to acknowledge for their unwavering support. In 2024, we aim to cherish them even more. As we gear up for an exciting year ahead, let's take a moment to reflect on the wonderful journey we've shared together.

Silvercare Captain: Bridging Community & Healthcare



Our Silvercare Captain initiative offers a unique opportunity for Alpro Fans to dive into the world of pharmacy, understanding its intricate operations and the crucial role it plays in public health.

In March 2024, we had the pleasure of welcoming Mr. Ronald, one of our Alpro Fans who bravely took on the challenge of becoming Silvercare Captain for a day. Drawing inspiration from his past experiences working in Japan, Mr. Ronald exemplified resilience and enthusiasm, showcasing the true spirit of Alpro Fans.



Christmas Gifts: Spreading Warmth & Joy



In December 2023, we came together for a heartwarming celebration with our beloved Alpro Fans. These remarkable individuals have been steadfast supporters of the Alpro Foundation, enabling us to make a positive impact in the lives of children in need. As a token of our appreciation, we shared small, heartfelt treats with our Alpro Fans, symbolising the warmth and gratitude we felt from for their unwavering support.



For a Healthy & Vibrant World

Enhancing Indoor Air Quality

Alpro Group Partners with Panasonic Malaysia

23rd January 2023 — In a joint effort to create a healthy and vibrant community, Alpro Group proudly announces our collaboration with Panasonic Malaysia to revolutionise indoor air quality across our establishments. Over 300 Alpro Group checkpoints, including our Alpro Group headquarters and distribution center, are equipped with Panasonic nanoe™ X Generator purifiers to ensure cleaner, safer air by eliminating viruses and bacteria. Aligned with the ethos of our tagline, “Reassurance that brings smiles,” we reaffirm our commitment and deliver 24-hour air protection to both our employees and customers.



Promoting Cardiovascular Health in the Community

Alpro Pharmacy Partners with CVS KL

6th February 2024 — Cardiac Vascular Sentral Kuala Lumpur (CVSKL) and Alpro Group proudly announce the initiation of the “Synergistic Hearts” campaign to elevate cardiovascular health. For this collaboration, 20 Alpro Pharmacy locations in Klang Valley, Negeri Sembilan, and Johor have been selected. Our customers can now undergo a free 30-second test to detect reliable, medical-grade ECG results. Together with CVSKL, we aim to identify potential risks early, guide patients towards appropriate next steps, and, most importantly, to instill confidence and reassurance in every healthcare interaction.



For Our Motor Neurone Disease Warriors

Silvercare Partners with MND Malaysia

20th March 2024 — Silvercare, the One-Stop Rehab Center under Alpro Pharmacy, is honoured to announce our partnership with MND Malaysia, the non-profit organisation in Malaysia that supports the Motor Neurone Disease (MND) community. Through the combined efforts of Alpro Pharmacy, Alpro Physio, and Alpro Home Care, people affected by MND can get access to healthcare services tailored to their needs. With all of us coming together, we go hand in hand towards building a healthier and more vibrant Motor Neurone Disease community.



Alpro Lifetime VIP Member



Alpro Member

Join at Outlet

JOIN with RM10 & enjoy
"PAY 10 GET 30"

[RM10 Alpro Points, RM10 Alpro OneClick Voucher, RM10 Cholestrerol Voucher]



Complimentary Pharmacy Services



Redemption Program
(Collect stickers upon purchase & Redeem Limited Edition Gifts for Free)



FREE Upgrade to SilverCare / MamaB Members
(T&Cs Apply)

Alpro E-Member

How?



Register **FREE** Online at **Alpro OneClick**
*Scan the QR Code



Link your Alpro Member card to **Get 150 bonus points**

Birthday Month Benefits



Points Collection
RM1 = 1 point



Lifetime Membership
(No Renewal Fees)



Pay with Points
200 points = RM1
(Applicable to both online & offline outlets)



2x Points During Birthday Week*
(*Valid 3 days before and 3 days after date)



RM10 Cash Voucher
(Claimable during birthday month at Alpro Pharmacy Outlet)



RM10 Promo Code
(Claimable during birthday month at Alpro OneClick)

Join Alpro Family



THE WONDERWALL TIMES

The wall of Community Happiness from **alpro foundation**
Bringing hope. Changing lives.

Families with tube-fed patients face significant financial challenges, as monthly expenses can range from RM2,500 to RM3,000. Just covering nutritional needs alone can cost RM1,000 to RM1,600, which is tough for families with lower incomes. Some families resort to using regular milk powder without realising the health risks due to nutritional gaps.



To Address This Problem,

the Alpro Foundation **launched the Metabolic Basic Sponsorship Programme in 2019**. This program provides financial assistance to families with tube-fed patients, ensuring they receive the support they need.

The program is sustained through the sales of Metabolic Basic, a specialised nutritional product for tube-fed patients. For every packet sold at Alpro Pharmacy, one packet is donated to the Alpro Foundation to help families in need.

Since its start, the program has supported over 250 patients, with more than 65% receiving assistance for over 3 years. We have distributed over 15,000 packets of nutritional support, saving families approximately RM6.13 million in expenses.

Thanks to the support from Alpro Pharmacy's customers, we can extend aid to another 50 tube-feeding patients in 2024.

Families seeking assistance can apply for the program at any Alpro Pharmacy outlet. Required documents include the patient's recent medical report, identification, records of existing expenses, and income declaration. Applications will be processed within 7 working days.

At the core of this initiative is Metabolic Basic, an affordable nutritional product designed by Alpro's experts. Working closely with manufacturing partners, we ensure that the product was able to meet patients' needs while minimising costs. Metabolic Basic not only provides essential nutrition but also supports the Alpro Foundation's mission to ease the financial burden on families with tube-fed patients.



Alpro Foundation is dedicated to making a positive difference in the lives of tube-fed patients and their families, creating a healthier and more supportive community.

If you happen to know someone who might need this support, feel free to approach us, and we will gladly help and provide the necessary support.

For more information about the Metabolic Basic Sponsorship Programme, interested individuals can contact [019-3881923](tel:019-3881923) or visit any Alpro Pharmacy outlets to apply or visit <https://www.alpropharmacy.com/csr/> to find out more.



THE GROWING STARS PROJECT



"When I grow up, I want to be a **CAPTAIN** that navigates through the seas and sail around the World!"

Tay, 11 years old



"I dream of being a **DESSERT MASTER CHEF** that can make wonderful desserts so others can enjoy!"

Priya, 14 years old



"I want to be a **MEDICAL DOCTOR** that saves lives when I grow up"

Goh, 15 years old



We all have dreams, some of us might have forgotten about what we used to dream

of, but these students have not forgotten and are clear of what they want to be when they grow up.



If you would like to make a donation to support these students, you may make your donation to:

In The Growing Stars Project, we believe in providing support to underprivileged students to continue their education journey so they may better equip themselves for a better future.

As of 2023, we have supported 163 Primary and Secondary School students, and this year, we intend to support 300 students to have the same schooling opportunities just like many of us.

We are grateful to have supporters from the public, and we are happy and excited to announce that from this February, we are a LHDN approved Non-Profit organization, and all donations to Pemegang Amanah Alpro Foundation are Income Tax Exemptable.

Pemegang Amanah Alpro Foundation
CIMB 8009866609

Upon the transfers, please whatsapp our team a screenshot of the transaction slip and we will proceed to prepare the receipt.

On behalf of the students, we thank you for the support!



"Terima Kasih Xie Xie Ni Nandri"



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As fast as within 30 mins*



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Professional team
comprising doctors &
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