



Sihat Merdeka, Semangat Malaysia

1 Aug 2026 - 30 Sept 2026

GET

RM 9.90

BATIK TOTE BAG

with Purchase

RM69 & above

Limited
Edition

megakulim
PHARMACY

megakulim
PHARMACY

T&Cs apply. While stocks last. Selected items only.

UNLOCK YOUR GIFT!

1 Aug 2026 - 30 Sept 2026



Kizuna Milk Biscuits 52g /
Milk Wafer 35g

**BUY 2
FREE 1**

Unit Price: RM9.20



Take-it 4 Fingers /
Yoghurt Berry 35g

**BUY 2
FREE 1**

Unit Price: RM2.70 - RM3.25



Flavettes Mskranberi /
Mskristal / Msferrin 30sac

**BUY 1
FREE 1**

Unit Price: RM68.20 - RM113.80

BEST VALUE DEALS

FREE

Hydro 5 Kit (unit)

*with purchase 1 unit of

Schick
Hydro 5 Refill 4's



BEST VALUE DEALS

FREE

Intuition Sensitive Care Kit

*with purchase 1 unit of

Schick
Intuition Sensitive
Care Refills 3's



FREE



Bunny Pouch

Duracell Battery Range
with purchase of RM30 & above

FREE



Hanako Tote Bag

Hanako Range
with purchase of any 2 boxes

FREE



Travel Puff Pouch

Systane
Complete / Hydration
Preservative Free 10ml
with purchase of 2 bottles

FREE



Himalaya Leather Pouch

Himalaya Range
with purchase of RM38 & above

FREE



Kiko Goat Soft Toy

**Kiko Grow Goat Growing
Up Formula 1-9y (800g)**
with purchase of any 2 cans

FREE



Haleon Fair Water Bottle

Haleon Range
with purchase of RM38 & above

FREE



Eucerin PH5 Beruhigende
Lotion 20ML

Eucerin
PH5 Lotion 400ml / Wash 1L
with purchase of any 1 unit

FREE



Foltene Conditioner 180ml

Foltene
Shampoo 200ml Range
with purchase of any 1 unit

FREE



Safe Care Minyak Telon 30ml

Safe Care
Minyak Telon 60ml Range
with purchase of any 1 unit

DOUBLE THE SEMANGAT, 2GETHER FOR MALAYSIA!

1 Aug 2026 - 30 Sept 2026



Dofarm Sugar Free
Mint Watermelon /
Peach / Grape 16g
**BUY 2@
RM 3.30**
Unit Price: RM1.80



Karta Coconut
Water 100% (330ml)
**BUY 2@
RM 6.50**
Unit Price: RM3.80



Anzen Organic Rolled
Oat - Instant 500g
**BUY 2@
RM 16.50**
Unit Price: RM9.20



Dermal Lip Balm
Original / Berry 10g
**BUY 2@
RM 25.00**
Unit Price: RM13.40



MK Hygienix Goat's Milk
Shower Cream Orange /
Original / Rose 2000ml
**BUY 2@
RM 19.90**
Unit Price: RM13.90



Panaflex
Pain Relief Patch 2pcs
**BUY 2@
RM 10.90**
Unit Price: RM5.80



Panaflex Hot /
Cool Patch 10pc
**BUY 2@
RM 17.90**
Unit Price: RM9.80



Makarizo Vitaglit Hair
Serum Aloe Melon /
Royal Jelly 6's
**BUY 2@
RM 12.00**
Unit Price: RM6.90



MK Hygienix Silky Soft
Baby / Adult Wipes
**BUY 2@
RM 10.00**
Unit Price: RM6.90



MK Hygienix Silky
Soft Wet Wipes 10's
**BUY 3@
RM 5.00**
Unit Price: RM2.20



Sofy 360 Panty
(M - L) (L - XL) (5's)
**BUY 2@
RM 23.80**
Unit Price: RM13.90



Sofy Hada Night
29cm / 36cm (10's) /
Day 26cm (17's)
**BUY 2@
RM 23.80**
Unit Price: RM13.00



Himalaya Tentex Royal 10cap
**BUY 2nd@
50%**
Unit Price: RM36.80



Himalaya Men's Wellness
Gokshura 60cap
**BUY 2nd@
50%**
Unit Price: RM44.40



Himalaya Speman 100tab
**BUY 2nd@
50%**
Unit Price: RM45.80



Breathe Free Kids /
Adult / Pro /
Nasal Strips 10's
**BUY 2@
RM 23.80**
Unit Price: RM16.90



Linkus Nova Lozenges
Orange / Honey Lemon /
Strawberry 2x9tab
**BUY 2nd@
50%**
Unit Price: RM7.80



Banana Boat Ultra Protect
Faces Lotion 60ml
**BUY 2nd@
50%**
Unit Price: RM32.80



Banana Boat
Ultra Protect / Kids
Sensitive SPF50 (90ml)
**BUY 2nd@
50%**
Unit Price: RM33.90 -
RM38.80



Banana Boat Sport SPF50
Cool Zone Spray 170g /
Ultra SPF 50 (90ml)
**BUY 2nd@
50%**
Unit Price: RM33.90 -
RM48.80



Banana Boat Aloe Vera Gel
90ml / 230g
**BUY 2nd@
50%**
Unit Price: RM19.80 -
RM27.80



Banana Boat Simply Protect
Aqua Daily Moisture 50ml
**BUY 2nd@
50%**
Unit Price: RM36.80

JUST FOR MEMBERS

1 Aug 2026 - 30 Sept 2026



UP TO
RM40 OFF

Appeton
Wellness 60+ Range
**RM 109.90 -
RM 219.90**
NP: RM120.00 - RM250.00



UP TO
40% OFF

Buds Selected Items
**RM 22.50 -
RM 40.20**
NP: RM32.50 - RM62.00



UP TO
30% OFF

MK Essentia Gentle
Skin Cleanser
250ml / 500ml
**RM 16.00 -
RM 27.90**
NP: RM22.00 - RM30.00



UP TO
20% OFF

Bzu Bzu
Selected Items
**RM 21.50 -
RM 28.40**
NP: RM23.00 - RM35.50



UP TO
15% OFF

Scott's Vitamin C Orange /
Blackcurrant / Mix Berry 50's
RM 14.80
NP: RM17.40



UP TO
20% OFF

Centrum Selected Items
**RM 21.50 -
RM 123.80**
NP: RM26.50 - RM138.80



50% OFF

Himalaya Shampoo
Range 400ml
RM 14.20
NP: RM28.40



15% OFF

MK Essentia Anti Acne
Spot Gel 25g
RM 19.40
NP: RM22.00



RM10 OFF

Hakubi Range
**RM 38.90 -
RM 48.90**
NP: RM48.90 - RM58.00



RM10 OFF

Kiko Grow Goat Growing
Up Formula 1-9y (800g)
RM 114.50
NP: RM124.50



RM8 OFF

Proviton
+ Coq10 (90sgel)
RM 76.90
NP: RM84.00



RM5 OFF

Nattifalle Trifit /
Nattifalle Plus /
Ginkgo Forte 2000mg /
**RM 32.20 -
RM 50.90**
NP: RM37.20 - RM55.00



Garden Of Eden Rosa T
Mild Cleanser 30ml
RM 5.50
NP: RM6.80



Jordan Toothpaste Watermelon /
Chamomile Mint 75g
RM 5.90
NP: RM6.90



Ryze Frosty Minty 2mg
Nicotine Gum 12's
RM 7.50
NP: RM9.00



GINVERA Pure Olive Oil 150ml
RM 9.90
Unit Price: RM11.50



Dettol Liquid 500ml
RM 29.90
NP: RM31.40



Scott's DHA Gummies
Assorted Flavour 60's
RM 33.00
NP: RM36.00



Opceden Fizz Litee /
Glow / Easee 25tab
**RM 35.00 -
RM 40.00**
NP: RM40.00 - RM55.00



Certainty Max Pants
M - XL
RM 24.90
NP: RM26.50



Certainty Airy Dry Pants
M - XL
RM 18.90
NP: RM19.80



Confidence Classic Night Tape
M - XL
RM 9.90
NP: RM11.00



Confidence Extra Absorb Pants
M - XL
RM 12.90
NP: RM15.50

JUST FOR MEMBERS

1 Aug 2026 - 30 Sept 2026



UP TO
15% OFF

Caltrate Selected Items

RM 27.30 - RM 89.90

NP: RM32.20 - RM99.00



UP TO
10% OFF

Sensodyne Selected Items

RM 8.10 - RM 30.70

NP: RM9.10 - RM34.20



UP TO
RM7 OFF

Good Virtues Co.

RM 7.90 - RM 17.90

NP: RM12.00 - RM24.00



30% OFF

MK Essentia Soothing Day Cream 50g / Facial / Milk Cleanser 100ml

RM 53.80 - RM 61.50

NP: RM76.00 - RM87.00



30% OFF

MK Essentia Silky Soft Baby Wash 500ml

RM 27.90

NP: RM39.00



30% OFF

MK Essentia Sensitive Sunscreen Defense Lotion 50g

RM 53.80

NP: RM76.00



20% OFF

MK Essentia Intimate Wash 200ml

RM 23.90

NP: RM29.00



15% OFF

Tolak Angin 5x15ml

RM 5.00

NP: RM5.00



10% OFF

Rosken Dry Skin Cream 500ml

RM 40.40

NP: RM44.00



RM6 OFF

Ebene Plantar Fasciitis Compression Foot Sleeve Size L - XXL (2pc)

RM 89.20

NP: RM95.20



RM5 OFF

Obimin Pluz 6x5cap

RM 53.90

NP: RM58.00



Lee Kum Kee Less Salty Soy Sauce 250ml

RM 5.00

NP: RM5.50



Ceelin 100mg/5ml Syrup 120ml

RM 22.80

NP: RM25.80



Enervon-C Plus 32tab

RM 22.80

NP: RM24.80



Ecobrown's Wholegrain Brown Rice Beverage 16 Sac x 30g

RM 18.50

NP: RM21.50



Polident Max Hold + Seal Adhesive Cream Flavour Free 40g

RM 19.60

NP: RM22.00



Farcent Dehumidifier & Deodorizer

RM 13.70 - RM 13.90

NP: RM14.90



Thursday Plantation Tea Tree / Lavender / Peppermint Oil 25ml

RM 25.00 - RM 30.00

NP: RM46.00 - RM67.00



Nivea Extra Bright Repair & Protect SPF30 Body Lotion 350ml / C&E / Super C+ Serum 300ml

RM 21.10 - RM 23.50

NP: RM28.80 - RM30.00



Dermal Hand / Heel Balm 50g

RM 14.90 - RM 22.90

NP: RM16.00 - RM24.00

PWP UP TO 50% OFF



1 Aug - 30 Sept 2026

* Limit 5 Units Per Customer In A Single Receipt

LIMITED TIME ONLY !



Mk Hygienix Goat's Milk Shower Cream Assorted Flavour 70ml
RM 1.99
NP: RM3.90



Mk Hygienix Powerklean Natural Dish Wash 1L
RM 9.90
NP: RM14.90



50% OFF

Mk Essentia Soothing Serum 30ml
RM 55.40
NP: RM110.90

Exp : 2/27



50% OFF

Mk Essentia Soothing Toner 100ml
RM 32.90
NP: RM66.90

Exp : 2/27

Household Essentials



Mk Hygienix Antibacterial Hand Wash Cucumber / Grape / Citrus 500ml
RM 6.90
NP: RM7.90



Mr Muscle Multi-purpose Cleaner Ocean Escape / Lavender (1L)
RM 6.90
NP: RM9.60



10% OFF

HS Mosquito Repellent Spray 60ml
RM 15.70
NP: RM17.60



HS Mos No More Patch 12's
RM 14.90
NP: RM16.40



Perskindol Classic Gel 50ml
RM 11.90
NP: RM16.40



Certainty Adult Wet Wipes 2x40's
RM 11.90
NP: RM12.60



Dettol Liquid 3x750ml
RM 105.90
NP: RM112.40

Bites & Boost



40% OFF

Redoxon Kids Vit C Chewable 200mg (60tab)
RM 9.90
NP: RM16.80



Bio-Life AB Junior Pre & Pro 10x2.3g
RM 18.00
NP: RM18.90



Cha Cha Minis 30g
RM 2.20
NP: RM3.20



Nouvelle Omega Fish Oil EPA 180 / DHA 120 (2x10sgel)
RM 19.90
NP: RM26.90



Lee Kum Kee Mushroom Powder 200g
RM 10.60
NP: RM11.60



Haribo Happy Cola / Gold Bears 80g
RM 3.80
NP: RM4.20



Spoon Health Organic Chia Seed 150g
RM 11.80
NP: RM14.60



15% OFF

Ecobrown's Cereal / Cocoa / Coffee Plus Brown Rice Drink
RM 10.90
NP: RM12.90



Cebion Vitamin C Chewable 500mg (5x6tab)
RM 12.90
NP: RM16.80



Nouvelle Milk Thistle / Red Yeast Rice / Ginkgo Bacopa Clearance 6x10vcap
RM 39.90
NP: RM49.90

Groom & Personal Care Picks



20% OFF

Ginvera Pure Olive Oil 75ml
RM 6.00
NP: RM7.50



10% OFF

Freego Disposable Men / Women Non Woven Panties M - XL (7's)
RM 7.00
NP: RM7.80



10% OFF

Freego Disposable Men Cotton Panties L - XL (4's)
RM 8.80
NP: RM9.80



15% OFF

Novoplus Digital Thermometer NDT330
RM 16.90
NP: RM19.90



Fullicon 7 Day Pill Organizer MB007
RM 9.00
NP: RM9.90



Rosken Dry Skin Cream 25ml
RM 6.90
NP: RM7.80



Syahrirah All Range
RM 6.20
NP: RM8.00



Skinlabs Vit E Cream 200ml
RM 25.00
NP: RM36.90



Hiruscar Kids 10g
RM 28.90
NP: RM31.80



Drapolene Cream 2x55g
RM 30.90
NP: RM32.90



Cetaphil Gentle Exfoliating SA Cleanser 236ml
RM 34.50
NP: RM43.20



Trinley Magna Oil 100ml
RM 39.90
NP: RM42.80

GET
RM 9.90

BATIK TOTE BAG

★ with Purchase
RM69 & above ★

1 Aug 2026 - 30 Sept 2026

**Limited
Edition**



Tea Essence Care

Refreshing • Purifying • Nourishing

1 Aug - 30 Sept 2026



**BOOMIE TEA ESSENCE
HYDRATING SHOWER
GEL (450ML/BTL)**

BUY 2 GET

20% OFF

RM26.30/btl

Unit Price: RM32.90



**BOOMIE TEA ESSENCE
REFRESHING INTIMATE
WASH (250ML/BTL)**

BUY 2 GET

20% OFF

RM23.90/btl

Unit Price: RM29.90



**BOOMIE TEA ESSENCE
MOISTURISING BODY
LOTION (250ML/BTL)**

BUY 2 GET

20% OFF

RM26.30/btl

Unit Price: RM32.90



Inspired by
Nature



Gentle &
Nourishing



Supports
Skin Barrier



For All
Skin Types



CARDIOVASCULAR DISEASE PREVENTION : THE ROLE OF NUTRITION



Nurul Huda Binti Mat Awi
Dietitian at Mega Kulim Pharmacy



OVERVIEW

Adopting a balanced, nutrient-rich dietary pattern is essential for maintaining heart health. A healthy diet should include a variety of food groups such as fruits, vegetables, whole grains, lean proteins, legumes, nuts, and healthy fats.

Beyond the Quarter-Quarter-Half approach, other heart-friendly dietary patterns such as the Mediterranean Diet and DASH Diet provide structured guidance to support cardiovascular health.

DIET PATTERN



MEDITERRANEAN DIET

MAIN FOCUS

Healthy fats +
whole foods

WHAT TO EAT MORE

Vegetables, fruits,
whole grains, fish,
nuts, olive oil

MAIN BENEFIT FOR HEART HEALTH

Helps improve
cholesterol levels and
reduce inflammation



MAIN FOCUS

Lower sodium +
balanced
nutrients

WHAT TO EAT MORE

Fruits, vegetables,
low-fat dairy, whole
grains, lean protein

MAIN BENEFIT FOR HEART HEALTH

Helps control blood
pressure and
supports heart health



DASH DIET



QUARTER-QUARTER
HALF PLATE

MAIN FOCUS

Balanced
portion control

WHAT TO EAT MORE

¼ plate carbs,
¼ plate protein,
½ plate vegetables
+ fruits

MAIN BENEFIT FOR HEART HEALTH

Helps with portion
control, weight
management, and
balanced nutrition

- REFERENCES
1. Alahmari, L. A. (2024). Dietary fiber influence on overall health, with an emphasis on CVD, diabetes, obesity, colon cancer, and inflammation. *Frontiers in Nutrition*, 11, 1510564. <https://doi.org/10.3389/fnut.2024.1510564>
 2. Dhall, A., Dastgheibi, L. N., Gulati, M., & Michos, E. D. (2023). A heart-healthy diet for cardiovascular disease prevention: Where are we now? *Vascular Health and Risk Management*, Volume 19, 217-233. <https://doi.org/10.2147/vhrm.s379671>
 3. Kim, B. S., Yu, M., & Shin, J. (2024). Effect of low sodium and high potassium diet on lowering blood pressure and cardiovascular events. *Clinical Hypertension*, 30(1), 5. <https://doi.org/10.1186/s13045-023-00299-9>
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 5. World Health Organization. WHO. (2025, July 31). Cardiovascular diseases (CVDs). <https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-cvds>

Managing Cholesterol:

A Key Step Towards Cardiovascular Protection



Gan Jia Wei
Pharmacist at Mega Kulim Pharmacy



What is Cholesterol?

Cholesterol is a type of fat-like substance found in your blood that helps your body to maintain cells, produce vitamin D and hormones, and helps with digestion. Your liver generates most of the cholesterol in your body, while some comes from food.

Having too much cholesterol or other fats in the blood can cause blockage in your blood vessels, leading to life threatening conditions such as heart attacks and strokes. Therefore, it's important to be aware of the preventive measures and keep your cholesterol in the healthy range.



HDL

Doctors recognize good cholesterol as high-density lipoprotein.

- Sometimes called "good" cholesterol.
- Absorbs cholesterol in the blood and carries it back to the liver. Then processes the cholesterol and excretes it out from the body
- High levels of HDL cholesterol can lower your risk for heart disease and stroke.



LDL

Doctors refer to bad cholesterol as low-density lipoprotein.

- Sometimes called "bad" cholesterol.
- Makes up most of your body's cholesterol.
- High levels of LDL cholesterol raise your risk for heart disease and stroke.

TIPS TO MANAGE CHOLESTEROL NATURALLY

1

Eating a heart-healthy diet

- **INCREASE** the consumption of plant foods rich in fibre, marine foods rich in polyunsaturated omega-3 fatty acids, whole cereals rich foods, and seeds.
- **REDUCE** intake of saturated fat and trans fat (food that contains palm oil, butter, lard, fatty meat)

2

Quit smoking and cut down on alcohol

- Smoking and vaping lower your HDL "good" cholesterol.
- Abstain from alcohol consumption.



3

Getting regular physical activity

- At least 150 minutes of moderate-intensity exercises weekly such as brisk walking or cycling or 75 minutes of high-intensity exercises weekly such as running or swimming.



4

Reaching or maintaining a healthy weight

- Aim for a healthy body mass index (BMI).
- If you are carrying excess weight, losing just 10% of your body weight can help you to reduce your blood fat levels, lower your blood pressure, and reduce your risk of diabetes.



REFERENCES

1. The CDC (Centers for Disease Control and Prevention). (2024). LDL and HDL Cholesterol and Triglycerides. LDL and HDL Cholesterol and Triglycerides
2. American Health Association. (2026). Prevention and Treatment of High Cholesterol (Hyperlipidemia). Prevention and Treatment of High Cholesterol (Hyperlipidemia)
3. The National Health Service (NHS). (2026). High Cholesterol - How to lower your cholesterol. High cholesterol - How to lower your cholesterol
4. A. Pol, A. L. Catapano, A. Corsini, E. Manzato et al. (2023). Nutrition, Metabolism and Cardiovascular Diseases, Volume 33, Issue 2, LDL-cholesterol control in the primary prevention of cardiovascular diseases: An expert opinion for clinicians and health professionals, Pages 245-257.

MEGA WELLNESS IN ACTION

HEALTH. FUN. COMMUNITY.

Little Smiles, Healthy Habits!

On 11 April 2026, Mega Kulim Pharmacy collaborated with Jordan to organise Little Dentist Day at Big Dental, SetiaWalk Puchong, Selangor. Through fun and interactive activities, children learned proper toothbrushing techniques and explored dental care in a friendly, engaging environment. Parents also received practical tips to support their children's oral health at home. It was a meaningful day of learning and discovery, encouraging good oral hygiene habits from a young age while strengthening health awareness within the community.



Hands That Care, Hearts That Share

On 22 April 2026, Mega Kulim Pharmacy, in collaboration with Bahagian Perkhidmatan Farmasi, Jabatan Kesihatan Negeri Kedah, successfully conducted the EMASCARE CSR Programme at Pusat Jagaan Rumah Mentari, Kulim, Kedah. The programme promoted the safe and effective use of medicines while creating meaningful connections with residents through heartfelt conversations and shared experiences. Through this initiative, we reaffirm our commitment to improving medication practices and enhancing the quality of life of the communities we serve.

Growing Healthier Together

On 9 May 2026, Mega Kulim Pharmacy was delighted to participate in the Happy Gut, Happy Mum event in collaboration with Gleneagles Hospital Penang. Through informative sessions and interactive activities, participants gained valuable insights into the importance of gut health and its role in supporting overall wellbeing. The event also provided a meaningful opportunity to connect with families and individuals who are passionate about healthier living. Mega Kulim Pharmacy remains committed to promoting health education, encouraging healthier choices, and building stronger communities through meaningful collaborations and quality healthcare services.



Inspiring Healthy Habits from a Young Age

On 13 May 2026, Mega Kulim Pharmacy conducted a Wellness Sharing Session at SJKC Wen Khai, Batu Maung, Penang, led by our Nutritionist, Ms Lem Chow Xue. The session raised awareness of childhood obesity and encouraged students to adopt healthier lifestyle habits. Students learned about balanced nutrition, healthier food choices, and the importance of regular physical activity for their overall wellbeing. Through this meaningful initiative, Mega Kulim Pharmacy continues to promote health education and empower the younger generation to make informed choices for lifelong wellness.



Empowering Communities Through Better Health

On 25 May 2026, Mega Kulim Pharmacy proudly collaborated with the Taylor's University Pharmacy Students Society (TuPSS) to organise TEMP Prihatin Kesihatan: Kenali Awal, Bertindak Segera at Kampung Orang Asli Bukit Lanjan, Petaling Jaya, Selangor. The programme offered free health screenings and educational activities to raise health awareness while highlighting the importance of early detection and timely action. Together, we continue to support healthier communities and create a brighter future for all.



Little Doctors, Big Adventures

On 7 June 2026, our young participants experienced a day in the life of a doctor at Dr Little, Gleneagles Hospital Penang. They explored human anatomy with Dr Chong, learned how to Act F.A.S.T. during a stroke, discovered the importance of medication safety, and became clever Nutrition Detectives through interactive activities. It was a meaningful day filled with learning, laughter, and discovery, nurturing young minds and inspiring the healthcare heroes of tomorrow.



Making Better Health More Accessible

On 12-13 June 2026, Mega Kulim Pharmacy proudly joined Kotra Pharma at CSAMM 2026, held at Shangri-La Kuala Lumpur. Through nutritional education and complimentary AirDoc health screenings, visitors were encouraged to take proactive steps towards improving their health and wellbeing. We are grateful for the opportunity to connect, share knowledge, and inspire healthier choices together. Here's to building a healthier future for all.



Every Drop Brings Hope

On 14 June 2026, generous donors came together at Dewan MPKK Sri Relau, Bayan Lepas, Penang, for a meaningful blood donation campaign. Every donation made a difference, bringing hope to patients in need and reflecting the strong spirit of compassion and unity within our community. Mega Kulim Pharmacy was proud to support this meaningful initiative by sponsoring appreciation goodies for all donors as a small token of gratitude for their generosity. A heartfelt thank you to everyone who stepped forward to give the gift of life. Every drop counts, every donor matters. Together, we can make a difference and build a healthier, more caring community.



Small Actions, Lasting Impact

On 14 June 2026, Mega Kulim Pharmacy was honoured to collaborate with Sandoz Asia Cluster to launch "Dispose Right, Protect Life", an initiative promoting responsible medication disposal and raising public awareness of medication safety. By encouraging the proper disposal of unused and expired medicines, we aim to nurture healthier habits, create safer homes, and contribute to a cleaner environment for future generations. Our sincere appreciation goes to Ms Sue Chee, Asia Cluster and Malaysia-Singapore Regulatory Affairs Head at Sandoz, for joining us and supporting this meaningful initiative. Together, let us inspire positive change, because every small action today can help build a healthier, safer, and more sustainable tomorrow.





HARIBO



MERDEKA SPECIAL



Haribo
Assorted Gummy 80g

RM4.20
per pack

Herbion
NATURALS

50% OFF
FOR EVERY 2ND PACK!



1st August - 30th September 2026

Terms & Conditions Applied



Break3



BUY 2 FOR
RM 4.20

Loacker Break 3 Hazelnut 19g x2



*While Stock Last.



Delicious Moments Everyday



LEE KUM KEE PANDA OYSTER SAUCE LESS SALTY 500g RM9.00 (NP: RM9.90)	LEE KUM KEE GLUTEN FREE SOY SAUCE 500ml RM15.20 (NP: RM17.90)	LEE KUM KEE ORGANIC SOY SAUCE 500ml RM15.20 (NP: RM17.90)	LEE KUM KEE LESS SALTY SOY SAUCE 250ml RM5.00 (NP: RM5.60)	LEE KUM KEE PURE SESAME OIL 202ml RM9.40 (NP: RM10.50)	LEE KUM KEE MUSHROOM POWDER 200g RM10.80 (NP: RM12.00)
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WIN WEEKLY CASH PRIZES
1st August - 25th Sept 2026 (8 weeks)



WEEKLY PRIZES

TNG eWallet

RM50
x 5 winners / week

TNG eWallet

RM5
x 50 winners / week



Scan the QR code to join now!

*Terms & Conditions Apply



Free 200 Points
Upon Sign Up



Birthday
Voucher



E-Stamp
Redemption



Exclusive
Promotion



My Health
Record



Point Redemption
200 Points = RM1



Daily Check In
Gain 1 Point



Lifetime
Membership

Lifetime Membership



TAKE CONTROL & GET REWARDED



PROMOTION PERIOD: 1ST JUL - 30TH SEP 2026

FREE RM15^{*}



TNG eWallet Reload PIN

with purchase of any Ensure® Gold™ or Glucerna®
products worth RM180 and above.

HOW TO JOIN

- BUY**
Min. RM180 & above on any
Ensure® Gold™ & Glucerna®
in single receipt
- SCAN**
QR Code to participate
- UPLOAD**
Full name & submit
the receipt



*Redemption is limited and based on first come first serve basis
AWA/AC/ P. 001/ 2026/0018



KINOHIMITSU

RAIKAN MERDEKA

Dengan Pilihan Sihat



Healthy Choice
For the Whole Family

Trusted Quality
Your Care

Natural Herbs
More Refreshing

Health
Our Priority



SCAN HERE

S26
GOLD
PROGRESS

CELEBRATING EVERY LEARNING MILESTONE SPEND & WIN BIG

PRIZES WORTH UP TO

RM130,000*

27 AUG - 8 NOV 2026

x10 UNITS
SAMSUNG
GALAXY S26 ULTRA
(worth RM5999)



REDEEM
e-Wallet Reload Pin
RM

20



EXCLUSIVE PRIZES



10x WINNERS
Trendy Stainless-Steel
Tumbler (1200ml)
WORTH RM80

*Terms & conditions apply
Participating Products:
S-26 GOLD® PROGRESS® 3, S-26 GOLD® PROMISE® 4, S-26® PROGRESS® 3, S-26® PROMISE® 4 and ASCENDA®
Wyeth Nutrition (Malaysia) Sdn. Bhd. (199301002691) - Petaling Jaya, Selangor
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Ramuan tradisional



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REGENERATE THE DAMAGED LIVER CELLS

SUPPORT
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FOR LIVER
MAINTENANCE



TRIPLE
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PREVENT
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Nutritional support in the management of damaged liver (due to chronic liver disease, liver cirrhosis, fatty liver & intoxication by hepatotoxic substances). This product is not intended to reverse the effects of noxious agents that cause liver damage (example: alcohol)

KXUJ-2588 / EXP 31.12.2027

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Promo Period: 1st Jul - 30th Sept 2026



Trinley Magna Oil 100ml

BENEFITS

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Apply 4-5 drops into skin and massage until absorbed

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Live confidently with dentures!
This cream creates a strong, long-lasting bond between the denture and the gum.



1. Make sure denture is cleaned before applying cream



2. Apply a small amount of cream in thin strips, not too close to the edges.



3. Adjust to the correct position and bite down for a few seconds to secure.

Removing Tips

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- Slowly remove denture using rocking motion.
- Remove adhesive residue from denture and gum with warm water and soft brush.

Composition: Calcium Sodium PVM/MA Copolymer, Carbboxymethyl Cellulose, Methyl-p-hydroxy benzoate, Vaseline, Paraffin, Silica, Azorubin. Does not contain Zinc.

Do not use this product more than once per day. With proper usage, one tube can last at least 6 - 10 weeks. Consult your dentist regularly to ensure you have properly fitted dentures. Registered under Act 727 | Advertisement No.: MDAMD 012/2024



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MAL15065026XCZ

For the symptomatic relief of mouth and throat infections.
The effect of this product may vary between individuals. KKLIU 2172 / EXP 31.12.2028

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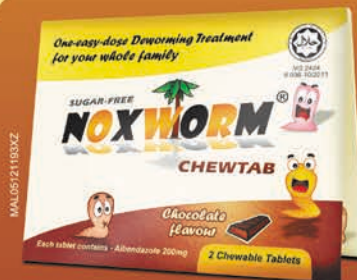
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2020
THE BRAND LAUREATE

MAL26016081NCR

Promotion Period: 23rd - 31st Aug 2026

Exclusive REBATES

REBATE
RM8

PURCHASE **RM80**

WORTH OF BLACKMORES
PRODUCTS IN A SINGLE RECEIPT

REBATE
RM15

PURCHASE **RM120**

WORTH OF BLACKMORES
PRODUCTS IN A SINGLE RECEIPT

REBATE
RM30

PURCHASE **RM200**

WORTH OF BLACKMORES
PRODUCTS IN A SINGLE RECEIPT

MIX & MATCH

BIO ACE 90S + DAILY PROTECT
CHEWABLE 30S IN A SINGLE RECEIPT

REBATE
RM20





Free 200 Points
Upon Sign Up



Birthday
Voucher



E-Stamp
Redemption



Exclusive
Promotion



My Health
Record



Point Redemption
200 Points = RM1



Daily Check In
Gain 1 Point



Lifetime
Membership

Lifetime Membership



Sihat Merdeka, Semangat Malaysia!

THE 1ST TRIBIOTICS IN MALAYSIA

Pre+Pro+Postbiotics. Proudly formulated at home, engineered for your gut health. Postbiotics strain derived from Malaysian local fermented food such as tapai ubi and tempeh.



Key Benefits

-  **Improves Gut Health**
-by maintaining the balance of gut microbiome
-  **Boosts the immune system**
-to protect the body against infections and diseases
-  **Possesses Anti-inflammatory Properties**
-helps in alleviating skin problems like eczema



No Artificial Colour & Flavor



No Preservatives



Gluten Free



Zero Sugar

Support Local Innovation. Elevate Your Gut Health.

STAY HEALTHY WITH US



MegaLive
For Better Life

Stay healthy & earn **Buddy Points**



Earn Buddy Points
for Every Ringgit
Spent



Exclusive Vouchers
for New Sign-Up
Users



Daily Game
Rewards



Special Birthday
Rewards



Premium Gift
Vouchers



Instant Cash
Rebate Vouchers



Redeem Products
from MegaLive
and Partner Brands



Members-Only
Campaigns and
Privileges



Effortless, Elevated
App Experience



Download & be MegaLive Buddy



In collaboration with:

Boomie

HANAKO

Mk

Mk

Nouvelle

Signature

Acti

BOOST

CHOBE

EVIN

Karhome

NovoPLUS

Ostricare

PLANT ORIGINS

signature market

WU balm

vytle

*Terms & conditions apply.



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Lifetime Membership



ABSORBA™



MERDEKA Sale



M 10 pcs
95-125 cm

RM25.90

L 10 pcs
115-150 cm

RM30.90



M 10+1 pcs
60-120 cm

L XL More
Available Sizes

RM27.90



M 10 pcs
60-120 cm

L XL More
Available Sizes

RM17.90



Facebook

WhatsApp

QUALITY ADULT INCONTINENCE PRODUCT



Swipe & Scan

STAY HEALTHY WITH US



EBENE
Bio-Ray Healthcare

IHK
Healthcare

THE SKY RACE



**OFFICIAL
MAIN PARTNER**

Keep Going without Knee Pain



Registered Under Act 737 | GA7301423-153405, GA3437425-209465, GA4801819-30386 | Advertisement Approval Number: MDAMD 0096/2024

x50

GRAND PRIZE

THE SKY RACE



1. THE SKY RACE Entry Ticket x1*
2. Exclusive EBENE Gym Bag x1
3. EBENE products

CONSOLATION PRIZE

x500



1. Exclusive EBENE Gym Bag (worth RM80)*

WIN PRIZES
worth up to

RM60,000

CONTEST PERIOD: 1ST JULY' 26 - 30TH SEPT' 26

HOW TO JOIN:

1. Buy any EBENE Compression Knee Guard or Compression Socks
2. Submit details & receipt to 016-2721033

SCAN ME



*Terms & Conditions apply

*SKY RACE TICKET VALID UNTIL 15 AUGUST 2026.
While stocks last. Terms & Conditions apply.



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Upon Sign Up



Birthday
Voucher



E-Stamp
Redemption



Exclusive
Promotion



My Health
Record



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Daily Check In
Gain 1 Point



Lifetime
Membership

Lifetime Membership

Contour.

Your smartLIGHT® for blood glucose management



Contour® plus ELITE®

Sistem Pemantauan Glukosa Darah
Blood Glucose Monitoring System



CONTOUR®PLUS ELITE meter

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

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

References: 1. Smartson online survey, Sweden 2017. 352 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. Klaff L et al. Accuracy and User Performance of a New Blood Glucose Monitoring System (published online ahead of print. 2020 Nov 26). J Diabetes Sci Technol. 2020; <https://doi.org/10.1177/1932296820974348>. 3. Richardson JM et al. Clinical Relevance of Replication of Blood Samples During Blood Glucose Testing. Poster presented at the 20th Annual Diabetes Technology Meeting (DTM), November 12-14, 2020. 4. Stuhler 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 8-10 2018, North Bethesda, Maryland, USA. 5. Pardo S et al. Changes in Blood Glucose Excursions After at Least 180 Days Real-world Use of a New Smartphone Application for Blood Glucose Monitoring. Poster presented at the 12th International Conference on Advanced Technologies & Treatments for Diabetes (ATTD), February 20-23, 2019, Berlin, Germany.

*Minimum accuracy requirements of ISO15197:2013 standard require ≥95% of the measured values to fall within ±0.83 mmol/L at glucose concentrations <5.5 mmol/L, or within ±15% ≥5.5 mmol/L, of the referenced results.

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

Registered under Act 737. MDA registration no: NDC1946922-95630
MDA advertisement approval number: MDAMD 0180/2023



ETHOS HEALTHCARE



ASCENSIA
Diabetes Care

STAY HEALTHY WITH US



69th
Selamat Menyambut
HARI KEBANGSAAN



rossmax



AUTOMATIC BLOOD PRESSURE MONITOR MODEL Z1

MDA Reg. No : GB39668337717
Warranty : 5 Years + Lifetime Calibration



FREE
(On PACK)
3 Pin Adaptor &
Type C USB Cable
Worth : RM35

NOW RM165



Cuff
Detection



90
Memories



Blood
Pressure Level
Indication



Irregular
Heartbeat
Detection



Universal
Cone Cuff
24-40 cm



Lifetime
Calibration



Clinically Accurate
EN 12470-5:2003

INFRARED EAR THERMOMETER MODEL RA600Q

MDA Reg. No : GB63548338017
Warranty : 5 Years



FREE
Probe Cover 1 Box
(20pcs)
Worth : RM27

NOW RM179



1 Second
Measurement



Continuous
Scanning
Mode



Multiple-Use
PLUG & SECURE
Probe Cover



Fever
Alarm



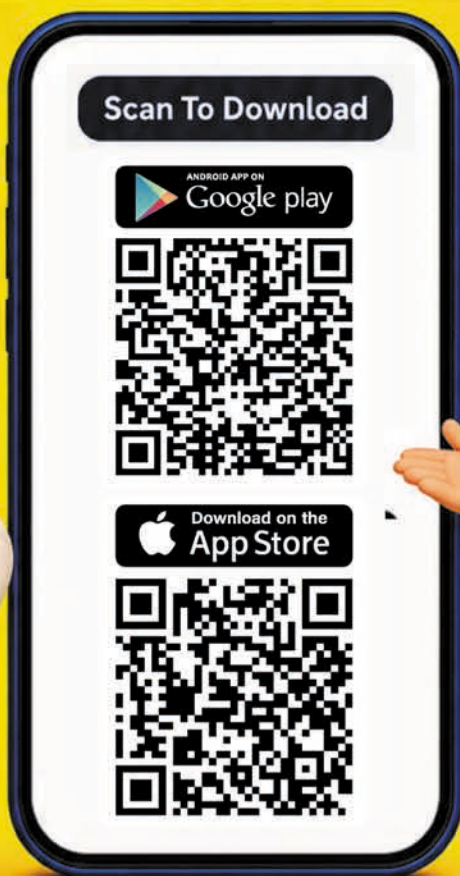
°C / °F
Switchable



9
Memories

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SHOP SMART • SAVE MORE • STAY COMFY



Shop your essentials anytime
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Official Website



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