



# HEALTH MATTERS

EXCLUSIVELY FOR ALPRO VIP MEMBER | DEC 2024 - JAN 2025

**VOL 25**



“**Healthcare,**  
not **Sick Care**  
**Alpro**  
**Family Doctors**  
are here to keep you well,  
not just treat illness.”

Discover insights from Alpro family doctors on different health topics!

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

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Medication Refills



Group Buy



Health Monitor



Mindy Leong Min Yee

Branding Manager  
Alpro Pharmacy

## FROM THE EDITOR

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

You may already be familiar with Alpro Pharmacy, but did you know that Alpro is much more than that? Allow us to introduce you to the broader Alpro healthcare ecosystem, which includes Alpro Clinic, Alpro Physio, Alpro Sugi, Alpro Baby, Alpro OptiSaver, and Alpro Audiologi. These names may be less familiar, but together they form a comprehensive and interconnected network designed to bridge healthcare gaps and provide seamless, holistic care to the communities you are in.

Our ecosystem is crafted to meet the diverse needs of individuals and families. From pharmacies and clinics to physiotherapy centres, audiology services, optical shops, baby stores, and homecare, each component plays an essential role in delivering care that is both preventive and specialised. All with one focus—providing **Reassurance that brings Smiles** (我们专业您安心), meaning that we only focus on one thing, providing you with a peace of mind through our expertise.

In this edition of Health Matters, we are proud to reintroduce the indispensable role of the Alpro family doctor within this ecosystem. Often the first point of contact for healthcare needs, our Alpro family doctors are partners who understand your health history, address your concerns, and help you achieve your health goals. At Alpro, you can rest assured that you are in trusted hands, as our family doctors collaborate closely with pharmacists to optimise medication management, work with physiotherapists to create personalised rehabilitation plans, partner with audiologists and opticians to care for your sensory health needs, and more!

As we navigate the complexities of modern healthcare, the family doctor remains at the heart of our commitment **to create a healthy & vibrant world**. We are proud to highlight their role in this issue and invite you to explore how our combined efforts enhance lives across our community.

On behalf of all Alproeans,

We want to reassure you that our entire healthcare ecosystem is designed to support you every step of the way. From your first visit to our pharmacy to consultations at our clinics, and through the specialised care provided by our physiotherapists, audiologists, optometrists, and more, we are committed to being with you throughout your health journey.

We hope you enjoy reading this issue of Health Matters and find the insights we share valuable to your health and wellbeing.

*Together, let us continue to build a healthier and more vibrant world.*

Terima Kasih, Xie Xie Ni

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THE WONDERWALL TIMES

“  
We don't work alone - Our ecosystem of  
healthcare professionals provide holistic  
care through timely professional referrals.



## For a Healthy & Vibrant World

### Tackling Child Malnutrition

#### Alpro Eat Programme

This year, Alpro Pharmacy is tackling child malnutrition with Alpro Eats Programme, which begins in Negeri Sembilan. This initiative aims to improve children's eating habits and school canteen menus. The programme includes expert evaluations of canteen menus, interactive school talks on healthy eating, and personalized nutrition plans for students. The Alpro Eats e-book details a Five-Step Guide for promoting healthy eating and has positively impacted over 10,000 individuals in its first phase. The programme, praised by educators and supported by health officials, reflects Alpro's commitment to enhancing child nutrition and fostering healthier future generations.



### Supporting Pharmacy Education and Opportunities

#### Apotek Alpro Partners With Indonesia Universities

On 29 June 2024, Apotek Alpro proudly signed an MoU with 21 universities led by Asosiasi Perguruan Tinggi Farmasi Muhammadiyah Aisyiyah (APTFMA) to improve pharmacy education and opportunities for industrial experience in Indonesia. This MoU represents the start of an exciting journey to advance academic and healthcare excellence in Indonesia. Additionally, students will have the opportunity to gain international experience at Alpro Pharmacy in Malaysia.



### Enhancing Healthcare Accessibility In Malaysia

#### Alpro OncoHelp Partners With DKSH

On August 28, 2024, Alpro Pharmacy announced an exciting partnership with DKSH to enhance healthcare accessibility in Malaysia. This collaboration will strengthen Alpro's ONCOHelp Program, which supports cancer patients by improving access to essential medications through DKSH's Patient Access Programme. The partnership also addresses affordability issues and supports Thalassemia patients, making a positive impact on Malaysia's healthcare landscape. Together with DKSH, we are committed to a healthier and more vibrant world.



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



“ We only focus on one thing, providing you with peace of mind through our expertise  
 我们只做一件事，用我们的专业，换你的安心 ”



**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 mamabe provides expert advice for pregnancy, ensuring comprehensive support for all stages of life.



**OBAT TEPAT, HATI TENANG**

Medication safety is our top priority, guiding every aspect of our operations, now extending to Indonesia. Our expansion includes over 200 new locations in Jakarta, Bandung, and beyond. These key cities are central to Indonesia's healthcare, and we are committed to enhancing accessibility and inclusivity. Our pharmacies will offer a full range of medications, health products, and professional services, all maintaining the highest standards of safety and quality. We look forward to bringing reliable healthcare to the people of Indonesia.



**NO.1 JAPANESE DRUGSTORE IN SOUTHEAST ASIA**



Established in 2023, we are proud to offer Japanese Drugstores for the first time in Malaysia, one in Starling Mall, one in Paradigm mall and it is expanding to East Malaysia. 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.

**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.



**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.



### 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.



### WHERE DREAMS FOR LITTLE ONES BEGIN

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.



### CLEAR VISION, CREDIBLE VALUE



OptiSaver is dedicated to delivering high-quality eyewear and eye care at transparent prices. By streamlining our supply chain, reducing costs, and sourcing directly from factories, we ensure both quality and affordability. With a focus on professional optometrists, we provide thorough eye checks and personalised solutions. Our commitment to transparency and value is transforming the industry, making quality eye care accessible to everyone.



# Celebrating Our Supportive Community

### Reward for Alpro Fans: Ladini Hansoo



At Alpro, we continually seek meaningful ways to express our gratitude to the valued members who make our community thrive. This year, we are proud to introduce our latest redemption program featuring the elegant Ladini Hansoo Cast Aluminium Wok.

Running from 15th August 2024 to 15th February 2025, the program allows Alpro members to earn 1 sticker for every RM30 spent. Through this journey of collecting stickers, members engage more deeply with the Alpro experience. Upon completing their collection, members can redeem the exquisite Ladini Hansoo.

Feedback from our customers highlights the elegance of Ladini Hansoo, authentically made in Korea. For us, this initiative reflects our commitment to giving back to the loyal members who continue to support and engage with Alpro Pharmacy.

### Corporate Client Engagement: A day as a Pharmacy Manager



As the largest panel pharmacy in Malaysia, Alpro Pharmacy offers medication services that help corporate clients reduce costs and provide easy refills for employees. With over 300 corporate partners, we are dedicated to exceptional service.

In August 2024, we had the pleasure of launching a new program at Alpro Sugi Starling with the participation of Ms. Joyce and Mr. Boey. Ms. Joyce and Mr. Boey had the opportunity to experience a day as pharmacy managers, gaining insights into its intricate operations and the crucial role in public health. This initiative allowed us to demonstrate the vital role our community pharmacy plays in providing quality primary care and outpatient services to both community members and corporate clients alike.

# Insights

from your Family Doctor

## The Role of a Family Doctor HOW ALPRO CLINIC Stands Apart



By: **Dr Ng Ming Lee**  
Alpro Clinic Family Doctor

Family doctors are often the first point of contact for individuals seeking medical advice, whether it's for an acute or minor illness, chronic condition, or simply a wellness check. Their role is vital in providing comprehensive, continuous, and compassionate care for patients of all ages. But what exactly does a family doctor do, and how is the care at Alpro Clinic different from other family doctor clinics?

### The Essential Role of a Family Doctor

Family doctors build long-term relationships with their patients, often seeing multiple generations of a family. This continuity allows family doctors to provide personalised care tailored to the specific needs of each individual. They are responsible for diagnosing a wide range of conditions, managing chronic illnesses, and providing preventive care like vaccinations, health screenings, and advice on healthy living.

Beyond treating illnesses, family doctors help patients understand the importance of lifestyle choices and preventive measures.

But here's where Alpro Clinic takes this essential role a step further—by creating a truly holistic and patient-centred approach to healthcare. Your doctor are available at any moment notice even via direct phone contact or app messenger.

#### How Alpro Clinic Differs from Other Family Doctor Clinics

At Alpro Clinic, we believe in offering more than just routine medical care. Our focus is on providing an exceptional healthcare experience, with an emphasis on wellness, preventive care, and comprehensive support. Here are the unique ways we stand out:

### 1. We Don't Work Alone – An Ecosystem of Healthcare Professionals

One of the things that make Alpro Clinic special is that we work in an ecosystem of healthcare professionals, including pharmacists, nutritionists, dietitians, physiotherapists, and optometrists. This allows us to provide truly holistic care through **timely professional referrals**.

For instance, if a patient has a chronic condition like diabetes, our doctors will work closely with a nutritionist and a pharmacist to tailor the best care plan, ensuring that dietary needs and medications are aligned. Annual eye screening to pick up any early signs of diabetic retinopathy can be done under one roof. What about a patient who experiences back pain? Apart from treating with pain medication, they will be referred to a physiotherapist within the same ecosystem. These collaborations offer you peace of mind knowing that every professional involved in your care is communicating and working together for your best interest.

### 2. Continuous Care Through a Detailed Health Record System

We understand how frustrating it can be to retell your medical history every time you visit a clinic. At Alpro Clinic, we eliminate that burden by keeping a **detailed health record system** that follows you from visit to visit. This means that whether you visit us in a different location or see a different doctor within our network, your complete medical history is available at the touch of a button.

### 3. Focus on Health Care, Not Sick Care

Many clinics focus on treating illnesses once they arise, but at Alpro Clinic, we believe in the importance of **health care, not sick care**. We strive to offer **affordable, accessible, and reliable health advisory services** that prioritise health maintenance, disease prevention, and wellness enhancement.

Our goal is to improve your overall quality of life by helping you stay healthy, not just treating you when you're sick. Whether it's regular health check-ups, personalised fitness advice, or guidance on maintaining a balanced diet and even how to plan for your year end holidays in medication preparation and vaccinations, our team is here to help you. In short, **leave your health worries to us**. We take care of your well-being so that you can focus on what matters most in life—your family, work, and passions.

### 4. Health Is a Family Matter

At Alpro Clinic, we recognise that **your family's health is interdependent**. That's why we treat health as a shared responsibility, emphasising the importance of ensuring that **every family member is at their optimal health**. Whether it's your child, spouse, or elderly parent, we take it as our duty to provide them with the best care possible.

We aim to create a supportive environment where families feel confident in our ability to manage their health. From preventive vaccinations for children to wellness checks for adults and chronic disease management for seniors, we offer a full spectrum of care to keep your family healthy and thriving.

### 5. Your Health Partner for Life

At Alpro Clinic, we don't just treat symptoms—we care for the whole person, focusing on long-term health, prevention, and well-being. Our team of family doctors, supported by a wide range of healthcare professionals, ensures that you receive holistic care tailored to your needs.

In conclusion, whether you are dealing with an acute illness, managing a chronic condition, or simply looking for ways to stay healthy, you can trust Alpro Clinic to be your partner in health. After all, your health is our priority—let us take care of it for you.





**alproclinic**  
Bringing Care To The Community

of our customers express high satisfaction with our blood test service

It is all about **"REASSURANCE"**

Every individual has the full right to take charge on their own health.

- Alpro Blood Check
- A craft personalized screening tailored to your needs
- A blood check that everyone should do every year

SCAN HERE



for more details

### What our customers say...

★★★★★

Fast results and good affordable package as required by normal health screening



★★★★★

The PIC who took my blood was very professional. The best!

★★★★★

Keep up excellent work for Sg. Ara community here. Pls inform for next available blood test and also Alpro offer items.

★★★★★

Regular blood test at affordable price especially for aged person (with low income) will be most obliged.



★★★★★

We appreciate for this blood test campaign and all are acceptable with the good explanation from Pharmacist, Ms. Yeap



**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	RM110
Medical Procedure	RM110
Doctor Assessment	RM250

### NURSING PACKAGE

RM990 x10 visits

RM1800 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](http://alproclinic.com/homecareservices)

Alpro Home Care

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





不想被  
**流感**  
搞砸旅程?

旅行前先打  
**疫苗**  
安心出去玩!



及时接种疫苗, 远离流感危害! **alproclinic**  
Bringing Care To The Community



lebih daripada  
**+200**  
cawangan di  
**Indonesia**

**Alpro**  
kini di  
**Indonesia**

Jakarta • Bandung • Pekanbaru

"Obat Tepat, Hati Tenang"



Perkhidmatan kami:



Medipek/Medilist/  
Medichcek



Perkhidmatan sewaan  
peralatan perubatan  
terbaik



Sistem  
penyelenggaraan  
warga emas yang hebat



Pelan langganan  
pengurusan kawalan  
gula yang sempurna



Perkhidmatan  
penyakit ringan  
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# Our Journey in Alpro oncohelp

## Our milestones in June 2023

As a community pharmacy, we see countless of worried patients and stressed families when knowing themselves or their loved ones suffer from cancer. It is not only about the physical pain, but the financial burden is also real.

Alpro Pharmacy has a bold thought, is that possible to help patients with 0% profit, faster accessibility and easier payment method via 0% interest?

With the strong support of many in this journey, we made some crazy decisions that we are very proud of. Not only that, but we also managed to meet our promise on 0% profit (customer pay exact cost that we get) and 0% interest rate on easy payment plan, we partner with many who believed in doing good to make oncology medication more accessible and safe. Alpro ePharmacy team is a strong arm in this project to provide free consultation every day, 9am - 10pm with thorough guide plan to patient and their carer.

The journey in treatment and rehabilitation is tough and rough. Alpro oncohelp strives to be your biggest support. Our careline (010-2621923), be it for Metabolic Basic milk formula donation or getting access to medicine, you have us, Alpro Pharmacy in this journey.

oncohelp Careline  
**010-262 1923**

June 2023



1.06.2023  
Alpro x Hong Leong Bank Program (a collaboration that eases the financial burden of cancer medication and simplifies cost management)



13.06.2023  
13.06.2023 - Alpro Pharmacy and the National Cancer Society of Malaysia (NCSM), have come together to improve the lives of cancer patients and survivors.



13.06.2023  
Alpro Pharmacy and MSD Malaysia partner to Broaden the access of Oncology Care. The partnership aims to expand access to oncology medications, raise cancer awareness, and strengthen the availability of oncology treatments, culminating in the establishment of Alpro oncohelp, a dedicated one-stop center for cancer patients and their families



28.8.2024  
we are excited to announce a significant partnership with DKSH, aimed at furthering our shared commitment to enhancing healthcare accessibility across Malaysia. This strategic collaboration is poised to

strengthen Alpro Pharmacy's oncohelp Program, a dedicated initiative designed to support cancer patients by improving access to essential medications. Through DKSH's Patient Access Programme (PAP), we are addressing affordability challenges, ensuring that life-saving treatments are accessible to all patients nationwide. This partnership also supports the well-being of Thalassemia patients and positively impacts Malaysia's healthcare landscape.

# 癌症战士的战友



## 一人病倒，全家吃草



平均，每10名马来西亚人会有1名在一生中被诊断出癌症。

在医学昌明，科技发达的今天，人们依旧“闻癌色变”。在马来西亚，2020年，全马新增的癌症病例有48,639宗，这个数目被推测在2040年将翻倍。平均，每10名马来西亚人会有1名在一生中被诊断出癌症。其中，在马来西亚最普遍的癌症为乳腺癌、大肠癌、肺癌、鼻咽癌和肝癌。



古代，癌症似乎是死亡的代名词，因为它不仅会转移扩散，治疗上以前也没有太多的选择。现今，医学体系比较完善，筛查的程序和成本都相对的较低，所以更多人在初期时被诊断，其实是件好事。

癌症可以被治疗，但另外一个问题来了，治疗癌症可以倾家荡产，尤其是靶向药物。靶向药物可以精准找到致癌位点，在不伤害周围正常组织的同时治疗癌症。在政府医院，因为有限的资源，如果已经超过预算，那么病人就需要在外面购买。从好几万到上百千，这时，我看过有些病人会自己放弃，尤其是晚期患者。我曾听过这样的一段话“倾家荡产也只能多活几年，我已经继续治疗吗？”

## Alpro OncoHELP 立志全方位改善癌症患者生活，为健康带来希望与支持

大专药剂的顾客，如同我们的粉丝，他们的担心亦是让我们揪心的点。我们的观点是，过程很苦，但我们应该和时间赛跑，把握每一个治疗的机会。就这样，一个不太理智，但最后实现的癌症患者辅助计划 (Alpro OncoHELP) 诞生了。

## Alpro OncoHELP 立志全方位改善癌症患者生活，为健康带来希望与支持

当一众银行知道大专的目的，他们也表示支持，在一些条件符合的情况，允许患者以 EPP (Easy Payment Plan) 0% 利息的情况下，让患者可以在金钱的压力缓一缓。

## 免付费，全年无休的网上医疗咨询和支持服务

癌症患者可以通过 Alpro OncoHELP 获得专业的医疗咨询，包括药物使用和副作用的管理。我们的团队包含医生、药剂师、营养师和饮食治疗师。癌症的治疗是一种考验，也可以是一种重生，所以我们希望与其民众上网寻找偏方或者没有医学根据的资料，不如让 Alpro OncoHELP 帮助您。

## 零收益 RM0 Profit: 大专买多少就卖多少

非常普遍，一旦一个人生病，就会觉得肉类有毒，每餐都是粥水。因此，大多数的癌症患者在晚期都是皮包骨。癌症患者确实会面临胃口骤降，甚至因为疼痛或药物的副作用无法正常进食。这时，比较容易让营养进入身体的方式就是配方奶粉。Alpro OncoHELP 和 Alpro Foundation 联手，对于需要资助的人士，您可以通过我们的药剂行或网上申请大专基金会 Metabolic Basic 营养奶粉赞助。为了减轻低收入家庭的经济负担，Alpro基金会通过 Alpro Pharmacy 推广 Metabolic Basic 计划，每卖一包 Metabolic Basic 营养奶粉，我们将捐赠一包 Metabolic Basic 营养奶粉。这是一个长期捐助计划，受惠者来自全马不分种族。

## 大专希望每个癌症患者和家人内心充满希望

也许我们无法感同身受，但我们希望在治疗的路程给予更多的辅助。生病时，我们的身体会非常的虚弱，也会有很多负面的情绪还有对未来的担忧。我们希望通过 OncoHELP 项目让每一位患者更勇敢面对疾病，积极追求更好的生活质量。加油！

林恩妮药剂师  
大专首席药剂师

**3x**  
More  
Omega-3\*

No fishy odour,  
just one capsule a day



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**Dijamin Halal**  
AHAH adalah badan pensijilan  
halal diiktiraf JAKIM.

\*Compared with Blackmores Omega-3 Fish Oil 1000mg capsule.  
This is a supplement product advertisement. KKLJU 2156/2022. Expiry date: 31/12/2024

Support and  
care for  
your special  
moments  
every day

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Your  
choice of Halal  
product



KKLIU 0633/EXP 3112.2025. Used as a health supplement.



Embrace a Life in Good Health

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Your  
choice of Halal  
product



This is a supplement product advertisement. KKLJU 1898 / EXP 31.12.2025

MEGA We care

**BIO-LIFE**

**SUPPORTING  
FAMILY HEALTH**  
For A Strong Head Start To A Healthier Year



**SPEND  
& WIN**  
1 Dec 2024 - 31 Jan 2025



**x3  
winners**

**Grand Prize**  
1G 999.9 Gold Bar

**HOW TO JOIN?**

**STEP 1**

Purchase min. RM88  
of any MEGA or BIO-LIFE product  
(must include min. 1 BIO-LIFE General Health product\*)  
in a single receipt to entitle 1 ENTRY.

**STEP 2**

Scan QR code / WhatsApp  
receipt with Full Name to 017 - 646 9569.

Scan to  
participate



**Second Prize**

**RM200** x5  
Alpro Cash Vouchers winners

**Consolation Prize**

**RM50** x20  
Alpro Cash Vouchers winners

\*Participating general health products: Anti-FR+Selenium, Bio-Zinc, Executive B Complex, Mega-C Plus, Multivitamins with Minerals, Nat C 1000, Non-Acidic Vitamin C, Ginsomin and Spirulina.

Winners will be announced on Facebook Alpro Pharmacy 3 Mar 2025.  
T&C apply. Image is for illustration purpose.



We care for Your Wellness

# HOLISTA

MAL10070610XCFS



**NOW @**  
**RM 168**  
**PRISTIN® PARENTS PACK**  
Omega-3 Fish Oil  
1200mg  
150's + 30's

MAL16125003NCF



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

MAL09072807XC



**NOW @**  
**RM 218**  
**LACTO-5®**  
Locally Derived  
Probiotics  
90s X2 + 30s

# HOLISTA

# WIN LACTO-5®

1<sup>st</sup> Dec 2024 to 31<sup>st</sup> Jan 2025

**GRAND PRIZE X1**  
1 Year Supply\*

**SECOND PRIZE X1**  
6 Months Supply\*

**CONSOLATION PRIZE X10**  
1 Month Supply\*

## HOW TO JOIN

**BUY**  
PRISTIN® or LACTO-5®



**SCAN**  
UPLOAD Receipt



**WIN**

Winner announcement  
on 20<sup>th</sup> Feb 2025 on  
Alpro's Facebook

\*Supply is based on dosage of one capsule per day. Terms & Conditions apply.

**Mieland®**  
Your Educated Decision

Mieland Manuka Honey  
with Panax Red Ginseng



**Speed up recovery:**  
Antibacterial and  
provide energy for  
people with sickness



**Energy booster:**  
Ease fatigue and  
increase energy  
levels



**Gastric & sore throat relief:**  
Form a coating around  
stomach with antibacterial  
and anti-inflammation  
properties



**Healthy caffeine  
alternative:**  
Provide energy  
without  
dependence

Did you know that Mieland Mānuka Honey with Panax Red Ginseng is also good for oral health?



Reduces dental  
caries and tooth  
decay – by inhibiting  
bacterial growth



Reduces  
gingivitis –  
by reducing  
inflammation

## Natural COLD & COUGH Relief

Choosing herbal remedies over conventional medicines offer natural and gentle approach in alleviating cold and cough symptoms. Herbal remedies, such as Elderberry Extract, Ivy Leaf Extract, Pelargonium Root Extract and Marshmallow Root Extract, are typically free from harsh chemicals and synthetic ingredients, reducing the risk of side effects. They work harmoniously with the body's natural processes, providing soothing relief without disrupting the body system.

Additionally, herbal cough relief often contains beneficial compounds like polyphenols that support overall health, making it a holistic choice in managing cold and cough, especially young children and elderly.

**Vitaherb®** offer a range of multi-action, well researched natural remedy that relieve symptoms of common cold, cough, sore throat, throat irritation and reduce phlegm. It is a home remedy that shall be kept by most family at home, especially during the first 48 hours after symptoms onset.



**Elderberry**

Works well as a preventative remedy and alleviate first sign & symptom of cold and flu.



**Ivy Leaves**

Contains a-Hederin that helps loosen up phlegm, hence clear up chest congestion and relieve cough.



**Pelargonium Root**

Treating the root cause of cold and cough by suppressing the activities of virus and bacteria.



**Marshmallow Root**

High mucilage content forms a protective coating at the throat lining to allow natural self-healing.

## Vitality starts with a HEALTHY LIVER



- ✓ Imported patented active ingredients
- ✓ Standardised to bioactive compound
- ✓ 3-in-1 liver tonic
- ✓ Halal Certified
- ✓ Vegecap

Milk Thistle  
Extract  
180mg



French Oak  
Extract  
100mg



Turmeric  
Extract  
100mg



Liver plays a pivotal role in our body, which includes nutrients metabolism and waste removal. Often time, many of our unhealthy habits such as staying up late, overconsumption of sugary and fatty food, smoking, drinking or even sedentary lifestyle is taking a toll on your liver health.

**VITAHHERB® HEPASHIELD Capsule** is traditionally used as a liver tonic and for general health maintenance. This comprehensive 3-in-1 formula is crafted with scientifically tested natural herbs to support liver health and maintain overall well-being. Try **VITAHHERB® HEPASHIELD Capsule** today!

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CURCUGREEN™ is an exclusive licensed trademark of Arjuna Natural Pvt. Ltd., India for Curcuma longa Extract.

This product is not intended to reverse the effects of noxious agents that cause liver damage (Example: Alcohol)  
This is a traditional product advertisement KKKLIU 2165 / EXP 31.12.2026



# Healthy Gut, Happy Life!

Probiotics + Prebiotics Formula



**Lactobacillus Rhamnosus GKG6® 250mg**

**Fructooligosaccharides 44mg**

**Inulin 100mg**

Enjoy your beautiful day with confidence  
As a health supplement



Contains Probiotics and Prebiotics

MAL21046063NC

KKLIU 0222 / EXP 31.12.2026



# SUPPORT YOUR LIVER'S VITALITY



**ANTRODIA 450mg**

Traditionally used as liver tonic.

60 VegeCaps

Mycellium Antrodia cinnamomea



Halal  
MS 2424 : 2012



Top Brands  
The BrandLaureate Awards

KKLIU: 2349 Valid till 31.12.2025

Traditionally used for liver tonic

# GAVISCON



## FAST & EFFECTIVE RELIEF FROM

### HEARTBURN

### HEARTBURN & INDIGESTION

#### ORIGINAL

#### DOUBLE ACTION



\* Symptoms may vary according to individuals. If symptoms persist, please consult your healthcare professional.  
 1. Only applicable for Gaviscon Original (Sachet) and Gaviscon Double Action (Bottle & Sachet).  
 2. Only applicable for Gaviscon Original (Bottle & Sachet), Gaviscon Double Action (Bottle & Sachet).

This is a medicine product advertisement. KKLJ 1804 / EXP 31.12.2026



## Why Choose GENT ?

- ✓ Complete solution for Ear, Nose & Throat: Innovative quality for ENT excellence.
- ✓ Trusted by Experts: Recommended by Healthcare professionals.
- ✓ Safe for the Whole Family: Suitable for both adults and children.
- ✓ Convenient & Portable: Easy to carry in your bag, perfect for on-the-go relief.

### Unplugs Your Ears



**A-Cerumen Spray 40ml**  
 • 2-in-1 action: dissolve the earwax plug and prevents the excessive buildup.

### Your Ultimate Nasal Guard Solution



**Zyme Nasal Spray 30ml**  
 • 3A nasal spray (anti-viral, anti-bacteria & anti-inflammatory) to relief the 1st sign of cold & flu symptoms.  
 • Non-steroidal nasal spray with Lysozyme and Isotonic solution that safe for babies and whole families use.

### Health Inspired By The Sea



**Marimer Isotonic Baby 100ml/ Marimer Isotonic 100ml/ Marimer Hypertonic 100ml**  
 • For daily nasal hygiene use: cleanse & humidification of nasal cavities.  
 • As complement to treatments of ENT disorders.  
 • For the decongestion of blocked noses.  
 • As complement to treatments of ENT disorders.



### Ease The Pain, Enjoy The Day



**KlorobenXL Advanced Oral Spray 30ml**  
 • A new solution for symptomatic relief of sore throat, tonsillitis, and stomatitis.  
 • With combination of Lysozyme and CPC for rapid recovery (anti-bacterial, anti-viral, anti-inflammatory).

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N-ACETYLCYSTEINE

Clears phlegm  
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lung functions!

Rich in antioxidants  
Non-addictive  
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RM 38.50 / unit

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Lemon flavour for adults

Orange flavour for children

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FLUIMUCIL® A 100mg

FLUIMUCIL® A 100mg/5ml

MAL20014507X

MAL20014506X

MAL20014505X

MAL20014504X

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Now available in all pharmacies.  
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Healthcare Group  
Innovating for Better Lives.

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FOR YOUR HAIR

**HIMALAYA Shampoo Range**

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## NATURAL SOLUTION

with Himalaya

**HIMALAYA Face Wash Range**

**NOW @**  
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Unpleasant smell, unusual discharge,  
or persistent itch?  
It could be Bacterial Vaginosis,  
the most common vaginal infection.

Consult your pharmacist  
for fast relief today!

Discomfort  
nothing  
holds  
me back.



**NOW @**  
RM 51.40 / unit



Registration No.: G85376147617 Registered under Act 737  
MU-AD-0824-01

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**HIMALAYA Tentex Royal**

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RM 36 / unit

**HIMALAYA Speman**

**NOW @**  
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**HIMALAYA Cystone**

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**BEST DEAL**

**BEST DEAL**

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**HIMALAYA Diakof & Koflet Syrup**

**NOW @**  
RM 11.10 / unit

**HIMALAYA Koflet**

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Trusted energy drink  
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NOW @  
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MAL12291 / EXP 31/12/2026

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BABY

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• While stocks last • Terms & conditions apply

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Vital Nutrients, **ROBUST HEALTH**

- Combined 20 types of nutritious grains
- Rich in essential nutrients (protein, dietary fibre, vitamins & minerals)
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NOW @  
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NH Nutri Grains Plus  
Purple/ 6 Red/ 6 Green/ 6 Black/ Dark Chocolate  
30g x 15s





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- 442** Pharmacists
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- 157** Nutritionists
- 74** Physiotherapists
- 23** Provisionally Registered Pharmacist
- 35** Family Doctors
- 2** Audiologists
- 4** Optometrist
- 1** Optician
- 1639** Support Staff (Management & Non-Management)

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We believe & commit to work for the greater good to build a brighter future for our customers & employees. With passion & patience, we strive to make a difference in people's lives together in this healthcare industry.

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**NO.1** PROVEN EFFECTIVE  
IN MALAYSIA **BLOOD GLUCOSE**  
SUBSCRIPTION PROGRAM

Johari et al.  
Diabetology & Metabolic Syndrome (2024) 16:135  
https://doi.org/10.1186/s13098-024-01379-9

Diabetology &  
Metabolic Syndrome

Open Access

**RESEARCH**

The efficacy of self-monitoring of blood glucose (SMBG) intervention package through a subscription model among type-2 diabetes mellitus in Malaysia: a preliminary trial

Saida Munira Johari<sup>1</sup>, Nurul Huda Razali<sup>1\*</sup>, Kai Ja Chua<sup>1</sup> and Suzana Shahar<sup>2</sup>

**Abstract**  
**Background** The aim of this study was to determine the effect of a Self-Monitoring Blood Glucose (SMBG) intervention package through a subscription model in improving HbA1c and health parameters among type-2 diabetes mellitus (T2DM) individuals in Malaysia.  
**Methods** This is a quasi-experimental study involving 47 (n = 11, 7 years, 61% men) who were assigned to the subscription model and 36 (n = 11, 7 years, 61% men) who were assigned to the control group.

Prepared by:  
Dt. Khoo Wei Jin

“Imagine living with diabetes and feeling genuinely supported in every aspect of your journey, especially emotionally. That’s the promise of SugO365.”

SugO365 is a digitalized diabetes care subscription program that equips you with the essential tools for daily blood glucose self-monitoring. It features an app that instantly connects you with healthcare professionals including pharmacists, nutritionists, and dietitians, providing personalised advice exactly when you need it.

Recently, research conducted on over 151 Type 2 Diabetes participants with uncontrolled blood glucose levels (HbA1c ≥ 6.3%) validated the effectiveness of SugO365.

The participants were divided into two groups:

SugO365  
Subscribers

Non-  
subscribers

**SugO365**  
PARTICIPANTS HAD A  
**1%**

Better HbA1c Control Compared  
To Non-Subscribers.



What sets SugO365 apart is its real-time support, which has led to significant improvements in the emotional well-being of participants.

The program’s impact was highlighted in the analysis of HRQoL scores, revealing a significant improvement of 37.4% in the Role-Emotional scale among the intervention group, compared to just 11.2% in the control group.

SugO365 is more than just a subscription—it’s a companion on your path to better blood glucose management, blending technology and compassionate care to help you thrive with diabetes.



Read the full  
article here!



Contact us to  
know more!

**References:**  
1. Johari, S. M., Razali, N. H., Chua, K. J., & Shahar, S. (2024). The efficacy of self-monitoring of blood glucose (SMBG) intervention package through a subscription model among type-2 diabetes mellitus in Malaysia: A preliminary trial. Retrieved from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1191324/

SUGO365™  
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alpro  
NUTRITIONIST  
& DIETITIAN  
APPROVED

Eat your  
**LOWcarb**  
Low GI  
with confidence!

37  
GI

**LOW CARB**  
40% Lower Carb  
2 slices of sourdough equals to 1 slice regular bread

**Sourdough**  
Easily Digested.

**LOW GLYCEMIC**  
Low GI 37  
Average GI for white bread is 72



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Grab Your  
**Bowl Now**  
From Alpro Dietitians & Nutritionists!

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carbs  
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here:

\*T&C Apply



## The Silent Epidemic

# diabetes

...is one of the most prevalent and challenging health issues of our time, affecting millions of people globally. As a chronic condition, diabetes involves a complex interplay between insulin production and blood glucose levels, leading to serious complications if not managed properly.

Diabetes occurs when the body is unable to properly regulate blood glucose levels due to issues with insulin. Insulin is a hormone produced by the pancreas that helps glucose from the food we eat enter our cells to be used for energy. When this process doesn't work correctly, glucose builds up in the bloodstream, leading to high blood sugar levels. Diabetes is a serious disease that requires continuous management. When blood glucose levels are not well controlled, it can lead to a host of complications, some of which can be life-threatening.

Written by:  
Dietitian Basyirah



### Metabolic+ Sauver: Clinical Efficacy for Malaysians with Type 2 Diabetes

Metabolic+ Sauver has been rigorously tested in clinical trials, showing impressive improvements in key health indicators. A clinical study by Lew et al. (2024) involving 151 overweight and obese individuals with Type 2 Diabetes Mellitus (T2DM) over a 12-week period has been conducted to evaluate the effectiveness of Metabolic+ Sauver on glycemic control. The study showed that Metabolic+ Sauver has resulted in:

Reduction of 1.13mmol/L  
in fasting blood glucose



Significant improvement in short-term glucose management reduces the risk of diabetes-related complications.

Reduction of 0.87%  
in HbA1c



Each 1% decrease in HbA1c is linked to a 37% reduction in long-term diabetic complications involving small blood vessels.

Reduction in body weight,  
BMI and fat mass



Reduction in body weight, BMI, and fat mass, while maintaining muscle mass, enhances insulin sensitivity and improves glycemic control.

### Transform Your Diabetes Journey with Metabolic+ Sauver

Metabolic+ Sauver is a revolutionary meal replacement designed to simplify diabetes management and improve overall health for individuals with metabolic syndromes and Type 2 Diabetes Mellitus (T2DM). It offers a comprehensive approach to glycemic control with scientifically proven ingredients, making it your trusted partner in managing high blood pressure, cholesterol, and blood glucose.

METABOLIC  
+SAUVER

## DIABETES CARE MADE EASY



Improves  
Blood Glucose  
Control



Best Price  
RM 108/unit  
MEMBER PRICE

**1 GLASS A DAY** TO TAKE DOWN YOUR GLUCOSE LEVEL

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Nestlé  
HealthScience®

## FOR 12-HOUR GLUCOSE CONTROL\*

58%  
PROTEIN FROM  
WHEY

STIMULATES INSULIN  
SECRETION<sup>2</sup> &  
REPAIRS MUSCLES<sup>3^A</sup>  
WHEY PROTEIN



REGULATE LIPID  
PROFILE<sup>7,8</sup>  
TAILORED FAT BLEND (MUFA)



SUPPORTS GLUCOSE  
CONTROL<sup>4,5,6</sup>  
UNIQUE LOW GLYCEMIC  
FIBRE BLEND



32 NUTRIENTS  
INCLUDING VITAMINS  
AND MINERALS



STABILISE GLUCOSE  
LEVELS  
SLOWLY DIGESTIBLE  
COMPLEX CARBOHYDRATE



FORMULATED ACCORDING  
TO INTERNATIONAL  
DIABETES GUIDELINES<sup>9</sup>



Lactose & Gluten Free



ON-THE-GO  
*Enjoyment*

NOW @  
**RM 50.90**  
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NUTREN® GlucoBalance™  
Coffee 330g (6x 55g)



NUTREN® GlucoBalance™  
Vanilla 800g

GUARANTEE  
**LOWEST PRICE**  
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References: 1. Jakubowski S et al. Nutri-Science. 2017;10:1-7. 2. Mijovic L et al. World J Diabetes. 2019; Oct 10; 10(10):1576-84. 3. Park Y et al. J Nutr Health Aging. 2019; 23(2):144-48. 4. Cavallaro F. AgriFood Industry. 2009; 1(4):24-31. 5. Marwoto L et al. J Nutr Sci Technol. 2017; 10(2):105-111. 6. Pinar M et al. Am J Clin Nutr. 2009; 90(1):170-174. 7. Srinivasan SR et al. Diabetes Care. 2007; 30(12):2193-2198. 8. Srinivasan SR et al. Diabetes Care. 2007; 30(12):2193-2198. 9. American Diabetes Association. Standards of Medical Care in Diabetes—2021. Diabetes Care. 2021; 44(Suppl 1):S5-S14.

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*Your Partner in Health*

More A2  $\beta$ -casein Easier to digest than cow milk\*



NOW @  
**RM 54.50**  
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For Adults



100% from New Zealand



**NutriKept Technology™**  
Preserve natural nutrients with only 1 heating process.



**15 Key Nutrients**  
Boost health with vitamins and minerals such as A, E, B complex, and iron.



**Easy To Digest<sup>1</sup>**  
Goat milk protein is digested 6 times faster than cow's milk.



**Superior Taste Award**  
Easy to prepare with excellent taste.

\* Goat milk's casein is mainly A2  $\beta$  type and cow milk's is A1+A2  $\beta$  type. The digestion speed is compared with those two types of protein.

<sup>1</sup> Journal of Food Science, Compositional and functional characteristics of goat milk and relevance as a base for formula, 2021.

# The Sweet Trap

## How Extra Sugar Can Add Extra Pounds



By: **Dr. Low Shu Yeng**  
BSc (Hons) Dietetics  
with Nutrition



Foods high in glucose can sneakily add extra pounds. Be mindful of these!

### WHAT IS GLUCOSE?

Glucose is a type of sugar that our body uses for energy. It's in many of the foods we eat!

### THE GLUCOSE WEIGHT GAIN CYCLE



### SMART TIPS TO MANAGE GLUCOSE AND KEEP THE POUNDS OFF!

- 1 Choose whole foods over processed foods** such as fruits, veggies, and whole grains as they are packed with nutrients and fiber.
- 2 Control your carbohydrates and fat intake** to manage glucose and reduce extra calories.
- 3 Curb your food cravings** to prevent overeating and excess calorie consumption.



Trim Down & Control Sugar  
WITH GKB TRIMOR

3 PREMIUM PATENTED INGREDIENTS

Reduces cravings  
DNF-10\*

Blocks fat absorption  
PU ERH TEA EXTRACT

Blocks glucose absorption  
REDUCOSE\*

# 糖尿病怎样导致慢性肾脏病

糖尿病肾病 (Diabetic Kidney) 是糖尿病的并发症之一。  
每3个糖尿病患者中,就有1个会患上。  
\* 数据源自马来西亚卫生部糖尿病肾病临床实践指南

肾没有感知疼痛的神经。而从第一天患上糖尿病开始,肾就已经开始出现损伤了。

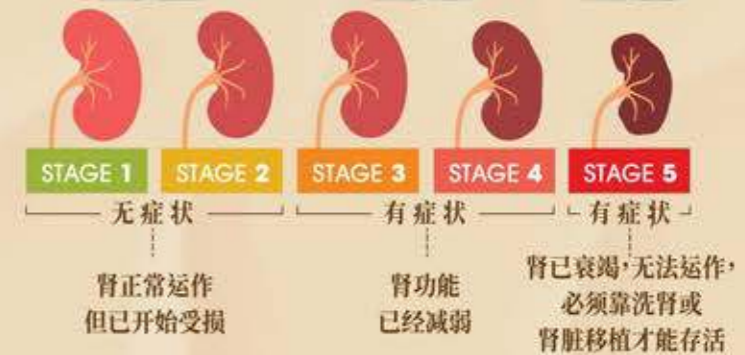
高升糖指数(GI)的饮食

高血糖导致血管发炎, 胰腺无法正常生成胰岛素(insulin), 血糖水平失去平衡



肾功能下降, 无法过滤血液中的杂质, 产生尿液排出体外

初期 中期 末期



## 为什么

(Cordycepin)

# 0.4%虫草素的冬虫夏草

## 是糖尿病患者的最佳拍档?



降低血糖



增强胰岛素敏感度与活性



保护肾功能, 减缓细胞衰落和凋亡

Promotion Period: 01/12/2024 - 31/01/2025

## Get **RM15 Rebate** when you purchase FreeStyle Starter Kit



REBATE **RM15**

## Get **RM8 Rebate** when you purchase FreeStyle 50's Strips or FreeStyle Libre Sensor



REBATE **RM8**

FreeStyle Libre

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life. to the fullest.®

**Contour.**  
Evolving with you



**Amber**  
above target range

**Green**  
within target range

**Red**  
below target range

**RM 79.00**  
NP: RM 99.00  
Contour® Plus Elite starter kit with 25\* test strip

**FREE**  
1 box of Microlet lancet 100's worth RM 38.60  
\*While stocks last

### CONTOUR® PLUS ELITE meter Your smartLIGHT® for Blood Glucose Management\*

- **smartLIGHT®** feature for easier understanding of blood glucose readings.<sup>1</sup>
- **High accuracy<sup>2</sup>** as demonstrated with the CONTOUR® Plus test strip.
- **60-second Second-Chance®** sampling which may help save test strips.<sup>3</sup>
- **Free CONTOUR®DIABETES App**, helps patients identify patterns and trends in blood glucose and easily share glucose reports.<sup>4,5\*</sup>

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

References: 1. SmartLight online survey, Sweden 2017, 332 respondents. People with type 1 and type 2 diabetes, over 18 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. Hoff L, et al. Accuracy and User Performance of a Faster Blood Glucose Monitoring System. Published online ahead of print, 2020. *Diabetes Sci Technol*; 2020. <https://doi.org/10.1177/1922992920974348>. 3. Richardson JM et al. Clinical Relevance of Reacquisition of Blood Samples During Blood Glucose Testing. Poster presented at the 20th Annual Diabetes Technology Meeting (DTM), November 12-14, 2020. 4. Shih A and Pardo S. Impact of Real-World Use of the CONTOUR® DIABETES App on Glycemic Control and Testing Frequency. Poster presented at the Diabetes Technology Meeting (DTM), November 9-10, 2018, North Bethesda, Maryland, USA. 5. Pardo S et al. Changes in Blood Glucose Excursions After at Least 150 Days Real-world Use of a New Smartphone Application for Blood Glucose Monitoring. Poster presented at the 12th International Conference on Advanced Technologies & Treatments for Diabetes (ATTD), February 20-23, 2019, Berlin, Germany.

\*This analysis was conducted with the CONTOURNEXT ONE system. Results may vary with other Blood Glucose Monitoring Systems.

Registered under Act 737, MCA registration no: NDC1948522-56630  
MCA advertisement approval number: MDAAD 0182/2023



## Specially designed to help sugar management



**RM 98.90**  
NP: RM 113.90  
Contro Eazy Now 850g

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- **High fiber & prebiotics blend (Fibersol-2 and FOS)**
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# Insights

from a Nutritionist



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

## Protein Power-Up:

# Enhancing Muscle Strength Joyfully FOR ELDERLY

Did you know, the prevalence of protein deficiency among the elderly is a significant concern. It is estimated that between 30% to 50% of older adults may be at risk for protein deficiency or inadequate protein intake. Factors contributing to this high prevalence include decreased appetite, malabsorption issues, and increased protein needs due to age-related changes in metabolism and muscle mass.

These symptoms highlight the critical need for adequate protein intake to maintain health, functionality, and quality of life in older adults. Addressing protein deficiency through dietary adjustments or supplementation can help mitigate these adverse effects.

### What are the signs & symptoms?

According to various studies, the most common symptom is sarcopenia, other indicators of protein deficiency among older adults are:



Frailty and Weakness



Delayed Wound Healing



Edema



Skin Changes



Cognitive Decline



Reduced Immune Function



Weight Loss

### So, how can a high-protein diet help with muscle maintenance in elderly?

#### Fight against Sarcopenia

Increased protein intake helps counteract sarcopenia, providing the essential amino acids necessary for muscle protein synthesis, which is vital for maintaining muscle tissue.

Play a critical role in muscle protein synthesis (MPS). Amino acids, stimulate MPS, which is necessary for building and maintaining muscle tissue. Higher dietary protein, helps to increase MPS and counteract the natural decline in muscle mass that occurs with aging.



#### Recovery Booster

A high-protein diet aids in faster recovery from physical activities and injuries by providing the building blocks necessary for muscle repair and adaptation.

Studies have shown that older adults who consume higher levels of protein experience reduced recovery times following physical activities or injuries. Increased protein intake can lead to more rapid resolution of muscle damage and soreness, enabling older individuals to return to their regular activities more swiftly.

Faster recovery from physical exertion and injuries supports better physical function and mobility in older adults. This enhanced recovery improves overall physical performance, contributing to better balance, coordination, and daily functioning.

### Let's dive into some tasty and exciting high-protein meal ideas!

A high-protein diet is a dietary plan that emphasises the consumption of foods rich in protein to meet higher than average daily protein intake requirements.

While the Recommended Dietary Allowance (RDA) for protein is 0.8 grams per kilogram of body weight for the average adult, high-protein diets often suggest consuming between 1.2 to 2.0 grams of protein per kilogram of body weight, depending on individual goals and health conditions.

#### Considerations:

- **Balance and Variety:** While focusing on protein, it's important to maintain a balanced diet that includes a variety of nutrients from other food groups.
- **Hydration:** Increased protein intake can lead to higher nitrogen excretion, so staying well-hydrated is important.
- **Kidney Health:** For individuals with pre-existing kidney conditions, a high-protein diet may need to be monitored carefully, as excessive protein can put additional strain on the kidneys.

Overall, a high-protein diet can be beneficial for various health goals, including muscle maintenance, weight management, and recovery, but it should be tailored to individual needs and balanced with other essential nutrients.



#### Advise From Family Doctor

To address protein deficiency, focus on increasing high-quality protein intake through sources like lean meats, fish, eggs, dairy, and plant-based options. Protein supplements might be necessary if dietary intake is insufficient. If you have malabsorption or other medical conditions, consult your family doctor or a nutritionist to create a suitable plan.

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Insight into Dr. Ng's patient incident

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# Insights

from a Physiotherapist

## Should you wear knee support



By: **CPT Nur Najwa Diyana**  
Alpro Physio Senawang

In Asia, it is estimated that 16-29% of the population aged 40 and above suffers from knee pain. With every step we take, our knees absorb the shock up to 1.5 times our body weight, which can inevitably increase with body weight changes and different high impact activities such as running and jumping. Before an invasive surgical management is considered, a conservative intervention such as wearing a knee support helps to manage the knee degeneration symptoms according to the Osteoarthritis Research Society International (OARSI) in the USA.

### Types of Knee Support Available

This type of knee support is made of breathable material that covers the entire knee joint and may extend slightly above and below it. Compared to other knee supports, a slip-on knee support offers compression and mild support. Studies have shown that knee sleeves can improve joint stability (Koch & Font-Llagunes, 2021). They have also been found to enhance knee joint position sense, which can be beneficial for individuals with knee osteoarthritis (Eymir et al., 2017). A knee sleeve with the presence of thin metal bars on the inner and outer part of the knee may help in lateral stabilisation, thus improving stability (Sharif et al., 2017). A slip-on support is best for those who seek general knee support and compression.



### 1 A Slip-On Support

A slip-on support is best for those who seek general knee support and compression.

### 2 Strapped Support

A strapped knee support is typically made up with a combination of elastic and padded materials. Knee straps like patellar tendon straps help to improve knee biomechanics that will in turn reduce discomfort associated with osteoarthritis (Sales et al., 2017). This support, however, may not provide sufficient support for individuals with severe osteoarthritis which requires a more comprehensive support and stabilisation. This support is good to reduce pain for conditions affecting the patellar tendon and kneecap. The easy adjustability makes it suitable to fit different leg sizes and offer varying levels of pressure.



### 3 Hinged Brace

Knee brace is usually used by individuals with moderate to severe knee osteoarthritis. The lockable hinges act as a lock that can limit how far the knee is able to bend or straightening the knee beyond normal range, therefore preventing the healing structures from overstretching. Knee braces offer substantial support and stabilisation to the joint. Generally, braces are more bulkier than a slip-on or strap support, which can cause discomfort or restrict movement for some individuals. These braces are recommended for those with moderate to severe osteoarthritis who need enhanced knee stabilisation, alignment support or pain relief.



### Advise From Family Doctor

As we age, our bodies require proactive care, including the use of braces or orthotics to protect and improve the function of vulnerable areas. Choosing the right support, guided by a healthcare professional, can relieve symptoms, improve mobility, and prevent further injury. Proper selection and usage are crucial to maintaining overall health and mobility.

### Summary

- Knee Sleeves are great for general compression and mild support, suitable for everyday use and light activity in mild to moderate osteoarthritis.
- Knee Straps offer targeted relief for pain around the patellar tendon and are useful for specific conditions rather than general support.
- Knee Braces provide substantial support and stabilisation, ideal for moderate to severe osteoarthritis and those needing significant joint support.

### Duration

For knee osteoarthritis, wearing knee support for a few hours every day helps to manage their pain. If a person requires more support, then they may put on knee support for longer periods of time (Paterson et al., 2018). Make sure to take off or loosen the knee support every few hours.

### Best time to wear

Most knee supports can be worn during the time when the person is actively moving around, walking long distances, and also during exercise. However, wearing external support for a long period of time may weaken the knee muscles. By including exercise and muscle strengthening in our daily routine, we can improve knee mobility and strength, which help to treat the symptoms of knee pain. It is recommended to see a physiotherapist to ensure optimal outcome and minimise potential complications. It is not recommended to keep on wearing knee supports to sleep, as they might cut off the blood circulation to the leg.

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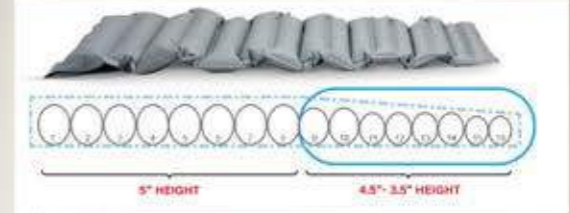


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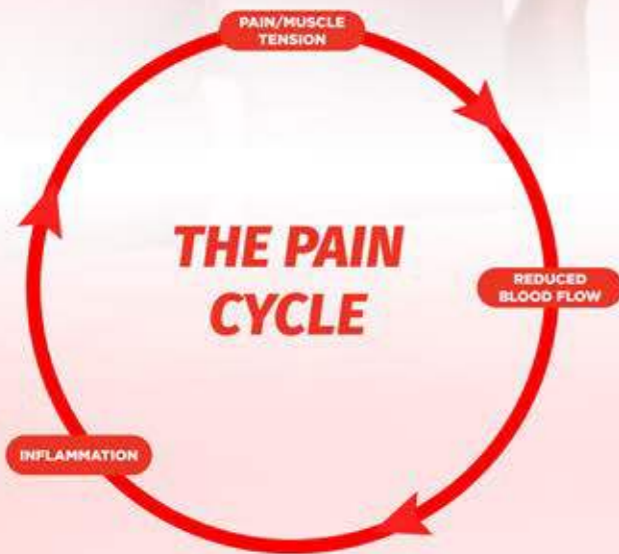
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# Insights

from a Audiologist



## Protecting Young Ears

# Ears

in the Age of  
headphones

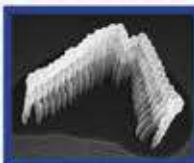


By: **Audiologist Nur Elya Shafira**  
Alpro Audiology Bandar Prima  
Senawang

In this millennial era, teenagers and young adults seem to always have headphones on. Headphones are widely used to listen to their favourite songs, watch movies, or even attend online meetings, as they provide a personal audio experience. However, it is important for them to be aware of the potential risks of prolonged headphone use on their young ears and ways to reduce these risks.

### Potential Risks of Prolonged Headphone Use

- **Noise-Induced Hearing Loss (NIHL):**  
Loud and continuous sounds from headphones can permanently damage the delicate hair cells inside the inner ear, leading to muffled hearing.
- **Tinnitus:**  
Tinnitus, characterised by a sensation of ringing, buzzing or hissing in the ear, may occur as a symptom of hearing loss. This can affect the ears temporarily or permanently.
- **Ear Infections:**  
Prolonged use of headphones creates a warm and moist environment in the ear canal, which is a perfect breeding ground for bacteria and fungi.
- **Impacted Earwax:**  
Regular use of headphones can push earwax deeper into the ear canal, leading to blockages.



Healthy inner ear hair cells



Damage inner ear hair cells

“ **Hearing fact**  
Listening to music through headphones or earbuds is one of the leading causes of noise-induced hearing loss.

## Headphone Safe Listening Practice

### Invest in Quality Headphones:

It is advisable to use headphones with a noise-cancelling feature to reduce the need to increase the volume.

### Follow the 60/60 Rule:

Set the headphones volume to 60% or lower. After 60 minutes, take a 5-10 minutes break to give your ears a rest.

### Reduce Hours of Usage:

The less time your ears are exposed to loud sounds, the lower the risk of hearing damage. It is advisable to use phone at a volume level of no more than 60% of the maximum for a duration of up to 60 minutes per day.

### Consider Other Alternatives:

Use speakers as an alternative to avoid direct contact with the source of sound.

### Regular Hearing Check-ups:

Early detection of hearing loss through regular check-ups at least once a year is crucial for providing proper intervention and preventing further damage. It is also important to note that hearing loss is often unrecognized in its early stages as it happens gradually.

## Regular Hearing Check-ups are Essential

Headphones have become an essential accessory, especially for teenagers and young adults. However, it is important for them to be informed about the potential irreversible damage they may cause to their young ears. Therefore, investing in quality headphones, reducing headphone volume and usage time, considering alternative listening methods, and making regular hearing check-ups are essential practices to protect young ears.



### Advise From Family Doctor



Hearing loss from headphone use can be managed depending on the severity, with options like hearing aids for mild cases and cochlear implants for severe cases. Tinnitus may be managed with sound therapy or counseling, and it's vital to avoid further exposure to loud sounds. Regular check-ups with an audiologist are essential, and if you're unsure about your hearing, consult your family doctor or audiologist.



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**Ph. Rachel Low**  
Maternal & Child Specialist Pharmacist

# Milk Formula

**There is no universally 'best' baby formula; the optimal choice varies based on each infant's unique nutritional needs and health considerations**

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## Choosing the Right Baby Formula: Preventing Stunted Growth

Stunted growth is a major issue in Malaysia, affecting about 21.2% of children according to the National Health and Morbidity Survey 2022. This condition, defined as a height-for-age measurement more than two standard deviations below the WHO growth standard, results from poor nutrition, repeated infections, and lack of psychosocial stimulation, especially in the first 1,000 days from conception to age of two. Stunting can lead to impaired cognitive development, weakened immunity, and higher risk of chronic diseases. Unfortunately, poor childhood nutrition is one of the preventable causes of stunted growth.



## The Role of Infant Formula

While breastfeeding is the best option for infant nutrition, some mothers may face difficulties that prevent them from breastfeeding. In such cases, commercial infant formula is a vital alternative, providing essential nutrients for a baby's growth and development.

## Common Myths About Baby Formula

Misleading labels and myths surrounding baby formula can confuse caregivers at times. Some common myths include:

- "Formula is just as good as breast milk": Breast milk is the gold standard for infant nutrition.
- "Expensive formula is better": Price does not equal quality. Consult healthcare professionals for the appropriate choice.
- "Follow-on formulas are necessary": These are not needed if your baby gets a balanced diet from solids alongside breast milk or standard formula.

## Tips for Choosing and Preparing Baby Formula

- Consult Professionals:** Seek advice from healthcare providers to choose the right formula for your baby's needs.
- Follow Instructions:** Prepare formula as per the manufacturer's guidelines to ensure proper nutrient intake.
- Maintain Hygiene:** Clean and sterilize all feeding equipment to prevent infections.
- Monitor Growth:** Regularly check with your healthcare professionals to track your baby's development and dietary needs.

**Conclusion:** While breastfeeding is ideal, infant formula is a vital alternative when needed. Choosing the right formula and using it correctly can support healthy growth and development. Debunking myths and seeking professional advice ensures your baby gets the best nutrition for a healthy start.



“ The creation of Alpro Baby is a celebration of life’s most precious moments, a testament to the joy that new beginnings bring. ”



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**Alya Zulaikha**



“ It’s a joy to see my little one growing strong with Ostricare cow milk. I’m genuinely impressed with how Ostricare really helps in improving his digestion and gut health, goodbye constipation! ”

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# EMPOWERING MENOPAUSE JOURNEY

## Managing Symptoms with Natural Remedies

Menopause is a natural stage in a woman's life, often bringing with it a range of uncomfortable symptoms such as **hot flashes, night sweats, mood swings, and fatigue**. As a natural process, it calls for natural solutions. Herbs like Chasteberry, Ashwagandha, and Maca Root have become popular for their potential to ease menopausal discomforts.

### Exploring the benefits of Chasteberry, Ashwagandha and Maca Root in relieving menopausal symptoms

#### Chasteberry

is well-regarded for its role in promoting hormonal balance, making it a beneficial herb for women experiencing menopause. It supports hormonal equilibrium by stimulating the pituitary gland, which boosts luteinizing hormone (LH) production and helps regulate the balance between progesterone and estrogen. **This can alleviate menopause symptoms like hot flashes, irritability, and mood swings.**

#### Ashwagandha

is an adaptogenic herb with a long history in Ayurvedic medicine, spanning thousands of years. During menopause, one of its most notable benefits is its capacity to lower cortisol levels, which is the body's stress hormone. Given that many women face increased stress and anxiety during menopause, ashwagandha can help by inducing a calming effect. **This soothing property not only promotes relaxation but also enhances sleep quality for those experiencing sleep disturbances during menopause.**

#### Maca Root

also known as Peruvian Ginseng, is another adaptogen that helps the body maintain hormonal balance. It is believed to act on the hypothalamus and pituitary gland, aiding in the regulation of estrogen, progesterone, and other hormones. During menopause, the decline in estrogen can cause a drop in serotonin levels, which are essential for regulating mood and energy, often leading to fatigue. **Maca Root's energizing properties can help counteract the fatigue and lethargy many women experience during menopause. Additionally, its mood-enhancing effects may help alleviate symptoms of depression.**

When combined, Chasteberry, Ashwagandha, and Maca Root create a potent synergy that helps alleviate the uncomfortable symptoms of menopause, empowering women to navigate this unique life transition with greater confidence.




Written by:  
Nutritionist Nitha



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Written by: Dietitian Najmi

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# The Science to Stay Young

## NMN ANTI-AGING SECRET

While aging is a fact of life, looking your age is not! Aging gracefully and achieving youthful skin are common goals, yet our body encounters one significant challenge every day: reduced NAD+ levels! NAD+ is an essential coenzyme for various critical cell functions, including metabolism, DNA repair, cell growth, and survival. It is directly associated with a wide range of aging characteristics, from wrinkles to metabolic disorders and neurodegenerative diseases.

### WE AGE BECAUSE OUR CELLS DO!

The problem with NAD+ is that as we age, we need more of it to repair cells and manage DNA damage. However, our body produces less of it, reducing its levels as early as 30 years old! This may explain the growing demand for NMN supplementation for these benefits:

- Restoring cell damage
- Softening wrinkles and fine lines
- Making skin look brighter
- Boosting energy and recovery
- Sharpening the mind

As we strive to maintain a youthful appearance and vibrant health, the role of NAD+ becomes increasingly crucial. NMN, a precursor to NAD+, has shown promising results in replenishing these vital molecules in our bodies.

### WHY NMN?

If NAD+ is the cell's power, NMN is the fuel, helping our body to perform at its best. But, taking NAD+ as a supplement doesn't offer the same potential benefits as taking NMN does. NMN is a naturally occurring precursor to NAD+, and without it, our body does not function optimally. However, choosing the right NMN supplement is still crucial since not all NMN supplements are created equal!

### DISCOVER LA SANTE AMARANTHINE REVITA NMN

Revita NMN is a first-of-its-kind patented NMN formula containing potent antioxidants, including SuperMide™ Spermidine, Grape Skin Extract, and D-Ribose. It's formulated to slow the physical and mental effects of aging.

#### Targeting Aging From Cellular Levels

By improving your cells' health, Revita NMN helps you stay youthful and feel more energised from the inside out. Uniquely, Revita NMN addresses the root cause of aging with its comprehensive, scientifically-proven ingredients:

- **Uthever® NMN:** Boosts NAD+ levels by 38% in 60 days.
- **SuperMide™ Spermidine:** Potentially increases lifespan by 5.7 years.
- **Grape Skin Extract:** Activates genes that help you look younger.
- **D-Ribose:** Supports skin elasticity and combats aging.

Embracing the power of NMN can be a game-changer in your anti-aging journey. While you can't turn back time, you can definitely look and feel youthful with Revita NMN!

Written by:  
Dietitian Najmi



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\*Shacterle, L. M., & St Cyr, J. A. (2009) Dermal benefits of topical D-ribose; Huang, H. (2022) Efficacy and safety of Uthever (NMN Supplement) in middle-aged and older adults.

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# 4th Alpro Pharmacy Little Pharmacist Camp:

Nurturing Young Minds in Negeri Sembilan and Kuching

Alpro Pharmacy continues to pave the way for the next generation of healthcare professionals through our successful "Little Pharmacist Camp," an initiative aimed at inspiring young minds to explore the world of pharmacy and healthcare. This year, the camp reached new heights with two vibrant rounds held in Negeri Sembilan and Kuching, drawing in a total of 200 enthusiastic participants, 100 in each location.

The Little Pharmacist Camp has become a cornerstone of Alpro Pharmacy's community outreach efforts. Designed for children aged 10 to 12, the camp offers an engaging and educational experience that introduces participants to the basics of pharmacy, health, and wellness in a fun and interactive environment. From learning how to read nutrition labels to understanding the importance of medication safety, the camp provides a hands-on opportunity for kids to dive into the fascinating world of pharmacy.

One of the camp's highlights was the "Pharmacist for a Day" segment, where the young participants got to experience what it's like to work in a pharmacy. They were guided by experienced professionals from Alpro, who not only shared their knowledge but also inspired the children with their passion for the profession. These hands-on experiences such as compounding their own "medications" with safe eye assessment and body alignment checks were invaluable in helping the children understand pharmacists' role in ensuring the community's health and well-being.

The response from the participants and their parents was overwhelmingly positive. Many parents expressed their gratitude for the unique opportunity provided by Alpro Pharmacy, noting that the camp not only sparked their children's interest in healthcare but also taught them important life skills such as teamwork, communication, and responsibility.

As Alpro Pharmacy reflects on the success of this year's camps, it is clear that the Little Pharmacist Camp is more than just a fun activity - it is a meaningful initiative that is making a lasting impact on the community. By fostering an early interest in pharmacy and healthcare, Alpro is helping to build a future generation that is well-informed about health matters and inspired to contribute to the healthcare industry.

Looking ahead, Alpro Pharmacy is excited to continue this tradition and is already planning for the next round of Little Pharmacist Camps. With each camp, the goal remains the same: to inspire, educate, and empower the young minds of today to become the healthcare leaders of tomorrow. Stay tuned for more updates on our upcoming events and initiatives as we continue to make a difference, one child at a time.

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Little Pharmacist Camp @ SJK(C) Bandar Sri Sendayan, Negeri Sembilan



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# Insights

from Optometrist

## Cataract

# IT'S NOT Just Limited to Seniors



By: **Optometrist Renessmee Saw**  
Alpro OptiSaver Centrio Seremban 2

When we think of cataracts, many of us picture an older person struggling with their vision. While it's true that cataracts are more common among the elderly, they are not exclusive to seniors. Cataracts can affect people of all ages, including children and adults. Therefore, understanding early symptoms and detection is crucial for everyone, regardless of age. Let's delve into what cataracts are, how they affect vision, and how you can spot the signs early on.

## What Are Cataracts?

A cataract is a clouding of the crystalline lens in the eye, which can lead to a decrease in vision. The crystalline lens acts like a clear window that allows light to pass through the eye, which provides us crisp and clear vision. Hence, when there is presence of a cataract, this window becomes frosted or foggy, making it difficult to see clearly. A very common cause of cataracts would be aging, followed by several other factors such as systemic diseases like diabetes, traumatic injuries, smoking and consumption of certain medications.

## Symptoms of Cataracts

Recognising the symptoms of cataracts can help in seeking timely treatment. Here are some signs to look out for:

**Blurry Vision:** One of the first signs is often a slight blurriness or haziness in your vision. It might feel like you're looking through a cloudy or dirty piece of glass.

**Glare and Halos:** You might find that you're a bit more sensitive to bright lights than usual. One good example would be when you're out at night, you might notice glowing rings or halos around street lights or car headlights, making nighttime driving or brightly lit areas feel more challenging and uncomfortable.

**Reduced Contrast of Colors and Wordings:** Colors and certain bold wordings might appear faded and less vibrant than they used to be. This change can be quite gradual, often going unnoticed at first, but over time, it becomes increasingly evident.

**Double Vision:** As the cataract progresses, you may start to experience double vision, where objects appear duplicated or overlapped. This effect becomes more pronounced as the cataract matures, significantly affecting the clarity of your vision.

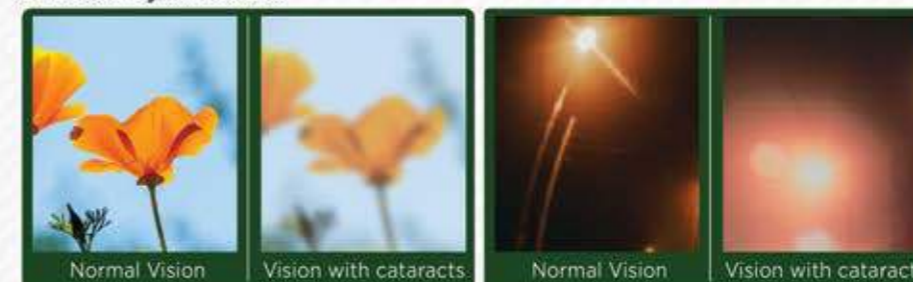
## Cataracts in Younger People

Though cataracts are often linked with the aging process, they can also develop in younger individuals. Several factors may accelerate the onset of cataracts at an earlier age, including:

- **Genetics:** Most often seen in infants or young children, cataracts can develop due to inherited genetic factors or underlying metabolic conditions.
- **Trauma:** Often a result of eye injuries, trauma can lead to the early formation of cataracts.
- **Medical Conditions:** Systemic diseases like diabetes, can significantly elevate the risk of developing cataracts at a younger age.
- **Medications:** The use of certain medications, particularly steroids, can contribute to the onset of cataracts.

## Normal Vision vs. Cataract Vision

Understanding how cataracts affect vision can help you recognize the symptoms. Here's a comparison between normal vision and vision affected by cataracts:



## Early Detection and Treatment

Early detection of cataracts can have a profound impact on your eye health, making regular eye exams crucial. Optometrists can identify the subtle early signs of cataracts long before you experience noticeable symptoms, allowing for proactive management. If a cataract is found, the treatment strategy will depend on its severity. In the early stages, your optometrist will advise you on steps to slow the progression, such as wearing sunglasses or photochromic lenses to protect against UV radiation, a major contributor to cataract formation.

However, as the cataract advances, surgery may become necessary to remove the clouded lens and replace it with an artificial one. Cataract surgery is a common, generally safe procedure that can significantly restore clear vision.

## Prioritise Your Eye Health

Cataracts are not solely a concern for seniors, as they can affect individuals at any age. Recognizing the early symptoms and scheduling regular eye exams are essential in maintaining good vision. If you observe any changes in your eyesight, don't ignore or overlook them. Early detection and timely treatment can help preserve your vision and enhance your quality of life.

Clear vision is essential to your everyday life, and it begins with self-awareness. Prioritize your eye health and remain vigilant for any signs of cataracts.



### Advise From Family Doctor

Early detection of cataracts is critical, especially for individuals with underlying health conditions like diabetes, as these can accelerate cataract development and increase the risk of vision loss and eye infections. Untreated cataracts can lead to falls and other health complications. Consult with your optometrist or family doctor for a tailored management plan.



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Non-  
Greasy

日本医药部外品  
Medicated

痘痘肌  
Acne Prone Skin

敏感肌  
Sensitive Skin

**0%**

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

SCAN & BUY HERE



Off & Relax

## Spa Treatment For Your Hair

Cleansing And Refreshing Care With Japan Hot Spring Water

髪と地肌に、スパの恵みを

### 01 Refreshing

- Cleanse dirt
- Non-Greasy

### 02 Volumize

- Oil & dandruff control
- Fluffy hair look

### 03 Soothing

- Oil & water balancing
- Scalp nourishing

0% Silicone 0% SLS

3 楽天ランキング  
冠達成!



SCAN & BUY HERE



OR Spa  
Hair Shampoo



OR Spa  
Hair Treatment

日本製  
Made in Japan



楽天ランキング  
総合1位!



# Daily Cleansing Solution

No hassle and all satisfaction



NOW @  
RM 79.90 / unit



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

SCAN & BUY HERE



ORIHIRO

日本製  
Made in Japan

おやすみ前の  
リラックスタイムに  
**Burn~~~~!!!**  
While You Sleep



Caffeine FREE



NOW @  
RM 39.90 / unit

Blend Of:

- Kintoki Ginger + Chamomile
- Contains 5 types of Amino Acids, (Lysine, Glycine, Ornithine, Citrulline, Arginine)
- Contains Rooibos & Candlebush tea

SCAN & BUY HERE



Night Diet tea  
ナイトダイエットティー

日本製  
Made in Japan

Attached to the air inlet position

**BIO**  
Clean up odour

Eliminate Odour

Anti-Mold

Deodorise

Effect Lasts About 3 Months

**Cogit PowerBio anti-mold box for air conditioners**

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

**NOW @**  
RM 3990 /unit

日本製  
Made in Japan

Oxygen + Enzyme

**BIO**  
Clean up odour

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

**NOW @**  
RM 3990 /unit

Around 135 days supply with 3 sachets

Before After

"I can see the dirt!"



**SHOP NOW!** DEC. 2024 - JAN. 2025

# PROMOTION

<p><b>RM 2150</b> /unit</p> <p><b>KoolFever</b> Cooling Gel Sheet Children 6x2s [SKU:10559]</p>	<p><b>RM 298</b> /unit</p> <p><b>Shiyoni</b> Collagen Drink 4G (2X15 Sachets) [SKU:100421818]</p>	<p><b>RM 1390</b> /unit</p> <p><b>Cosmoderm</b> Tea Tree Oil Bodywash 500ml [SKU:63874]</p>	<p><b>RM 1890</b> /unit</p> <p><b>Homecare</b> Lactul Solution 200ml [SKU:100128634]</p>
<p><b>RM 59</b> /unit</p> <p><b>Premierix</b> Getset Smooth'D 20g 10/Bx [SKU:62076]</p>	<p><b>RM 990</b> /unit</p> <p><b>Energizer</b> Max AA 3 Free 1 Max AAA 3 Free 1 [SKU:100426832] [SKU:100426840]</p>	<p><b>RM 85</b> /unit</p> <p><b>Ugoku</b> UA-017N BE Beige Thigh-High Compression Stockings AST S - XXL [SKU:74501] [SKU:74504] [SKU:74505] [SKU:74506] [SKU:74507] Ua-017bk Black Thigh-High Compression Stocking AST S - XXL [SKU:74508] [SKU:74509] [SKU:74510] [SKU:74511] [SKU:74512] Soothing Cold &amp; Hot Therapy HAT UM-804 [SKU:100130990]</p>	
<p><b>RM 1590</b> /unit</p> <p><b>The Original Vege</b> The Original Vegesorb Moisturiser 100ml [SKU:57446]</p>	<p><b>RM 2090</b> /unit</p> <p><b>Dr.Morita</b> Hyaluronic Acid Moisture Essence Facial Mask 5s [SKU:71210] Hyaluronic Acid Long Lasting Essence Facial Mask 5s [SKU:71211] <b>Dr.Morita</b> Collagen Repair Facial Mask 5s [SKU:71212]</p>	<p><b>RM 240</b> /unit</p> <p><b>Waterworld</b> Vitamin Water D 400IU Flavoured Drink 500ml [SKU:100187699]</p>	
<p><b>RM 2990</b> /unit</p> <p><b>DD</b> Cracked Skin Repair Moisturizing Cream 120ml [SKU:100066158]</p>	<p><b>RM 1750</b> /unit</p> <p><b>Lifree</b> Absorbent Pad 18 [SKU:54511]</p>	<p><b>RM 39</b> /unit</p> <p><b>Infanto</b> Infanto Tummy Oil (Baby) 60ml [SKU:100049960]</p>	<p><b>RM 49</b> /unit</p> <p><b>Metabolic + Organic</b> Vco 15mlx30s [SKU:100184258]</p>
<p><b>RM 99</b> /unit</p> <p><b>La Sante</b> Amaranthine Deer Placenta Plus 10s [SKU:100042413]</p>	<p><b>RM 89</b> /unit</p> <p><b>La Sante</b> Amaranthine Revita NMN 3g (7s) [SKU:100325752]</p>	<p><b>RM 118</b> /unit</p> <p><b>Olivia</b> Olivia Hair Tonic By Olivia 100ml [SKU:100125752]</p>	<p><b>RM 47</b> /unit</p> <p><b>Beright</b> Hiv 1.2 Rapid Test (Whole Blood) 1s [SKU:100104666]</p>
<p><b>RM 25</b> /unit</p> <p><b>Infanto</b> Buzze Repel Plant Based Oil Spray 100ml [SKU:100204734]</p>	<p><b>RM 59</b> /unit</p> <p><b>The Herbal Co</b> THC Enermax 330mg 60s [SKU:61874]</p>	<p><b>RM 950</b> /unit</p> <p><b>Linkus</b> Linkus Cough Syrup 120ml [SKU:100061282]</p>	<p><b>RM 1876</b> /unit</p> <p><b>3 Leg</b> Tinea Kare Antifungal Spray 30ml [SKU:50387]</p>

**SAVE MONEY, LIVE BETTER. 省得多, 活得更好。 :)**

All prices are verified correct at the time of printing but are subject to change without prior notice. While every care has been taken in production, any inaccuracy is unintentional and regretted. We reserve the right not to sell our merchandise to trade personnel at our discretion. All prices are quoted in Ringgit Malaysia and inclusive of GST. All pictures shown are for illustration purpose only.





# MORE CHEAP, MORE SYOK!!! MEGA ONLINE STORE

December 2024 - January 2025

Unable to visit our outlet? You can shop at [www.alprooneclick.com](http://www.alprooneclick.com)

 <b>RM19<sup>90</sup></b> /unit Anlene Regular 550g [SKU:100329533] <b>FREE</b> Anlene Glass Mug with Handle with purchase of RM30 & above of Anlene product	 <b>RM21<sup>90</sup></b> /unit Anlene Gold 5x Dark Choc 550g [SKU:100319572] <b>FREE</b> Anlene Glass Mug with Handle with purchase of RM30 & above of Anlene product	 <b>RM54</b> /unit Anlene Total 10 800g [SKU:100329598] <b>FREE</b> Anlene Glass Mug with Handle with purchase of RM30 & above of Anlene product
 <b>RM17<sup>90</sup></b> /unit Love Earth Mushroom Seasoning 150g [SKU:74478]	 <b>RM169<sup>90</sup></b> /unit Keyeyes Collagen (6000mg) Mixberry + L-Cystine 360g [SKU:100430933]	 <b>RM115</b> /unit Spring Sheep Step 3 700g [SKU:100279314]
 <b>RM122<sup>75</sup></b> /unit Bellamy's Organic Step 4 Equinutri Junior Milk Drink 900g [SKU:100291656]	 <b>RM108</b> /unit Spring Sheep Milk Probiotic Family Vanilla Flavoured 700g [SKU:100291640]	 <b>RM122<sup>75</sup></b> /unit Bellamy's Organic Step 3 Equispire Toddler Milk Drink 900g [SKU:100291608]
 <b>RM3</b> /unit Green Bio SuperTreatment Sachet 30ml 1s [SKU:100187200]	 <b>RM210</b> /unit Hoo Hoo Tiger Milk Mushroom 2g x 30s [SKU:100403484]	 <b>RM87<sup>30</sup></b> /unit La Roche Posay CicaPlus B5 Face Mask 5s [SKU:100073111]
 <b>RM195</b> /unit Pellucid + Eye Spray 3x15ml [SKU:100312578]	 <b>RM199</b> /unit YF Peptide NMN Collagen + 15s [SKU:100126024]	 <b>RM14<sup>90</sup></b> /unit Blood 50cm Corn Panty Pad Size M/L 4s [SKU:100466688] <b>Buy 2 @ RM24.90</b>
 <b>RM9<sup>30</sup></b> /unit Ajinomoto Aminovital 100g 1's [SKU:100369588]	 <b>RM44<sup>90</sup></b> /unit KlorobenXl Oral Spray 30ml [SKU:100345031]	 <b>RM34<sup>93</sup></b> /unit LAC Magnesium 250mg 90s [SKU:100325432]

## 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.

## The Hidden Struggle of Caring for Tube-Fed Loved Ones: A Crisis of Heart, Health, and Hope



Caring for a loved one who relies on tube feeding is more than a responsibility, it's a labor of love that tests emotional strength and financial stability every single day. For many families, this journey is overwhelming. Monthly costs for essential care can range from RM2,500 to RM4,000, and even the basic nutritional formulas necessary for survival can cost between RM1,000 and RM1,600. For families already struggling to make ends meet, these costs are not just challenging, they're crippling.

When faced with these impossible expenses, families often have to make heartbreaking choices: cut back on essentials or resort to cheaper, less safe alternatives like regular milk powder. This is not a decision made lightly, it's made out of sheer desperation. But it comes with serious risks. Unlike specialised medical formulas, regular milk powder lacks the nutrients needed for tube-fed patients, leading to malnutrition, digestive issues, and other severe complications that can spiral into even higher medical costs. It's a vicious cycle that no family should have to face alone.

But here's the message of hope: We can change this. Together, we can build a community of support where no family feels isolated or desperate. This change is made possible through the incredible support of Alpro members participating in the Metabolic Basic Buy 1 Gift 1 Program at Alpro Pharmacy outlets. Their generosity helps make specialized nutrition accessible to those in need, offering a glimmer of hope in difficult times.

## Steps to Apply For Assistance:

1. Visit Any Alpro Pharmacy Outlet
2. Provide the following documents to the Alpro Pharmacy staff:
  - Identity Card of Patient and Caregiver
  - Pay Slip / Declaration Letter
  - Referral Letter / Supporting Document from Hospital
  - Details of Patient Monthly Expenses
3. Application Review: Alpro Foundation will review the submitted documents within 7 working days of receipt.
4. Notification: Applicants will be notified of the sponsorship decision within the 7-working day review period.



## A Clearer View to a Brighter Future: A Growing Star's Journey

Meet Alisya, a student from The Growing Stars Project. For months, Alisya has struggled to see the whiteboard from the back of her classroom. Every day is a challenge as she tries to make sense of blurred words and figures, piecing together lessons that remain just out of reach. Despite her passion for learning, her vision problems have become a quiet obstacle, affecting her confidence and school performance. In her family, where finances are tight, eye care is a luxury they simply cannot afford.



But then, Alisya receives

life-changing news: she has been selected for a free eye examination at Alpro Optisaver, thanks to a wonderful partnership between Alpro Foundation and Alpro Optisaver. With a mix of nerves and excitement, she arrives at the shop. She is welcomed by friendly optometrists who guide her through an innovative eye exam using advanced AI technology.

As Alisya sits in the chair, the machine scans her eyes, and the AI technology instantly provides a precise analysis of her vision. For Alisya, it feels like a miracle. The results reveal that she does need glasses, and to her amazement, Alpro Foundation will provide them for free. With a bright smile, she picks out her first-ever pair of glasses, feeling a mix of excitement and relief.

When Alisya finally puts on her new glasses, the world sharpens into focus. The colors around her seem richer, the faces clearer, and most importantly, she can see the whiteboard perfectly. The struggle to keep up with her lessons vanishes, replaced by a newfound sense of confidence. For the first time in months, she feels like she belongs in the classroom.



To help more children like Alisya, we invite you to contribute to the Growing Stars Project.

If you would like to support our cause, you may donate to:



WhatsApp our team a screenshot of the transaction slip and we will promptly prepare and send you an official receipt. Your generosity directly supports basic education for children, allowing them to reach for the stars.

On behalf of Alisya and all the students whose futures are being transformed, we extend our heartfelt thanks for your continued support. Together, let's continue to bring hope and change lives!



# Winner

2024

## NATIONAL

### Alpro Moment

## PHOTO CONTEST



### Here's Ms. Lim's story:

I had a truly reassuring experience at Alpro Pharmacy, Setia Alam recently. Pharmacist Cik Nur Nadia took the time to chat with me and carefully reviewed my medical history - both my heart condition and diabetes. Based on this, she not only prescribed the supplements I needed, like diabetic milk powder and sugar-blocking teas but also recommended alternative cholesterol-lowering supplements. Her care went beyond medication, though. Cik Nadia offered fantastic exercise tips to manage my plantar fasciitis pain, suggested helpful anti-inflammatory supplements, and even recommended specific footwear! I was incredibly impressed by her knowledgeable and personalised approach. Having a professional to clarify my doubts was a huge weight off my shoulders. Of course, Alpro is already my go-to pharmacy because of its affordable, genuine medications and healthcare products. Knowing I'm getting authentic products is priceless, especially as I manage my health through my golden years. Their Membership Rewards Program makes each visit even more rewarding! Beyond the shopping experience, I find their resources incredibly valuable. I often flip through "Health Matters," Alpro's informative magazine, which is packed with health tips and guidance from their healthcare professionals. It's a fantastic resource that empowers me to make informed decisions about my well-being. Finally, it's incredibly reassuring to know Alpro prioritises ethical practices. As the first community pharmacy to become a certified member of the United Nations Global Compact (UNGC), their commitment to social responsibility and community health truly embodies their tagline: "Reassurance that brings Smiles." With Alpro, I have complete peace of mind knowing my family and I are in the best hands. They are, without a doubt, my trusted partner for all our healthcare needs.



Alpro Pharmacy  
is now at **KidZania**  
Kuala Lumpur



- 1 SNAP**  
a Photo/Video

Capture your child's experience at Alpro Pharmacy KidZania.
- 2 POST**  
on social media

Share the photo/video with **#AlproKidZania**.
- 3 REDEEM**  
your pin from us

Show your post to Alpro Pharmacy KidZania staff to redeem the pin.

\*Exclusive in Alpro Pharmacy KidZania Kuala Lumpur.\*T&Cs apply. \*First come first serve, while stocks last.

Alpro ePharmacy

**WE DELIVER  
MEDICATION  
SAFETY**



farmasi **alpro**<sup>Rx</sup>  
pharmacy



**Same-Day  
Delivery**

As fast as within 30 mins\*



**FREE  
Consultation**

Professional team  
comprising doctors &  
pharmacists



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