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MEGA WELLNESS IN ACTION

HEALTH. FUN. COMMUNITY.



SG. PETANI COMMUNITY HEALTH TALK HIGHLIGHTS.

On 10 October 2025, Mega Kulim Pharmacy Lagenda Heights, Sungai Petani hosted a meaningful day filled with learning and health awareness. Participants gained valuable insights through two engaging sessions led by our speakers. Ms. Lee Ching Wei, MegaLive Nutritionist, presented "Discover How Probiotics Support Gut & Immune Health," emphasizing the importance of good bacteria in maintaining overall well-being. Meanwhile, Pharmacist Ms. Lim Jia Wen presented "Be a Colon Detective – Uncover What's Hidden," guiding attendees on how to detect early signs of colon issues and safeguard their digestive health. Together, let's continue our journey towards a healthier, stronger community.

EMPOWERING EMPLOYEE WELLNESS ON WORLD MENTAL HEALTH DAY.

On 17 October 2025, Mega Kulim Pharmacy partnered with Sime Darby Auto Engineering to promote mental and physical well-being in conjunction with World Mental Health Day 2025. Our team conducted health screenings for all staff, encouraging everyone to take an active step towards understanding and improving their overall health. The session served as a reminder that wellness is not just about the body, it begins with the mind. Together, we continue moving towards a healthier, more supportive workplace community.



WORKPLACE WELLNESS IN ACTION.

On 13 November 2025, Mega Kulim Pharmacy proudly joined hands with Rapid Manufacturing Connectivity Sdn Bhd, Kulim to celebrate EHS Day 2025 and promote health and safety awareness in the workplace. Through this meaningful collaboration, we engaged employees with informative sessions and activities designed to encourage proactive steps toward better health and overall well-being. From sharing valuable health insights to providing hands-on support, our team was thrilled to contribute to foster a safer, healthier, and more mindful working environment.

UNDERSTANDING BIRTH CONTROL & ENDOMETRIOSIS. On 26 October 2025, Mega Kulim Pharmacy had the privilege of hosting an insightful Health Talk at Q Yoga, Penang, featuring Dr. Low Kah Pin from Island Hospital, Penang - Consultant Obstetrician & Gynaecologist, Advanced MIS/Robotic Gynaecology & Microwave Ablation Surgeon. Dr. Low shared his incredible journey and deep expertise, offering valuable perspectives on women's health. From pioneering robotic-assisted surgeries to embracing yoga as a pathway to holistic wellness, he reminds us that true health lies in the harmony of science and mindfulness.





BRINGING HEALTH TO THE COMMUNITY. On 14 November 2025, Mega Kulim Pharmacy was thrilled to partner with Lion Club Alor Setar at Alor Setar Mall to bring health awareness directly to the community. Throughout the day, our team offered personalized wellness tips and engaged with attendees on the importance of preventive care. From blood glucose checks to lifestyle advice, every interaction was a step toward healthier minds and bodies. It was heartwarming to see families, seniors, and young adults actively participating and taking charge of their health. The energy, curiosity, and positivity from everyone truly made the event a success!

STRONGER, HEALTHIER, TOGETHER. On 15 November 2025, Mega Kulim Pharmacy joined hands with Lion Club Penang to host a vibrant Wellness Day at the community level. The day was filled with activities that combined learning, fun, and healthy living. Attendees enjoyed health screenings, gaining valuable insights into their well-being, while an energetic Zumba session got everyone moving, emphasizing that wellness is not just about knowing your numbers - it's about embracing an active lifestyle. It was inspiring to see community members of all ages come together, actively participating and prioritizing their health. Such engagement truly reflects the power of teamwork and community spirit in building a healthier, stronger future.



CELESTICA GBS PENANG WELLNESS DAY. On 2.12.2025, Mega Kulim Pharmacy collaborated with Celestica GBS Penang to host a meaningful wellness event that helped employees better understand and take charge of their health. During the session, the staff had the opportunity to assess their well-being through various screenings, including BMI checks, quantum assessments, blood tests, and chronic disease screenings using the Airdoc device. These assessments provide participants with valuable insights into their current health status, enabling them to take proactive steps toward improvement. Besides, the event featured an informative health talk on "Nutrition for Health and Physical Well-Being" delivered by dietitian, Ms. Farah. The session guided healthier food choices, improved eating habits, and understanding nutrition's role in wellness. Together, we're building healthier habits in the workplace.



COMMUNITY HEALTH SCREENING RECAP! The community of Nibong Tebal came together on 23.11.2025 at Berjaya Basketball Court for the Lion Club Penang x Mega Kulim Pharmacy Health Screening. Participants took the opportunity to undergo essential health screenings and learn more about their wellness needs. The positive response highlights a growing commitment to healthier living.



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POST-ILLNESS RECOVERY: NUTRITION TIPS TO BOUNCE BACK FASTER

In these difficult times where COVID-19 and Influenza infections are common in our community, we might be hearing a lot about the debilitating after-effects of these infections. There are multiple strategies that we can employ to ensure our health does not succumb to the post-infection symptoms. Conventionally, advice such as sufficient hydration, consumption of a high-protein or well-balanced diet and adequate rest are shared to promote swift recovery. Apart from that, there are other approaches that boost recovery such as utilizing probiotics and prebiotics to rebuild the gut flora and Vitamin C supplementation after an infection.

1. PROBIOTICS & PREBIOTICS

What	How	Example of foods
Probiotics	After illness or antibiotics, good bacteria may drop. Probiotics help refill the gut with beneficial microbes that support digestion, nutrient absorption, and immune healing.	Yogurt, kefir, tempeh, kimchi, probiotic drinks (e.g., cultured milk).
Prebiotics	Prebiotics are fibers that nourish good bacteria so they can grow, multiply, and strengthen the gut barrier.	Bananas, garlic, onions, leeks, oats, barley, asparagus, chicory root, inulin-rich foods.
Synbiotic (Probiotics + Prebiotics)	When consumed together, probiotics + prebiotics help rebuild a balanced gut ecosystem faster, improving digestion and boosting immunity during recovery.	Pair examples: Yogurt + banana, tempeh + oats, kimchi + brown rice, kefir + berries.

2. VITAMIN C

During an infection, immune cells such as neutrophils and lymphocytes use large amounts of vitamin C to destroy viruses and bacteria. Because of this high demand, vitamin C inside the body becomes quickly depleted.

After the infection, the body needs to replenish vitamin C stores so the immune cells can return to their normal strength and activity. Supplementing or consuming vitamin C helps refill these levels, allowing body to:

1. Recharges immune cells such as neutrophils and lymphocytes
2. Reduces oxidative stress, protecting cells from further damage
3. Supports tissue repair after inflammation
4. Enhances readiness for future infections

3. HEALTHY MEALS

Food intake declines after post-illness infections due to appetite loss. The body will use its reserves of energy, protein, vitamins, and minerals when we don't consume enough food. Prolonged lack of nutrition will lead to weight loss which includes muscle mass depletion and strength loss.

Healthy meals facilitate post-illness recovery by supplying vital energy and nutrients necessary for tissue regeneration, rebuilding muscle strength, supporting immune function, and prevention of secondary infections.

These nutrients are essential for post-illness recovery nutrition care.

Nutrients	Role in recovery	Sources
Protein	Repair tissues, build muscle mass, support immune system	Lean meat, poultry, fish, egg, beans, lentils, nuts and dairy products
Minerals (Zinc, Iron, Selenium)	Cell growth, oxygen transport, immune regulation	Shellfish, red meat, nuts, seeds, fortified cereals, spinach
Healthy Fats (Omega-3s)	Reduce inflammation, support brain health	Sardine, mackerel, cod, avocado, olive oil, nuts, seeds
Carbohydrate/Fiber	Provide sustained energy, support digestive health	Whole grains (oats, brown rice), fruits, vegetables

Recovering after an illness takes time, but the right nutrition can make the journey smoother. By nourishing your body with balanced meals, staying hydrated, and supporting your gut health, give your immune system the strength it needs to heal and rebuild. Small daily choices like eating more whole foods, adding probiotics and prebiotics, and choosing vitamin-rich options can help you regain energy and bounce back faster.

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Promotion Period : 1 Jan - 28 Feb 2026



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ONG ONG DEALS!

CAN PROBIOTICS AND VITAMIN C REDUCE SICK DAYS?

There's good news if you're sick of catching every cold that comes around because studies show that probiotics and vitamin C together can significantly cut down on sick days. In one innovative 90-day trial, probiotic users had 39% fewer common colds and a 75% decrease in flu and flu-like illnesses compared to non-probiotic users. More impressively, individuals who take the combination of probiotics and vitamin C experienced an average reduction of 21 sick days over a six-month period and 33% fewer respiratory infections.

For those who are having a cold, the benefits are still substantial. Vitamin C can reduce cold severity by 15% and decrease the duration of cold by 8% in adults and 14% in children. Meanwhile, probiotics have been shown to shorten illness duration by an average of 1.22 days. Perhaps most practically, this combination can reduce school and work absenteeism by 30%, helping you and your family maintain your normal routines even during peak cold and flu season.

01. HOW PROBIOTICS STRENGTHEN YOUR IMMUNITY

Your gut is home to about 70% of your immune system, making it your body's first line of defense against illnesses. Probiotics are beneficial bacteria that support this crucial immune hub in three important ways.

- First, they strengthen the intestinal barrier that prevents harmful germs from entering your bloodstream while producing natural antimicrobial substances that fight invaders.
- Second, probiotics supercharge your immune cells. They increase the activity of natural killer cells that destroy infected cells, boost antibody production, and help immune cells communicate more effectively to coordinate your body's immune defenses.
- Third, they help balance inflammation in your body, ensuring your immune system responds appropriately without overreacting, which speeds up recovery.

02. THE POWER OF VITAMIN C FOR IMMUNE DEFENSE

Vitamin C works through different complementary pathways to support your immune system. This essential nutrient strengthens your body's physical barriers by supporting the skin and mucous membranes that block germs from entering. It also helps to produce collagen, which maintains the integrity of these protective tissues.

Besides that, vitamin C also energizes the immune warriors by accumulating in white blood cells at concentrations 50 to 100 times higher than in the bloodstream. It helps immune cells travel faster to infection sites and boosts their ability to engulf and destroy viruses and bacteria. As a powerful antioxidant, vitamin C also protects your cells during infection, reduces the severity of symptoms by controlling inflammation, and supports tissue repair for faster recovery.

03. WHY THIS COMBINATION WORKS SO WELL

Probiotics and vitamin C work synergistically to provide a comprehensive immune protection. Probiotics focus primarily on gut-associated immunity, while vitamin C supports systemic immune function throughout your entire body. Clinical studies have proven that probiotics and vitamin C work better together than either supplement alone, with no interference between them. In fact, a healthy gut microbiome supported by probiotics will improve your body's absorption of vitamin C.

04. WHY THIS COMBINATION WORKS SO WELL

For daily prevention, adults should take 10 to 20 billion CFU (colony-forming units) of probiotics along with 100 to 200 mg of vitamin C. During cold and flu season, you may increase your daily probiotic dose to 100 billion CFU for intensified protection.

When you feel a cold coming on, act quickly. At the first sign of symptoms, increase your vitamin C intake to 1,000 to 2,000 mg daily. For enhanced absorption, divide the Vitamin C into doses of 500 mg, taken every 4-6 hours per day. Continue this elevated dose for 5-7 days or until symptoms resolve. Your probiotic dose can remain the same, as probiotics work primarily through prevention rather than acute treatment.

The best time to take both supplements would be in the morning, about 30 minutes before breakfast, when your stomach acid level is the lowest. This timing also helps the beneficial probiotic bacteria survive their journey throughout your digestive system. You can take probiotics and vitamin C together safely, as there are no interactions between them. If mornings are inconvenient for you, taking them before bedtime (2-3 hours after your last meal) is also effective. The most important factor is consistency, so choose a time that you'll remember and stick with it daily.

05. TAKE CONTROL OF YOUR IMMUNE HEALTH

The evidence is clear: probiotics and vitamin C offer real, measurable benefits by reducing sick days and supporting your immune system. The best time to start is now, before the cold and flu season hits its peak. Don't wait until you're sick to take action, start building your immune defenses today to stay healthy for more days to come.



Lim Hui Qin
Pharmacist at Mega Kulim Pharmacy

References:

[1] Probiotics, P. et al. *Antimicrobial Agents and Chemotherapy*, 2019.
[2] Davis, C. et al. *Cochrane Database of Systematic Reviews*, 2022.
[3] Smith, T. et al. *British Journal of Nutrition*, 2018.

[4] Gendreau, S. et al. *European Journal of Clinical Nutrition*, 2019.
[5] Harnett, H. et al. *Journal of Clinical Pharmacy and Therapeutics*, 2022.
[6] Harnett, H. et al. *Cochrane Database of Systematic Reviews*, 2022.

[7] Gendreau, S. et al. *Antimicrobial Agents and Chemotherapy*, 2019.
[8] Gendreau, S. et al. *Antimicrobial Agents and Chemotherapy*, 2019.
[9] Harnett, H. et al. *Journal of Clinical Pharmacy and Therapeutics*, 2022.



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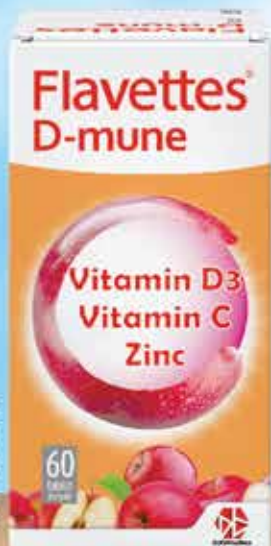


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