

**BUY 3  
FOR 2**



**1 - 31 Oct 2026**

# FREE GIFT DEAL



1 - 31 Oct 2026

**FREE**



**MK Hand Towel**

**MK Hygienix / MK Essentia**  
Range with  
purchase of RM80 & above

**FREE**



**Foldable Picnic Box**

**Morinaga Chil-Kid**  
with purchase of 8 boxes (700g) or  
6 tins (900g) of Step 3 or 4

**FREE**



**Animal Blanket**

**Sensodyne** Range  
with purchase of RM38 & above

**FREE**



**Scotty Heroes  
Blind Box Plushie**

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

**FREE**



**Penguin Plus Toy**

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

**FREE**



**Bunny Pouch**

**Duracell Battery Range**  
with purchase of RM30 & above

**FREE**



**Shoe Bag**

**Tiger Balm** Range  
with purchase of RM20 & above

**FREE**



**Tote Bag**

**Lactacyd** Range  
with purchase of RM50 & above

**FREE**



**Foltene Conditioner 180ml**

**Foltene**  
Shampoo 200ml Range  
with purchase of any 1 unit

**FREE**



**Anti-Dandruff Shampoo 340ml**

**Himalaya** Range  
with purchase of any 1 unit

**FREE**



**Milk Frother**

**Novamil** Range  
with purchase of RM150 & above

**FREE**



**Glass Food Container**

**Legalon or Viartiril-S**  
with purchase of 3 units of  
Legalon or Viartiril-S products

# BEST VALUE COMBOS

1 - 31 Oct 2026



Purenat Gold + Goat Milk Powder 400g / Premium Goat Milk Powder 800g

**BUY 2 OFF 10%**

Unit Price: RM59.90 - RM89.90



Bonlife Selected Items

**BUY 2 OFF 10%**

Unit Price: RM72.40 - RM159.00



Acti-Tape Colour Beige / Blue / Black (5cmx5m)

**BUY 2 @ RM78.80**

Unit Price: RM44.90



MK Hygienix Goat's Milk Shower Cream Orange / Original / Rose 1000ml

**BUY 2 @ RM14.90**

Unit Price: RM9.90



MK Hygienix Goat's Milk Shower Cream Orange / Original / Rose 2000ml

**BUY 2 @ RM19.90**

Unit Price: RM13.90



MK Hygienix Antibac Hand Wash Citrus / Cucumber / Grape 500ml

**BUY 3 @ RM18.00**

Unit Price: RM7.90



Cap K 3 Cooltopia Penyejuk Badan Lychee / Lime 320ml

**BUY 2 @ RM5.50**

Unit Price: RM2.90



Sofy 360 Panty Cool (M-L) (L-XL) (2's)

**BUY 2 @ RM11**

Unit Price: RM6.90



Strepsils Cooling Menthol / Honey & Lemon / Orange With Vitamin C-100 (12loz)

**BUY 2 @ RM16**

Unit Price: RM9.20



Gaviscon Advance Liquid Sac 4X10ml

**BUY 2 @ RM39.90**

Unit Price: RM22.80



Systane Ultra Eye Drop (10ml) / (24X0.5ml)

**BUY 3 FREE 1**

Unit Price: RM21.90 - RM43.90



Flavettes Mskristal / Mskranberi 30sac

**BUY 1 FREE 1**

Unit Price: RM68.20 - RM113.80

# JUST FOR MEMBERS

1 - 31 Oct 2026



**10% OFF**

Jordan Toothpaste  
Step 1 / Step 2 (75g)  
**RM8.30**  
Unit Price: RM9.30



**15% OFF**

Jordan Toothbrush  
Step 1 / Step 2 / Step 3  
**RM11.80**  
Unit Price: RM13.90



Sofy Hada Night 29cm /  
36cm (10's) /  
Day 26cm (17's)  
**RM11.90**  
Unit Price: RM13.00



Farcent Deodorizer Pure  
Charcoal 300+50ml /  
Dehumidifier Disposable  
Rose / Charcoal 4X400ml  
**RM13.20**  
Unit Price: RM14.90



**50% OFF**

Himalaya Pro Ext Moist /  
Gentle Daily Care /  
Repair & Regeneration /  
Protein Shampoo 400ml  
**RM14.20**  
Unit Price: RM28.40



**50% OFF**

Himalaya Anti-Dandruff /  
Anti-Hair Fall  
Shampoo Range 400ml  
**RM14.20**  
Unit Price: RM28.40



Darlie Toothpaste  
Double Action  
Fresh Clean 2X175g / Enamel  
Protect / Multicare 2X140g  
**RM15.90**  
Unit Price: RM17.90 - RM18.70



Thursday Plantation  
Tea Tree / Lavender /  
Peppermint Oil 25ml  
**RM25.00 -  
RM30.00**  
Unit Price: RM46.90 - RM67.80



**RM5 OFF**

Biore UV Aqua Watery  
Essence SPF50 (50g)  
**RM22.90**  
Unit Price: RM27.90



**RM5 OFF**

Dermaveen Moisturising Lotion /  
Soap Free Wash Ph5.5 (500ml)  
**RM44.90**  
Unit Price: RM49.90



**RM5 OFF**

Hada Labo Premium  
Whitening Water  
Cream / Gel 50g  
**RM64.80**  
Unit Price: RM69.80



Hada Labo Premium  
Whitening Lotion  
Rich / Light 170ml  
**RM59.90**  
Unit Price: RM63.50

# JUST FOR MEMBERS

1 - 31 Oct 2026



**up to 35% OFF**  
Cosmoderm  
Selected Items



**RM5 OFF**  
Good Virtues Co.  
Healthy Hair & Scalp Shampoo  
All Hair Types / Anti-Dandruff  
Care Shampoo / Conditioner  
Nourish Hair Fall Protect 300ml  
**RM11.90**  
Unit Price: RM16.90



Selsun Blue Pro-X Extra  
Strength / Pro Extra  
Moisturizing / 2 In 1 (120ml)  
**RM21.90**  
Unit Price: RM22.80



Megumi Anti Hair  
Loss Shampoo  
Moist / Fresh 250ml  
**RM38.90**  
Unit Price: RM41.50



Certainty Airy  
Dry Pants M - XXL  
**RM18.90**  
Unit Price: RM19.80



Certainty Dry  
Max Pants M - XL  
**RM25.50**  
Unit Price: RM26.50



**5% OFF**  
Jordan Toothpaste Pump  
Step1 Strawberry /  
Step2 Grape 188g  
**RM25.40**  
Unit Price: RM26.80



Dettol Shower Gel Original /  
Proskin Sakura Blossom  
Body Wash 900ml /  
Gel Cool / Fresh 950ml  
**RM20.90**  
Unit Price: RM21.50



**10% OFF**  
MK Essentia  
Anti Acne Spot Gel With  
Niacinamide 25g  
**RM20.60**  
Unit Price: RM22.90



LPM Knee Support 647  
S - XL (Unit)  
**RM37.20**  
Unit Price: RM39.20



**10% OFF**  
Manuka Health Honey  
MGO 115+ / 400+ (500g)  
**RM118.80 -  
RM241.20**  
Unit Price: RM132.00 - RM268.00



**20% OFF**  
Lactoday For Kids / Men /  
Women 2gX30sac  
**RM111.20 -  
RM127.20**  
Unit Price: RM139.00 - RM159.00

# BUY 3 FOR 2

1 - 31 Oct 2026



BUY 3 FOR 2

Hanako Black Velvet Glo / Curmeric / Green / Peach / Iriz Viz / 2gX20sac

Unit Price: RM58.80



BUY 3 FOR 2

Cilavit D3 1000IU (60tab)

Unit Price: RM45.00



BUY 3 FOR 2

Take-it 4 Fingers Yoghurt Berry 35g

Unit Price: RM3.60



BUY 3 FOR 2

Take-it 4 Fingers 35g

Unit Price: RM2.70



BUY 3 FOR 2

Follow Me Antibacterial Body Wash Extra Cool / Natural Fresh / Whitening 500ml

Unit Price: RM9.50



BUY 3 FOR 2

Garnier Bright Complete Vit C / Sakura Glow Ceramide Water Gel 20ml

Unit Price: RM17.90



BUY 3 FOR 2

Himalaya Dark Spot Turmeric Face Wash 100ml

Unit Price: RM15.50



BUY 3 FOR 2

Himalaya Brightening Vit C Orange Face Wash 100ml

Unit Price: RM13.10



BUY 3 FOR 2

Bzu Bzu Kids Fresh Cooling / Silky Soft Shampoo / Happy Body Wash 600ml

Unit Price: RM23.90



BUY 3 FOR 2

Bzu Bzu Baby Cooling Lotion 200ml

Unit Price: RM16.80



BUY 3 FOR 2

Rosken Sensitive Skin Cream 400ml

Unit Price: RM40.90



BUY 3 FOR 2

Rosken Dry Skin Lotion 400ml

Unit Price: RM39.90



BUY 3 FOR 2

Yuka Zan Acne Healing Patch Range 20's

Unit Price: RM16.90



BUY 3 FOR 2

Yuka Zan Roll On All Range 10ml

Unit Price: RM39.90



BUY 3 FOR 2

Karex One Super Studs / Extended Pleasures 3's

Unit Price: RM9.90



BUY 3 FOR 2

MK Medikare One Step HCG Pregnancy Test Kit (unit)

Unit Price: RM7.50



BUY 3 FOR 2

Kotex Overnight Panties (M-L) / (L-XL) (5+1's)

Unit Price: RM12.90



BUY 3 FOR 2

MK Hygienix Silky Soft Adult Wipes 40's

Unit Price: RM6.90



BUY 3 FOR 2

MK Hygienix Silky Soft Baby Wipes 2x30's

Unit Price: RM6.90



BUY 3 FOR 2

MK Hygienix Silky Soft Wet Wipes 10's

Unit Price: RM2.20

# BUY 3 FOR 2

1 - 31 Oct 2026



BUY 3 FOR 2

Vitalux Plus Omega 3 (28cap)

Unit Price: RM62.80



BUY 3 FOR 2

Vitalux Plus Time Release 30tab

Unit Price: RM55.80



BUY 3 FOR 2

Linkus Nova Lozenges Orange / Honey Lemon / Strawberry 2X9tab

Unit Price: RM7.80



BUY 3 FOR 2

Spoon Health Organic Chia Seed 150g

Unit Price: RM14.50



BUY 3 FOR 2

Himalaya Vajomba Pastilles Berry Sakura / Honey Lemon / Peppermint 25g

Unit Price: RM3.50



BUY 3 FOR 2

Bzu Bzu Baby Cooling Powder 140g

Unit Price: RM9.40



BUY 3 FOR 2

Garden of Eden Rosa T Acne Serum / Scar Serum

Unit Price: RM34.50



BUY 3 FOR 2

Garden of Eden Primrose / Grape E 5ml

Unit Price: RM33.80



BUY 3 FOR 2

Eagle Fresh On Original / Barley Mint / Lavender 8ml

Unit Price: RM7.90



BUY 3 FOR 2

Betadine Fem Wash Foam Fresh & Active / Moist Calendula 100ml

Unit Price: RM16.50



BUY 3 FOR 2

Breathe Free Vapour Patch Kids / Adult 5's

Unit Price: RM17.90



BUY 3 FOR 2

Garnier Sakura Glow Hyaluron / Bright Complete Vit C Serum Mask (unit)

Unit Price: RM9.50



BUY 3 FOR 2

Refresh Plus Eye Drops 30x0.4ml

Unit Price: RM35.90



BUY 3 FOR 2

Refresh Tears Eye Drops 15ml

Unit Price: RM16.80



BUY 3 FOR 2

Colgate Optic White Mineral / Exfoliating Mineral 100g

Unit Price: RM13.60



BUY 3 FOR 2

Little Tree Air Freshener Assorted Flavours

Unit Price: RM9.30



BUY 3 FOR 2

One Touch Select Plus 25's

Unit Price: RM37.50



BUY 3 FOR 2

GP Greencell AA / AAA (4+2's)

Unit Price: RM8.30



BUY 3 FOR 2

Duracell Copper Top AA / AAA (2's)

Unit Price: RM8.40



BUY 3 FOR 2

Duracell Copper Top AA / AAA (4's)

Unit Price: RM15.40

# PWWP UP TO 50% OFF



1 - 31 Oct 2026

\* Limit 5 Units Per Customer In A Single Receipt

## LIMITED TIME ONLY!



MK Hygienix Goat's Milk Shower Cream Assorted Flavour 70ml  
**RM 1.95**  
NP: RM3.90



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



MK Hygienix PowerKleen Natural Dishwash 1L  
**RM 9.90**  
NP: RM14.90

## Household Essentials



MK Medikare Alcohol Swab 50x2pc  
**RM 4.30**  
NP: RM4.90



Dettol Liquid (1L+ 250ml)  
**RM 52.20**  
NP: RM64.20



Mr Muscle Multi-purpose Cleaner Lavender 1L  
**RM 6.90**  
NP: RM9.50



Mr Muscle Multi-purpose Cleaner Ocean Escape 1L  
**RM 6.90**  
NP: RM9.50

## Bites & Boost



MegaLive Liko Drops Tangerine / Honey Lemon / Blackcurrant 8's  
**RM 4.90**  
NP: RM5.20



Spoon Health Himalayan Pink Rock Salt 250g  
**RM 1.70**  
NP: RM1.90



MegaLive Kids Opti Plus 45sac  
**RM 49.90**  
NP: RM101.60



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



Mooit Crispy Brownie Bites Granola 100g  
**RM 12.90**  
NP: RM14.90



Gaviscon Liquid Sac 5x10ml  
**RM 14.60**  
NP: RM15.60



HS Stevia Natural Drops 10ml  
**RM 28.90**  
NP: RM29.90



Seven Seas Multivitamin Syrup Orange 100ml / Cod Liver Oil Gold 100cap  
**RM 20.10 - RM 20.30**  
NP: RM21.40 - RM21.60



Cebion Vit C Chew 500mg (3x30tab)  
**RM 32.70**  
NP: RM34.80

## Groom & Personal Care Picks



Clearwipe Lens Cleaner 20's  
**RM 9.00**  
NP: RM13.90



Oral-B Ultra-thin 0.01mm Green Tea Ext Soft (2+1's/set)  
**RM 11.70**  
NP: RM16.90



HS Petroleum Jelly 90g  
**RM 11.80**  
NP: RM13.40



MK Essentia Aidne-Clear Anti-Acne Soap / Reliev Antibacterial Soap 100g  
**RM 9.90**  
NP: RM12.90



Eye Mo Regular / Moist 15ml  
**RM 6.80 - RM 8.90**  
NP: RM7.60 - RM9.90



Jordan Target Sensitive 2+1 (Set)  
**RM 12.00**  
NP: RM14.20



Ammeltz Yoko Yoko 48ml  
**RM 12.30**  
NP: RM13.50



MK Essentia Pain Relief Cream with Eucalyptus 30g  
**RM 12.90**  
NP: RM14.90



Skinlabs Moist Aloe Vera Gel 200ml  
**RM 11.80**  
NP: RM16.90



Bepanthen Baby Ointment 30g  
**RM 11.50**  
NP: RM12.90



Sunplay Sport Sunscreen 50+ (30g)  
**RM 15.90**  
NP: RM16.90



Senka Perfect Whip / Collagen in 120g / Vitamin C Poreless Glow / Fresh / Acne Care 100g  
**RM 16.00 - RM 18.80**  
NP: RM20.90 - RM25.90



Cetaphil Gentle Exfoliating Salicylic Acid Lotion 236ml  
**RM 45.90**  
NP: RM64.90



# MANAGING PMOS THROUGH NUTRITION

HEALTHY CHOICES, BETTER PMOS MANAGEMENT



1



## 1. CHOOSE THE RIGHT TYPE OF CARBOHYDRATES

Women with PMOS should choose complex carbohydrates because they are digested more slowly, helping to keep blood sugar levels stable and improving insulin sensitivity. These foods also provide more fibre, helping you stay full longer and reducing cravings.

Limit refined carbohydrates and sugary foods such as white bread, cakes, pastries, sweets, sweetened drinks and bubble tea, as they may cause blood sugar spikes.



2



## 2. EAT ENOUGH TOTAL FIBRE EVERY DAY

Aim for 25–30 g of fibre daily.

Fibre slows down glucose absorption, improves digestion, supports weight management and may help reduce cholesterol levels.

Try to fill half of your plate with vegetables during lunch and dinner.

3



## 3. MEAL TIMING MATTERS

Skipping meals, especially breakfast, may lead to overeating later in the day and unstable blood sugar levels.

For better blood sugar control:

- Eat regular meals.
- Don't skip breakfast.
- Try to finish dinner before 9.00 pm.
- Avoid frequent late-night snacking.



4



## 4. SUPPLEMENTS

Some supplements may help women with PMOS, but they should only be taken based on individual needs and healthcare advice. Always consult your doctor, pharmacist or dietitian before starting any supplements.

- **Myo-inositol** – may improve insulin sensitivity, ovulation and menstrual regularity.
- **Vitamin D** – may support hormone balance.
- **Omega-3 fatty acids** – Help reduce inflammation and improve blood lipid levels.

There is no single PMOS diet. Choosing high-fibre foods, eating regular balanced meals, staying physically active and maintaining a healthy lifestyle can improve insulin sensitivity, reduce androgen levels and help manage PMOS symptoms.

Most importantly, there is no need to follow an extremely restrictive diet. The goal is to develop sustainable eating and lifestyle habits that fit your individual needs, preferences and health condition.



# Understanding PMOS : How It Affect Your Body & Fertility

Polycystic ovary syndrome (PCOS), a condition that affects one in eight women, or more than 170 million women worldwide, was officially renamed to polyendocrine metabolic ovarian syndrome (PMOS) on May 12, 2026, to better reflect the condition's whole-body metabolic and hormonal involvement rather than just an ovarian disease.



Tan Yue Wan  
Pharmacist at Mega Kulim Pharmacy



## KEY FACTS ABOUT PMOS

- 1** A common hormonal disorder in which there are higher than normal androgen levels
- 2** It is estimated that 70% of women worldwide do not know that they have PMOS
- 3** It's a common cause of anovulation among women and a leading cause of infertility
- 4** PMOS runs in families but can cause a range of different symptoms
- 5** PMOS poses higher risk of long-term health problems that affect physical and emotional well-being
- 6** PMOS affects an estimated 10–13% of reproductive-aged women

## COMMON SYMPTOMS :



## ASSOCIATED WITH INCREASE RISK OF :



## HOW IS PMOS DIAGNOSED?

There is no single test for PMOS. Diagnosis is based on symptoms, physical examination, blood tests, and sometimes an ultrasound scan.

A woman is usually diagnosed with PMOS if she has at least two of the following symptoms: irregular or absent periods, signs of increased androgen hormones (such as acne or excess facial hair), or polycystic ovaries seen during ultrasound scans. Blood tests may also be done to rule out other conditions with similar symptoms.

## HOW DOES PMOS AFFECT FERTILITY?

One of the main reasons women with PMOS experience difficulty conceiving is due to irregular ovulation or anovulation.

Normally, an egg is released from the ovary every month. In PMOS, hormonal imbalance can prevent the egg from maturing and being released regularly. Without ovulation, the follicles containing the underdeveloped eggs will turn into the small fluid-filled sacs that are characteristic of the polycystic appearance seen in PMOS.

Most women with PMOS have elevated levels of luteinizing hormone and reduced levels of follicle-stimulating hormone (FSH), coupled with elevated levels of androgens and insulin. These imbalances can manifest as oligomenorrhea or amenorrhea (infrequent or lack of menstruation).

Underproduction of estrogen and overproduction of androgens by the ovaries can result in a number of additional clinical features, including tiny cysts on the surface of the ovaries.

PMOS typically involves hormonal imbalances, insulin resistance, and metabolic abnormalities, which significantly increase the risk of infertility. However, PMOS does not mean it is impossible to conceive.

The earlier PMOS is identified, the better the chances of preserving fertility and improving pregnancy outcomes. Although there is currently no cure for PMOS, early diagnosis and treatment along with weight management may lower the risk of long-term health issues.

## MANY WOMEN WITH PMOS ACHIEVE SUCCESSFUL PREGNANCIES THROUGH:

01.



Healthy lifestyle changes  
&  
Be active

02.



Weight management  
& Limit calories

03.



Ovulation-inducing medications

04.



Intrauterine insemination (IUI)  
/ In vitro fertilisation (IVF)



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



Delicious Moments Everyday

Lee Kum Kee  
Less Salty Soy  
Sauce 250ml  
RM 5.30/unit  
NP: RM5.60



Lee Kum Kee  
Pure Sesame  
Oil 207ml  
RM 10.00/unit  
NP: RM10.50



Spoon Health



BUY 2 FREE 1



## GRAB 3 PAY FOR 2



HELPS  
PREVENT UTI



HELPS LOWER  
CHOLESTEROL



HELPS  
RELIEVE GOUT

ORGANIC  
PURE JUICES 946ML

RM88  
each



100% PURE FRESH  
PRESSED



NO WATER  
ADDED



NO SUGAR  
ADDED



NO CHEMICALS &  
PRESERVATIVES

Bonlife

## BUY ANY 2 PRODUCTS

GET



# 10% OFF



## STAY HEALTHY WITH US



**BUY & SAVE**  
**Rebate Voucher RM5**  
GET RM5 OFF YOUR NEXT PURCHASE!  
1 OCT - 31 DEC 2026

**HOW DOES IT WORK?**

1 Purchase a Nouvelle Omega Fish Oil EPA 180 / DHA 120 Trial Pack (2 x 10's).

2 Download the MegaLive Buddy App and scan the QR code on the trial pack to receive an RMS instant rebate voucher for Nouvelle Omega Fish Oil EPA 180 / DHA 120 (5 x 10's).



\*Terms and conditions apply.  
\*Rebate valid for the purchase of 5 x 10's Nouvelle Omega Fish Oil EPA 180 / DHA 120 (5 x 10's) only.

Nouvelle

**Cilavit D**

1000 IU

Herbion

Buy 3 for the Price of 2

Chewable Tablets

Orange Flavour



MAA 23026027N

01/10/2026 - 31/10/2026

HELPS IN NORMAL DEVELOPMENT & MAINTENANCE OF **BONE & TEETH**

AKSU No. 218/UEP/81.12.2018

**Hayyes 5000 collagen**  
콜라겐

BUY 3 TUB  
FOR THE PRICE OF 2



Marine Collagen Peptide  
Peptida Kolagen Marin

MCT Oil Powder  
Serbuk Minyak MCT



VANILLA flavor 5000MG collagen per serving 400G per tub



Promote Wound Recovery



Promote Joint Health



Promote Skin Strength & Radiance

SPECIAL OFFER

**BUY 3**  
FOR THE PRICE OF 2

ROSKEN  
skinerepair





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



## Fresh On

Aromatherapy Roll-On  
Calms & Relaxes you!

Stainless steel  
rollerball for  
easy application



### BUY 3 FOR THE PRICE OF 2



MS 2634  
3-017-01/2018

## Say bye to DRY SKIN

Daily Moisture Care

HS Petroleum Jelly 45g



**BUY 2 FREE 1**

3 UNITS FOR ONLY

### RM17

NP: RM8.50 EACH

**LIMITED TIME ONLY**



**Cocoa  
Butter**

Deeply moisturises and  
softens dry rough skin



**VitE &  
Olive Oil**

Helps protect skin &  
keep it soft & smooth



**Locks in  
Moisture**

Seals in moisture for  
lasting softness

Valid from 1 to 31 October only

[www.activelife.com.my](http://www.activelife.com.my)

## YUKAZAN<sup>®</sup>

Your Baby Safeguard Companion

Essential Oil Roll On

1<sup>st</sup> Oct - 31<sup>st</sup> Oct 2026

### BUY 3, PAY FOR 2!



Improve  
sleep  
quality

Boost  
children's  
immunity

Reduce flu  
& cough  
symptoms

Ease  
discomfort  
in belly

Soothe  
tantrum  
emotions

100% PURE  
Essential Oils  
from UK

Baby Safe  
Formula & Gentle  
for Delicate Skin

G6PD Friendly  
Safe for little ones

\*T&C Apply

## BZU Bzü<sup>®</sup>

### Little Smiles, Big Comfort

= Shop Baby Essentials Now

Buy any 3 for price of 2  
**RM 53.80**

Head to Toe Calming Scent 600ml  
Silky Soft Shampoo 600ml  
Happy Kids Body Wash 600ml  
Fresh Cooling Shampoo 600ml



3 for price of 2  
**RM 19.80**

Cooling Baby Powder 140g



3 for price of 2  
**RM 35.80**

Cooling Baby Lotion 200ml

\* while stock lasts. T&C Apply

# STAY HEALTHY WITH US



GARDEN OF EDEN

**Pure By Nature**  
**Made for you**

- 83% Natural Origin
- Cleanse dirt & impurities
- Suitable for all skin types



**Bioré**

素肌によろこびを



**Bioré UV**  
Aqua Rich Watery  
Essence SPF50+  
PA++++ 50g

**RM22.90** /each  
NP: RM27.90



*We got you Covered*



**Bioré UV**  
Perfect Protect  
Milk SPF50+ 25ml  
(Moisture)

**RM12.90** /each  
NP: RM16.80



**Bioré**  
Cleansing Oil 150ml

**RM20.90** /each  
NP: RM25.90

**GARNIER**

BUY 2  
FOR 3



**Garnier**  
Facial Mask  
assorted  
NP: RM9.90

BUY 2  
FOR 3



**Garnier**  
Water Gel 20ml  
assorted  
NP: RM19.90

**DO YOU HAVE DRY EYES?**



**FREE 1 UNIT REFRESH TEARS / REFRESH PLUS** with every purchase  
2 units of Refresh Tears / Refresh Plus.

\*While stocks last, Term and Condition applies.

**abbvie | Refresh**

Registered under Act 737  
MDAMD 079/2026

Tarikh Kelulusan: 31 Mac 2026  
ABBRMYW10326V1



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



**Stretchable**  
Moves with You

Flexible

Secure All-Day Fit

Pain Relief

For Relief of Muscular Aches & Pains,  
Inflammations, Stiff Neck & Shoulders,  
Arthritic & Back Pains

BREATHE  
FREE

## Better Breathing, Better Living



Relieve Nasal Congestion  
For Flu & Blocked Nose



Suppress Cough



Convenient & Easy  
To Use

**BUY 3 FOR 2**

BreatheFree Vapour Patch  
(Adults & Kids)  
5's NP: RM22



MDAMD 0217/2023  
GA7780924-177455  
Registered under Act 737

# ONE®

**BUY 3  
FOR 2**

**Extended Pleasures™**

Malaysia's  
1<sup>st</sup> Delay Condom



NP: RM11/each



Longer Lasting  
Pleasure



Lubricated with  
Mild Desensitizer



Improve Premature  
Ejaculation

**Super Studs™**

Extra Large Studs For  
Maximum Stimulation



Hundreds of  
Pleasure  
Intensifiers



Contoured  
Shape



Mutual  
Enjoyment



NP: RM11/each

## BETADINE®

BE UNSTOPPABLE



**EXPLORE  
YOUR  
POSSIBILITIES**



TRI-CARE®  
Formulation



PREBIOTIC  
an alpha-glucan  
oligosaccharide



Helps  
Maintain  
Natural pH



Soap-,  
Paraben- and  
Colorant-free



Moisturizes  
Gently



Hypoallergenic

**RM20.07**

**BETADINE**

Feminine Wash  
Range 100mL



For safety information, special warnings and precautions consult the product label.  
BETADINE® is a Registered Trademark.

# STAY HEALTHY WITH US



**EARTH**  
Act For Life

**OASIS**  
Air Freshener Gel Premium Assorted 200g

**RM10<sup>90</sup>**

**NATUCAIR**  
Dreamy Fabric Spray Assorted 400ml

**RM11<sup>00</sup>**

**Kotex**

**BUY 2 FREE 1**

**Kotex**  
Max Protect Overnight Panties 5+1s  
M-L/L-XL

**RM11.90/each**

\*T&Cs apply. While stock last. Applicable to same item. Image is for illustration purposes only.

**Dr.P** Trusted Incontinence Expert

**Dr.P** Value Level 6 Tape M10 / L9 / XL8

**Dr.P** Value Level 6 Pants M10 / L9 / XL8

**Dr.P** Premium Level 7 Pants M9 / L8 / XL7

**Dr.P** Premium Adult Wipes 30cm x 20cm 40s

**SCAN HERE** for more info and **FREE** sample

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**NovoPLUS** new

**NIT320**  
FOREHEAD & EAR INFRARED THERMOMETER

**AMS TECHNOLOGY™**

**THREE TIER AGE CLASSIFICATION**

**MULTI - FUNCTION**

**3 YEARS WARRANTY**

**MAGNETIC PROBE COVER**



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**Lifetime  
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# Tough on Stains, Gentle on Surfaces !



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

## Herbal Wellness Daily Essentials

**Himalaya**  
SINCE 1930



**BUY 2  
GET 1 FREE\***



Shampoo 400ml (all variants)  
**@ 50% OFF\***

Promotion Period : 1 - 30 Oct 2026

\*Terms & conditions apply. While stocks last.

**STAY HEALTHY WITH US**



**#1 DERMATOLOGICAL SKINCARE BRAND\***

Best Companion for  
**baby's**  
Delicate Skin

**SPEND & WIN!**

Stand a chance to win

Contest Period: 1<sup>st</sup> Sept - 31<sup>st</sup> Oct 2026

**GRAND PRIZES x2**  
**SSPN-i**  
worth RM2,000

**CONSOLATION PRIZES x10**  
**Toys R Us**  
Giftcard worth RM100

**95%**  
recommend  
**Cetaphil® Baby**  
to other parents\*\*

Clinically proven  
gentle formula



- ♥ Gentle
- ♥ Soothing
- ♥ Skin Moisture Barrier
- ♥ Moisture Seal
- ♥ Hypoallergenic



**STEP 1: PURCHASE** RM68  
worth of Cetaphil® Baby products in a single receipt

**STEP 2: SUBMIT**  
receipt via WhatsApp  
to +6011-1543 2060



\*Terms & Conditions Apply

\*Source: Based on internal analysis by GfK Malaysia Sdn. Bhd. using data from the following sources: KVMA Malaysia, Excellence & Protective Market, MAT Q1 2025 (Malawi)  
\*\*Real World KVMA Study (2023, N=27)

**SOFY**

**MADE IN JAPAN**  
はだおもち HADAO MOCHI

**SOFY Hadoomoi**  
Day Ultra Slim Wing 26cm 17's /  
Night Ultra Slim Wing 36cm 10's /  
Night Slim Wing 29cm 10's

**RM 11.90**

**SOFY Comfort Nite 360 Panty Cool**  
(M-L 5's / L-XL 5's)  
**RM11.90**

**SOFY Comfort Nite 360 Panty Cool**  
(M-L 2's / L-XL 2's)  
**BUY 2 AT RM11.00**

**SOFY Cooling Fresh Regular Pantyliner**  
(155cm 28's)  
**RM7.50**

**Certainty Dry**

**Certainty DryMax**

**CERTAINTY Max Pants**  
(M10's / L9's / XL8's)  
**RM25.50**

**Certainty AiryDry**

**CERTAINTY Dry Pants**  
(L9's / XL8's / XXL6's)  
**RM18.90**



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Lifetime  
Membership

# Lifetime Membership

clinically  
**sebamed**  
PH 5.5  
TESTED  
SENSITIVE SKIN

## Women's Health & Self Care + Baby Care



### CARE FOR YOU

Daily cleansing, intimate care & hydration



INTIMATE WASH  
POIFJUSH



LIQUID FACE &  
BODY WASH



OLIVE FACE &  
BODY WASH



MOISTURIZING  
BODY LOTION



pH 5.5  
Supports the skin's  
natural barrier



Soap & Alkali-free  
Gentle cleansing



Dermatologically tested  
For sensitive skin



Nourishes, protects  
& soothes

### CARE FOR BABY

Gentle cleansing & moisturising  
for delicate baby skin



BABY LIQUID  
CLEANSER



BABY BODY  
LOTION



BABY  
SHAMPOO

**NO.1** Medical Skincare Brand in Germany

PM-2026-029-00

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# Buy 2 boxes FREE 2 boxes



\*While stocks last.

## STAY HEALTHY WITH US



# Flavettes®

## generasi ms

**Buy 1 FREE 1**



RM **68.20**

**Flavettes**  
Ms.Ferrin 30s



RM **113.80**

**Flavettes**  
Ms.Kristal 30s



RM **68.20**

**Flavettes**  
Ms.Kranberi 30s

T&Cs apply.

# Dermoplex™

**Buy 3 at  
the Price of 2**



RM **21.80**

**Dermoplex**  
Ultra Sensitive Cream  
100ml

Nurture your baby's skin the gentle care it deserves with our natural and soothing treatment



**Ultra Sensitive Cream**

Natural & Soothing for Delicate Baby Skin



RM **24.90**

**Dermoplex**  
X-Zma Relief Cream  
100ml

Non-steroidal topical treatment, designed to effectively manage dry inflammation in atopic dermatitis



**X-Zma Relief**

Relieve & Soothe Irritated Skin

T&Cs apply.





1 - 31 OCT 2026

**MegaLive**  
For Better Life

# FREE Mega Yaya Blind Pack

PURCHASE RM200 & ABOVE ON  
MEGALIVE KIDS RANGE PRODUCTS



**4 DESIGNS TO COLLECT!**  
**1 MYSTERY DESIGN INSIDE!**



**FIRST 300  
REDEMPTIONS ONLY**

\*Terms & conditions apply.  
\*Available only at Mega Kulim Pharmacy.  
\*Offline redemption only.  
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**STAY HEALTHY WITH US**



# Feeling Heavy?



**MegaLive**  
For Better Life

# Go Natural.

Support Your Gut's Natural Cleansing Process



100% Natural Ingredients



High in Dietary Fibre



Comprehensive Detox

KKM APPROVAL NO. 140126/01/010





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Point Redemption  
200 Points = RM1



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Lifetime  
Membership

# Lifetime Membership



ABSORBA™

## Comfort is Self-Care.

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CONTI-FIT PLUS

CLOTH-LIKE



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M



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XL

RM22.80

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CLOTH-LIKE



RM16.50

M

All sizes same price

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 **TURBOMED**



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QUALITY ADULT INCONTINENCE PRODUCT

# STAY HEALTHY WITH US



**EBENE**  
Bio-Ray Healthcare

# Suffering From Heel Pain?



Get Relieve with

**NEW**

SHOP EBENE & GET  
**RM6 INSTANT REBATE!**  
with minimum spend of RM160

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REBATE**

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PHARMACY



Mega Kulim Pharmacy E-Store...



**PWP**  
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with Purchase



**Clearance  
Sales**



**Redemption**



**Voucher  
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Benefits**



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**Free  
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☎ 012-458 7168 ☎ 012-248 8298  
PKNK Padang Serai  
☎ 012-262 6238 ☎ 012-495 9328  
Kelang Lama  
☎ 012-621 4268

## Alor Setar, Kedah

Simpang Kuala  
☎ 012-568 6198  
Jalan Tunku Ibrahim  
☎ 012-881 1368

## Sungai Petani, Kedah

Jalan Ibrahim Legenda Heights Taman Sejati Indah  
☎ 012-322 6298 ☎ 012-515 0278 ☎ 012-527 0298  
Taman Ria Jaya Bandar Puteri Jaya Taman Keladi  
☎ 012-534 3268 ☎ 012-684 3168 ☎ 012-985 4168  
Taman Arked Amanjaya  
☎ 012-257 4168 ☎ 012-205 9168

## Jitra, Kedah

Bandar Darulaman Jaya  
☎ 012-576 9228

## Kuala Ketil, Kedah

Taman Tanjung Puteri  
☎ 012-228 4168

## Baling, Kedah

Kota Baling Jaya  
☎ 012-308 4168

## Lunas, Kedah

Lunas  
☎ 012-704 8168

## Changlun, Kedah

Changlun  
☎ 012-693 7168

## Seberang Perai Utara, Penang (Mainland)

Kepala Batas  
☎ 012-573 2988  
Raja Uda  
☎ 012-988 4168

## Seberang Perai Tengah, Penang (Mainland)

Seberang Jaya Bukit Minyak  
☎ 012-355 8238 ☎ 012-552 7238  
Alma Kota Permai  
☎ 012-365 1298 ☎ 012-938 4168

## Seberang Perai Selatan, Penang (Mainland)

Simpang Ampat Nibong Tebal Sungai Bakap  
☎ 012-535 8198 ☎ 012-538 4268 ☎ 012-339 7168  
Taman Chai Leng Jalan Pasar Taman Mutiara  
☎ 012-430 9328 ☎ 012-532 0268 ☎ 012-530 3238

## Timur Laut, Penang (Island)

Prima Tanjung Sungai Pinang Pulau Tikus Macalister  
☎ 012-218 4368 ☎ 012-803 3298 ☎ 012-658 9168 ☎ 012-665 7168  
Island Glades Ayer Itam Pekaka Van Praagh (Jelutong)  
☎ 012-756 6138 ☎ 012-217 4168 ☎ 012-682 4168 ☎ 012-245 0368

## Barat Daya, Penang (Island)

Bukit Jambul Batu Maung Mayang Pasir  
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Jalan Tengah Medan Bayan I-Avenue  
☎ 012-277 4168 ☎ 012-375 7168 ☎ 012-740 2168

## Perlis

Kangar  
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## Perak

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☎ 012-283 4168 ☎ 012-536 0198

## Klang Valley

SS2, Petaling Jaya Bandar Puteri Puchong Taman Danau Desa  
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Sri Petaling Damansara Jaya SS15, Subang Jaya Kuchai Lama  
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Official Website



CUSTOMER CARE HOTLINE  
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78,79,80,81 & 82, Lorong Semarak 3, Taman Semarak, 09000 Kulim, Kedah.

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