



x2  
MEMBER  
POINTS

x2  
MEMBER  
POINTS

x2  
MEMBER  
POINTS

馬上發財

ONG ONG DEALS!

1 JAN - 28 FEB 2026

x2  
MEMBER  
POINTS

Starts From: 10 Jan - 15 Feb 2026

**FREE** 精美限量版红包封  
Limited Edition CNY Packet

凡消费 **RM30** 或以上, 即可获得。  
with min spend **RM30** at Mega Kulim Pharmacy.

# ONG ONG DEALS!

# GWP

1 JAN - 28 FEB 2026

x2 MEMBER POINTS

x2 MEMBER POINTS

FREE



Japanese Style Backpack

**Morinaga Chil-Kid**  
with purchase of  
8 Boxes 700g or  
6 Tins 900g

FREE



Blind Box Plushie Toy

**Redoxon Range**  
with purchase of  
RM60 & above

FREE



Scotty Blind box

**Scott's Range**  
with purchase of  
RM38 & above

FREE



Kids Pencil Box

**Jordan Range**  
with purchase of  
RM28 & above

FREE



Colour Pencil

**Redoxon**  
Kids Vit C Chewable  
200mg (60tab)  
with purchase any 2 bottles

FREE



Stretch Tube Toy

**Mk Essentia**  
Silky Baby Range  
with purchase any 1 bottle

FREE



Fun Learning Card

**Ezerra Range**  
with purchase of  
any 2 units

FREE



Hexbio Aoi Gran 60sacx1.5g

**Hexbio**  
Gran 45s  
with purchase of  
any 2 boxes

FREE



Angpao Packet

**Nutren Range**  
with purchase of  
any 1 can

FREE



Exclusive Horse Year Trendy Bag

**Bio-Life Range**  
with purchase of  
RM288 & above

FREE



Canvas Bag

**Artelac**  
Splash Eye Drop 30x0.5ml  
with purchase any 2 bottles

FREE



Beverage PVC Bag

**Ecobrown's Range**  
with purchase any 2 pcks

FREE



Cetaphil Pouch + Silicone Bottle

**Cetaphil Range**  
with purchase of  
RM88 & above

FREE



Bio-life Gazgo Sample 10's

**Bio-Life**  
GazGo 200 (1x10 sgel)  
with purchase any 2 boxes

FREE



Foldable Bag / Activ Muscle Gel

**Tiger Balm Range**  
with purchase of RM30 /  
RM38 & above

FREE



Kwan Loong Toiletries Bag

**Kwan Loong Range**  
with purchase of  
RM15 & above

FREE



Kimberly-Clark Umbrella

**Kotex, Kleenex,  
Poise & Confidence**  
Range  
with purchase of  
RM50 & above

FREE



Similac Glass Container

**Pediasure & Similac**  
1 year old & above  
with purchase of  
RM200 & above

FREE



Hand Towel

**Haleon Range**  
with purchase of  
RM30 & above

# ONG ONG DEALS!

## MEMBER EXCLUSIVE

1 JAN - 28 FEB 2026

x2 MEMBER POINTS

x2 MEMBER POINTS



**Garnier**  
Selected Items  
NP: RM12.40 - RM54.40  
**MEMBER EXTRA up to 45% OFF**  
RM11.30 - RM35.30



**Himalaya**  
Shampoo  
Range 400ml  
NP: RM28.40  
**MEMBER EXTRA 50% OFF**  
RM14.20



**Centrum**  
Selected Items  
NP: RM26.50 - RM138.80  
**MEMBER EXTRA up to 20% OFF**  
RM24.30 - RM117.90



**50 Megumi**  
Shampoo Moist / Fresh /  
Treatment Essence  
NP: RM41.50 - RM118.80  
**MEMBER EXTRA 15% OFF**  
RM35.20 - RM100.90



**Bio Essence**  
Renew+Deep Repair / Moist+  
Water Burst / Bright+Super  
Radiance Serum 70ml  
NP: RM11.90  
**MEMBER EXTRA 15% OFF**  
RM10.30



**Syahirah**  
Vitalis Pocket Perfume 18ml  
NP: RM8.00  
**MEMBER EXTRA 15% OFF**  
RM6.80



**Sensodyne**  
Selected Toothpaste  
NP: RM12.40 - RM34.20  
**MEMBER EXTRA up to 15% OFF**  
RM11.40 - RM29.00



**Caltrate**  
600 Calcium + D /  
D Plus (2x100tab)  
NP: RM32.30 - RM99.90  
**MEMBER EXTRA up to 15% OFF**  
RM29.60 - RM84.90



**Hada Labo**  
Selected Items  
NP: RM9.20 - RM75.80  
**MEMBER EXTRA up to 10% OFF**  
RM8.50 - RM68.20



**Scott's**  
Selected Items  
NP: RM9.20 - RM40.80  
**MEMBER EXTRA up to 10% OFF**  
RM18.70 - RM37.50



**Ebene**  
Selected Items  
NP: RM48.80 - RM168.40  
**MEMBER EXTRA up to RM15 OFF**  
RM44.80 - RM153.40



**S26**  
Selected Items  
NP: RM40.40 - RM166.50  
**MEMBER EXTRA up to RM12 OFF**  
RM35.40 - RM154.50



**Liese**  
Creamy Range  
NP: RM34.40  
**MEMBER EXTRA RM5 OFF**  
RM29.40



**COUNTERPAIN**  
Balm 60 / 120g  
NP: RM14.30 - RM24.00  
**MEMBER 10x POINTS**



**Ecobrown's**  
Cereal / Cocoa / Coffee Plus  
Brown Rice Drink 12sac x 28g  
NP: RM12.90  
**MEMBER SPECIALS RM11.40**



**Oxy**  
Acne / Anti Blackhead /  
Deep Cleansing wash /  
Anti-pimple mark  
NP: RM13.80  
**MEMBER SPECIALS RM12.40**

# ONG ONG DEALS!

## 2 IS BETTER THAN 1

1 JAN - 28 FEB 2026

x2 MEMBER POINTS

x2 MEMBER POINTS



**MIX & MATCH**  
Mk Nutramix  
Evergrain Gold 850g  
Unit Price: RM72.90  
**BUY 1 FREE 1**



**BUY 1 FREE 1**  
Herbion  
Re-Plat Syrup 120ml  
RM13.00



**BUY 1 FREE 1**  
Herbion  
Cilavit D3  
1000IU (60tab)  
RM45.00



**BUY 1 FREE 1**  
Garnier  
Bright Complete  
Vitamin C Water Gel 50ml  
RM34.50



**BUNDLE DEALS**  
Panaflex  
Pain Relief Patch 2pcs  
Unit Price: RM5.50  
**BUY 2 @RM10.00**



**BUNDLE DEALS**  
Biogrow  
All Range  
**BUY RM80 OFF RM5**



**BUNDLE DEALS**  
Vitamode  
All Range  
**BUY RM128 OFF RM8**



**BUNDLE DEALS**  
Suu Balm & Vytte  
All Range  
**BUY RM128 OFF RMB**



**MIX & MATCH**  
Dequadin  
Pastil Lemon / Menthol 20g  
Unit Price: RM3.90  
**BUY 2 @RM7.00**



**MIX & MATCH**  
Hung Fook Tong  
Herbal Drink 500ml  
Unit Price: RM4.50  
**BUY 2 @RM9.50**



**MIX & MATCH**  
Scott's  
Vitamin C Pastilles 50's  
Unit Price: RM14.70  
**BUY 2 @RM29.90**



**MIX & MATCH**  
Sensodyne  
Sensitivity & Gum /  
White / Extra Fresh  
Toothpaste 100g  
Unit Price: RM17.20  
**BUY 2 @RM29.90**



**MIX & MATCH**  
Yuka Zan  
Essential Oil Roll On  
Range 10ml  
Unit Price: RM39.90  
**BUY 2 @RM54.80**



**MIX & MATCH**  
Qv  
Skin Lotion 250ml  
Unit Price: RM33.20  
**BUY 2 @RM62.40**



**MIX & MATCH**  
Keyeyes  
Hydrant Isotonic Original /  
Lemon Mint 10x10g  
Unit Price: RM44.90  
**BUY 2 @RM77.90**



**MIX & MATCH**  
Acti-Tape  
Colour 5cmx5m (Roll)  
Beige / Blue / Black  
Unit Price: RM44.90  
**BUY 2 @RM78.80**

# ONG ONG DEALS!

## x2 MEMBER POINTS

1 JAN - 28 FEB 2026

Mk  
essentia

Mk  
nutramix

Mk  
hygienix

Mega**live**  
For Better Life

  
TIGER BALM

  
Abbott



  
KINMEN

  
BANANA BOAT

  
EARTH  
Act For Life

  
REDWIN  
SENSITIVE SKIN

  
Magiclean

  
Thursday  
Plantation

  
ROSKEN

  
GARDEN OF  
EDEN

  
SUU  
balm™

  
EVIN  
LIMB SPECIALIST

  
Eucerin®

  
Himalaya®  
SINCE 1930

  
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LOONG®

  
Nature's Way®

  
Gillette®

  
GARNIER

  
NEUROBION®

  
RESPACK®

  
Dermatix®

  
HEXBIO®

  
vitalux®

  
Systane®

  
Oral-B®

  
Hiruscar®

  
AiPharma

  
schülke →

  
OMRON

  
SilkPro

  
ONETOUCH

  
RefluxG+®

  
Schick

  
Sambucol  
BLACK ELDERBERRY

  
AVOMILK

  
Confidence®

  
Sangobion®

  
ACCU-CHEK®

  
Tebonin®

  
Diffiam AB®

  
Ellgy plus

  
KOTEX

  
Kleenex

  
poise



# PWP

As Low As RM2.00

\* Limit 5 Units Per Customer In A Single Receipt

1 JAN - 28 FEB 2026

## Bites & Boost



**RM2.90**  
NP:RM3.20  
**POCKY**  
Chocolate / Cookies & Cream 40g / Strawberry 38g



**RM5.50**  
NP:RM6.80  
**LINKUS**  
Mint / Orange / Honey Lemon 16tab



**RM5.90**  
NP:RM6.20  
**VICKS**  
VapoDrops Honey Lemon Lozenges 12tab



**RM12.90**  
NP:RM18.80  
**CEBION**  
Vitamin C Chewable 500mg (5x6tab)



**RM39.90**  
NP:RM44.80  
**CEBION**  
Vitamin C Effervescent 1000mg (4x10tab)



**RM29.90**  
NP:RM36.80 - RM38.80  
**PICK ME UP**  
Coffee Alpha Blend / Wakey Wakey / Immuno Java 14 sac20g



**RM25.90**  
NP:RM27.80  
**BIO-LIFE**  
Ginsomin 3x10cap



**RM31.30**  
NP:RM33.80  
**HS**  
Stevia Natural Drops + Vitamin B12 10ml



**RM37.90**  
NP:RM43.80  
**BRAND'S**  
Essence Chicken 6x70g



**RM52.50**  
NP:RM58.80  
**NESTLE**  
Nutren Fibre Chocolate 400g



**RM39.90**  
NP:RM65.80  
**NOUVELLE**  
Omega Fish Oil EPA 180 DHA 120 / Bitter Melon Fruit 60x10cap  
EXP: 10/2026 & 11/2026



**RM19.90**  
NP:RM26.80  
**NOUVELLE**  
Soy Lecithin 516mg (10x10cap)  
EXP: 06/2026

**BUY ANY 5 @RM9.90**  
NP:RM17.50

## HANAKO

Peach Colla Beau / Curmeric Aidne Kare / Iriz Viz Bright / Green Phyto Kenz / Black Velvet Glo 2g

## Household Care Essentials



**RM12.90**  
NP:RM6.80  
**MK HYGIENIX**  
Hand Sanitizer Spray 250ml



**RM9.20**  
NP:RM10.80  
**EARTH HOME**  
Natucair Dreamy Fabric Spray Sweet Slumber / Cocooning Time 400ml



**RM6.90 - RM8.90**  
NP:RM7.80 - RM9.80  
**FREEGO**  
Men/Women Disposable Panties (Non Woven/Cotton)



**RM2.00**  
NP:RM2.40  
**RESPACK**  
75% Alcohol Wet Wipes 10's



**RM9.90**  
NP:RM14.80  
**MK HYGIENIX**  
Powerklean Natural Dish Wash IL



**RM8.70**  
NP:RM9.20  
**FULLICON**  
Bobo Pill Bx S8008 (Unit)



**RM7.90**  
NP:RM8.80  
**EARTH HOME**  
Oasis Air Freshener Gel Pink Blossom / Jasmine Tea 200g



**RM6.90**  
NP:RM7.80  
**MK HYGIENIX**  
Antibacterial Hand Wash Cucumber / Grape / Citrus 500ml

## Groom & Personal Care Picks



**RM6.00**  
NP:RM8.80  
**HIMALAYA**  
Purifying Neem Face Wash 50ml



**RM7.90**  
NP:RM8.80  
**MK HYGIENIX**  
Goat's Milk Shower Cream Assorted Flavour 1000ml



**RM8.00**  
NP:RM9.80  
**BIO ESSENCE**  
Bio-Water Sensitive Ph Energizing Water 30ml



**RM9.90**  
NP:RM11.80  
**DARLIE**  
Tooth Paste Charcoal Clean / Lime Mint 140g



**RM11.90**  
NP:RM12.80  
**PARODONTAX**  
Original / Daily Whitening / Fluoride Herbal 90g



**RM10.90**  
NP:RM12.80  
**DARLIE**  
Double Mint / Green Tea Mouth Spray 8ml



**RM12.90**  
NP:RM15.40  
**T3**  
Acne Patch Tea Tree Oil 23's / Hydrocolloid 30's



**RM16.90**  
NP:RM18.80  
**HS**  
SoComfy Oral Spray 15ml



**RM17.90 - RM33.90**  
NP:RM22.80 - RM38.80  
**MK ESSENTIA**  
Gentle Skin Cleanser 250 / 500ml



**RM23.90**  
NP:RM28.80  
**BIO ESSENCE**  
Renew+ Deep Repair / Moist+Water Burst / Bright+Super Radiance Serum 300ml



**RM29.00**  
NP:RM35.80  
**SKINLABS**  
Gentle Vitamin E Cleanser 500ml



**RM39.90**  
NP:RM68.80  
**MK ESSENTIA**  
Silly Soft Baby Lotion 600ml



Free 200 Points Upon Sign Up



Birthday Voucher



E-Stamp Redemption



Exclusive Promotion



My Health Record



Point Redemption  
200 Points = RM1



RM1 = 1 Point



Lifetime Membership

# Lifetime Membership

MEGA We care



## BIO-LIFE®

# SUPPORTING FAMILY HEALTH



**NEW ARRIVAL**



# Keep Your Little One Healthy This CNY!



A healthy start to the Lunar New Year begins from the inside out.

Boost Growth

Strengthen Gut Health

Support Immunity

We care for Your Wellness



## ONG ONG DEALS!



# 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.



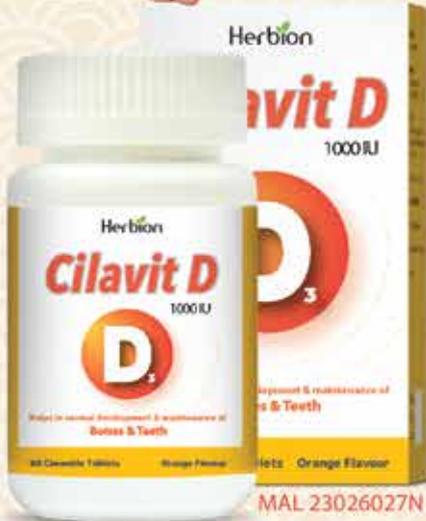
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1 Jan 2026 to 28 Feb 2026



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Amount of oat beta glucan recommended for cholesterol is 3g per day



Biogrow Oat BG22 480g + 600g Refill Promo Pack

Biogrow Oat BG22 480g



**RM5 INSTANT REBATE**

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Promo Period : 01 Jan 2026 - 28 Feb 2026

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FOR A JOYFUL YEAR AHEAD!

PROMO PRICE **RM154.50**

Ascenda\* 1.8kg

PROMO PRICE **RM138.40**

S-26 GOLD\* PROGRESS\* 1.65kg

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My Health Record



Point Redemption 200 Points = RM1



RM1 = 1 Point



Lifetime Membership

# Lifetime Membership

**Ong Raya Berganda Bersama** **Grand Prize**  
Perodua Axia 1.0L G

15<sup>th</sup> Jan - 31<sup>st</sup> Mar 2026

**Buy & Win Amazing Prizes!**

**Weekly Prize RM78**

**Join Now!**

All Participating Brands from Earth Home:  
**ARS Natucair OASIS**



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**OASIS**  
Air Freshener Gel Assorted 200g

**RM 1 00**

**NATUCAIR**  
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Multi-Monitoring Meter Pack



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Measure 6 parameters in 1 Device

- Blood Glucose
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  - Iron deficiency
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  - Nutritional problems
  - Chronic illness
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### IL 21

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- Soothing Heat
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Adjustable screen: 5 degrees of inclination

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# HAPPY CHINESE NEW YEAR

## 2x Membership points



Tebonin 120mg (30s)



Dermatix Advance (9g, 15g)



Dermatix Wound Care (20g)



Dermatix Ultra Kids (9g)



Dermatix Acne + Scar (7g)



Dermatix Ultra (7g, 15g)

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# ONG ONG DEALS!



# 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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Birthday Voucher



E-Stamp Redemption



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Point Redemption 200 Points = RM1



RM1 = 1 Point



Lifetime Membership

# Lifetime Membership

## BETADINE®

BE UNSTOPPABLE



### CONTAINS POVIDONE-IODINE TO HELP TREAT WOUNDS.

Triple killing action against:

- ✓ Bacteria
- ✓ Viruses
- ✓ Fungi

**RM17.55**

**BETADINE**  
Antiseptic Cream 15g



**RM36.15**

**BETADINE**  
Dry Powder Spray 55g



RM14.1887 / EXP 31.12.2027



## Be Prepared with DifflamAB™

Keep DifflamAB™ at home for relief of sore throat symptoms

For the symptomatic relief of mouth and throat infections.

**RM8.40**

**DifflamAB**  
Sore Throat Lozenges 12s [ Assorted ]



MAL09082484X

For more information, please refer to the product label. If symptoms persist, please consult your healthcare professional. This is a medicine product advertisement. KKLUJ 2085 / EXP 31.12.2027

## Effective Relief for Cough & Phlegm



### PABRON

The Trusted Cough Remedy From Japan.

For adults & children aged 15 years old and above.



- Non-drowsy
- Sugar-free
- Alcohol-free

For children aged 2 years old and above.



- Non-drowsy
- Sugar-free
- Alcohol-free

For adults & children aged 12 years old and above.



- Non-drowsy
- Convenient & travel-friendly

### BOONY & CO

## The Best Companion for Kids' Optimum Growth



Seaberry Crunch is formulated with only honey and seaberry that support your child's physical and mental growth. With its irresistible, unique taste, it serves as a healthy snack — perfect for picky eaters when ensuring proper nutrition feels challenging.

From head to toe, Seaberry Crunch delivers all-around nourishment. 100% free from junk ingredients, so your child gets only the best they deserve.

- Strengthens Immunity
- Promotes Brain Development
- Supports Digestion and Skin Health
- Promotes Eye Health



- 100% Natural
- 0g Sugar
- 0g Preservatives
- 0g Artificial Flavors

QR code and social media links

KKLUJ 3962 / EXP 31.12.2027 MY\_PAB\_OH\_NOV\_2025\_03

# ONG ONG DEALS!



Promotion Period : 1 Jan - 28 Feb 2026



**BUY 2 at RM22<sup>80</sup>**

**Pantene**  
Shampoo  
300ml (Asst)



**BUY 2 at RM23<sup>80</sup>**

**Pantene**  
3 Minute Miracle  
Conditioner  
150ml (Asst)



**BUY 2 at RM15<sup>80</sup>**

**Oral-B**  
Complete Easy  
Clean Toothbrush  
3s



**RM14<sup>80</sup> each**

**Head & Shoulders**  
Shampoo  
300ml (Asst)



**RM8<sup>80</sup> each**

**Oral-B**  
Mint Wax  
Floss 50m



**RM8<sup>80</sup> each**

**Oral-B**  
Glide  
Deep Clean Mint  
Floss 40m



**RM14<sup>80</sup> - RM15<sup>80</sup> each**

**Gillette**  
Blue 3 Disposable  
4s (Asst)



**RM10<sup>80</sup> each**

**Gillette**  
Blue II Plus  
Disposable 5s+1



**RM10<sup>80</sup> each**

**Ambi Pur**  
Car Mini Clip  
2.2ml (Asst)



**RM10<sup>80</sup> each**

**Febreze**  
Ambi Pur  
370ml (Asst)





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Point Redemption  
200 Points = RM1



RM1 = 1 Point



Lifetime Membership

# Lifetime Membership

# Counterpain®



Spend &

# HUAT!

## Contest\*

1st Jan - 28th Feb 2026



Grand Prize

**Touch 'n GO**  
eWallet

# RM 888 x3

x18



Consolation Prizes

Wah Chan 999  
Gold Wafer Blind Box  
Worth RM 258 each



Step 1

Purchase any Counterpain products from participating outlets

Step 2



Whatsapp the receipt with your name, email and city to 017-385 5297

\*T&C Applied.



## 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

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My Health Record



Point Redemption 200 Points = RM1



RM1 = 1 Point



Lifetime Membership

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## NeuroLix to support your day!



Added with Magnesium and Zinc

Contains vitamin B1, B6, and B12

For general health maintenance



Used as a health supplement  
KKLIU: 3219/EXP: 31.12.2027

## Chewable Vitamin C for you on-the-go

500mg of Vitamin C

Friendly chewable tablet

Orange flavour



Used as a health supplement  
KKLIU: 2276/Exp: 31.12.2027

## Moringa Centella Complex Keep your health in check, the natural way

Contains 500mg of Moringa leaf extract

Contains 100mg of Gotu Kola extract (Pegaga)

Traditionally used for general health



KKLIU: 3414/EXP: 31.12.2027

### ONG ONG DEALS!



Pharmaton

**ENERGY SUPPORT**  
TO KEEP YOU GOING



GET THE BENEFITS OF GINSENG



\*Used as a health supplement.

443.61.2019 / KKP 612.2022

nutren.



Nourish Joy.  
Celebrate with NUTREN\*



HELPS CONTROL GLUCOSE LEVELS FROM DAY 1\*

IMPROVES MUSCLE STRENGTH IN AS EARLY AS 6 WEEKS\*

FOR GUT & DIGESTIVE SUPPORT

VISIBLE CATCH-UP GROWTH IN 4 WEEKS\*

Promo Period: 1<sup>st</sup> JAN - 31<sup>st</sup> MAR 2026

Get **RM30** e-Wallet Credit\*

with purchase of any 3 tins of NUTREN\* 800g



Get Angpao Packet\*

with purchase of NUTREN\* products

\*At selected pharmacies only, while stocks last.

Vitamode  
SCIENTIFIC WELLNESS FOR YOU

**REBATE RM8**

with RM128 & above spent on ANY Vitamode\* Range purchased in a single receipt\*



T&C Apply | Promotion valid from 1<sup>st</sup> January to 31<sup>st</sup> March 2026

ELDON

MORE THAN **500,000** BOXES SOLD\*

\*ALL SKUS COMBINED UP TO 2023



Eldon Nutrition **TIGPRO POWDER** (TIGR+HMO+Probiotic) 75g  
RSP: RM 67.00  
**RM59.90**



100mg organic tiger milk mushroom HCT-744



Added with 2 billion CFU of 8, long-term HMOs, probiotics & TMO prebiotics

Tri-protection for respiratory & immune health

Consistent quantity of 1,3-β-D beta glucan & polysaccharides

Natural passion fruit flavour





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My Health Record



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RM1 = 1 Point



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## HANA KO

# Glow with Us!



Detox & Cleanse

Glowing Skin

Goodbye Acne

Healthy Hair

Better Vision



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### ONG ONG DEALS!



Ellgy *plus*  
**LONG-LASTING EFFECTIVE CARE**  
FOR CRACKED HEELS.



2X MOISTURIZATION

72H HYDRATION

Visible results in **3** Days

MEMBER **2X** point

FDA & KFDA APPROVED

For Acne With Pus

100% Medical Grade

Strong Pus Absorption

For Inflamed Acne

Anti-Bacterial

Soothing with Tea Tree Oil

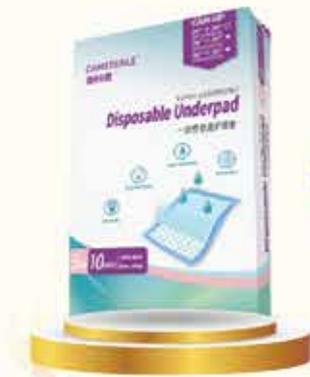
BUY 2 GET RM5 OFF

**INVISIBLE STRENGTH! LOUD RESULTS.**

Medical Grade Acne Patch That Heals

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康惠科技 **CAMP HILL**



**CAMSTERILE®**  
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CAMSTERILE Premium 5-Layer Underpad Strong absorption, leak-proof protection



**freego**

Your Travel Essential.  
Non-woven comfort made simple



**freego**

Your Travel Essential.  
Pure cotton gentle by nature

Shapee  
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With Shapee Disposable Toiletries Series

100% Premium Cotton

Disposable Ladies' Cotton Panties (4pcs)

- Washable Up to 10x
- Up To XXL Size
- Stretchable Fabric
- Individually Pack



ANY 2 **RM20**  
(Normal Price: RM25)

100% Premium Cotton

Disposable Men's Cotton Briefs (4pcs)

- Comfort Design
- Up To XXL Size
- Tailored Fit
- Versatile Use



BUY 2 **RM25**  
(Normal Price: RM27.60)

#TravelEssential

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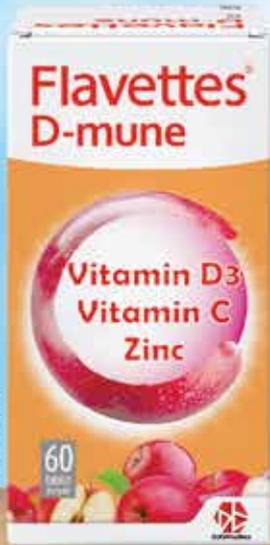


RM1 = 1 Point



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MAL24096100N

## Vitamin C & D3 help to support Immune Health

As a health supplement

RM **35.80**

Flavettes D-Mune 60's

Instant rebate **RM3** with each unit purchase



KKLU 2507 | EXP 31.12.2027

# Naturalle



MAL11032947

BUY 2 @ **RM 69.90**

Naturalle Natberry Plus 10x10

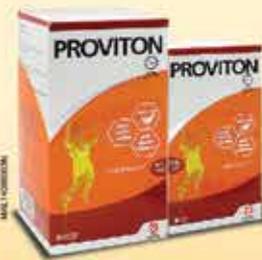
# PROVITON Daily Multivitamins



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RM **31.50**

Proviton Multivitamin 30's



MAL11032947

RM **78.80**

Proviton Multivitamin 100's + 30's



MAL11032947

RM **84.90**

Proviton Multivitamin CoQ10 plus 90's with Coffee Mug (5 colors available)



\*Image is for illustration purpose. First come first serve basis. While stocks last.

# ONG ONG DEALS!



# Hydrate. Soothe. Soften. Relieve Rough and Itchy Skin

Clinically proven formula



## SPEND & REDEEM<sup>^</sup>



Collectible Cetaphil  
**Travel Pouch**  
with Silicon Bottle

with purchase RM88 worth of Cetaphil products



Cetaphil  
DERMATOLOGICAL  
#1 SKINCARE BRAND\*

\*While stocks last  
\*Source: IGVIA Malaysia, Emollients & Protective Market, SMT Q1 2025 (Malawi) Document No.: MY-CET-250017

## HEAD-to-HEEL SAVINGS You Don't Want to Miss!



**HIMALAYA**  
Purifying Neem  
Face Wash 50ml  
**PWP RM6.00**

**HIMALAYA**  
Protecting Neem &  
Turmeric Body Wash 400ml  
**BUY 2 @ RM35.00**

**HIMALAYA**  
Koflet Lozenges 10's  
**BUY 2 @ RM15.00**

**HIMALAYA**  
Shampoo Range 400ml  
**50% Off @ RM14.20**

**HIMALAYA**  
Aloe Vera Face &  
Body Moisturizer Gel 300ml  
**BUY 2 @ RM35.00**

**HIMALAYA**  
Cystone 100s  
**BUY 2 @ RM55.00**

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Lifetime Membership

# Lifetime Membership

## The Right Skin Cleanser For Healthy Skin

Sensitive skin needs smart choices: how to choose the right cleanser for daily and antibacterial skin care

schülke →

### SPECIAL OFFER

**esemtan<sup>®</sup>**  
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Normal to Dry Skin  
(Include Sensitive Skin)



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antibacterial wash lotion

Dry, Itchy or Irritated Skin

**Kimberly-Clark**

# FREE\*

## 1x KIMBERLY-CLARK FOLDABLE UMBRELLA



COLLECT ALL 3 COLORS NOW!

with any purchase of **RM38** and above of any **Kimberly-Clark** products in a single receipt.



Brands participating in the campaign:

**kotex** **confidence** **poise** **confidence**

\*Terms and Conditions apply. While stocks last. Gift visual is for illustration purpose only.

# ONG ONG DEALS!



Mk essentia



# 24 HOUR HYDRATION



**2x MEMBER POINTS**

## Tough on Stains, Gentle on Surfaces! PWP @ RM9.90



\*While stocks last. \*Terms & Condition apply. \*Available at all Mega Kulim Pharmacy outlets and online store





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RM1 = 1 Point



Lifetime Membership

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## Trusted Nutrition for Growing Kids

Where Science Meets Care, Made with Love



Active Explorer

Chil-kid Step 4 (3+ to 9 Years)



Foundation Builder

Chil-kid Step 3 (1 to 3 Years)

No Added Sucrose

### Full Size Trial Pack 700g at **RM20\*** only!

Apply now at your nearest Mega Kulim Pharmacy outlets today!

\*T&Cs apply. Applicable for first time user only.



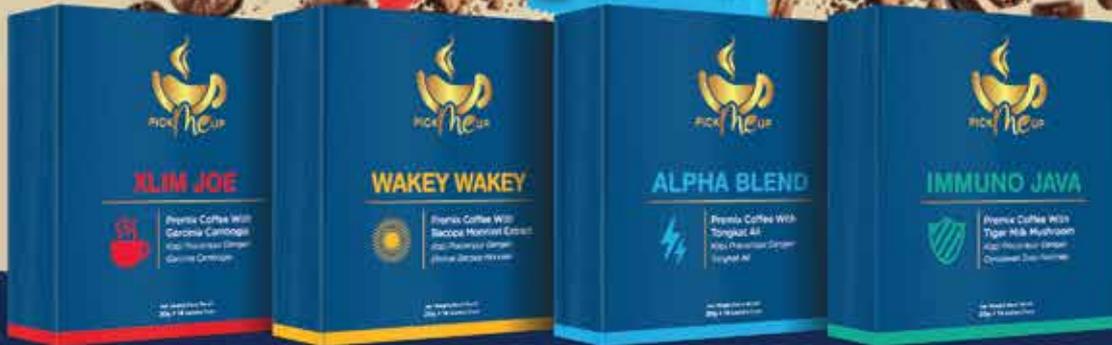
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## Benefits in Every Sip



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**MegaLive**  
For Better Life

# Buy More... & Enjoy! **Instant Rebate**

01 DEC 25 - 28 FEB 26

**Instant Rebate**

**RM 20**  
2x60's



MAL1806003INC

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**Buds**  
Organics

# Twinpack Deals 20% OFF

1 Jan - 28 Feb 2026

**15% OFF**  
Per unit



RM83.80

Buds Soothing Organics Calming Rub Cream 30ml



RM119.80

Buds Soothing Organics Calming Rub Cream 50ml



RM58.00

Buds Everyday Organics Everyday Baby Cream 75ml



RM68.00

Buds Everyday Organics Infant Cream 75ml



RM98.00

Buds Everyday Organics Everyday Shampoo 225ml



RM68.00

Buds Everyday Organics Everyday Head to Toe Cleanser 225ml



RM101.80

Buds For Kids Orange Shampoo 350ml



RM79.80

Buds For Kids Orange Shower Gel 350ml



RM101.80

Buds For Kids Lavender Shampoo 350ml



RM79.80

Buds For Kids Lavender Shower Gel 350ml

Terms and conditions apply



# MAX & MAY BEHIND THE SCENE

## Dispense Medication

Max cross-checks every prescription label, dosage, and products to ensure that customers receive the correct medication every time.



## Monitor Inventory & Order

Max ensures efficient stocking and ordering. This commitment to accurate supply management guarantees that customers' vital medications are always available when customers need them.



## Medication Review

Max utilizes systems to cross-reference prescriptions against patient profiles, guaranteeing the accurate identification and mitigation of potential drug interactions and dosage risks.



# MAX & MAY BEHIND THE SCENE

## Event Preparation In Outlet

May actively prepares and organizes in-outlet events, by setting up the balloons, health checkup devices and etc.



## Health Screening

May offers accessible, essential health services, such as HbA1c Test, Uric Acid, Hemoglobin, Glucose Test, Cholesterol Test, Blood Pressure Test. These services provides immediate health insights and promotes proactive management of customers' well-being.



## Counseling Medication

May provides personalized, one-on-one consultation in a private setting. She patiently explains medication usage, side effects, and adherence protocols, ensuring customers' confidence in their treatment plan.





# Branches Contact List

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PKNK  
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☎ 012-658 9168

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☎ 012-963 0268

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**Birthday Voucher**



**E-Stamp  
Redemption**



**Exclusive  
Promotion**



**RM1 = 1 Point**



**Point Redemption  
200 Points = RM1**



**My Health  
Record**



**Lifetime  
Membership**

*\*Terms & conditions apply*