















# Sugar Wellness Package

糖康全护检验配套

RM28.00

NP: RM33.00





Blood Sugar 血糖

Hemoglobin 血红蛋白

Hematocrit 血细胞比容

HBA1C 糖化血红蛋白



**Blood Pressure** Test

血压检验





1 - 31 Oct 2024



MK Essentia

All Range GWP

\*FREE 1 Cosmetic Pouch Bag with purchase of RM60 & above on Mk Essentia range.



Pediasure / Similac

Free 1 Similac glass container with purchase of any 2 cans of Pediasure or Similac (for children aged 1 year and above). GWP

FREE

FREE



Morinaga

GWP

Chil-kid \*FREE 1 Little Helper Set with purchase of 8 boxes 600g or 5 tins 900g Morinaga Chil-Kid



CHAMPS

Champs

Multivitamin Lysine & Prebiotic

Orange / Yogurt 30tab \*FREE 1 Lysine & Prebiotic Yogurt 15s with purchase any 1 box



MAL 19126130TC

Sambucol All Range

\*FREE 1 SambucolTravel Bag with purchase of RM100 & ve on Sambucol product



Jung Kwan Jang

All Range \*FREE 1 Gold Mug with purchase of RM100 & above on Jung Kwan Jang product.



Bio-Life

Selected Items

\*REBATE TNG eWallet RM 10 with purchase of RM100 & above on Bio-Life heart range product.



GWP

Viartril - S

500mg 90cap / 30sac \*FREE 1 Reparil Gel 10g with purchase any 1 box



Johnson

All Range

\*FREE 1 Johnson Didi Pencil Cases with purchase of RM28 & above on Johnson product.





Jordan All range

GWP

**GWP** 

\*FREE 1 Penguin Toothbrush Stand with purchase of RM20 & above on jordan range

FREE



GWP

Ultra Kids 9g RM64.90

FREE

\*FREE 1 Dermaxaurus Bag with purchase any 1 box



Sensodyne

All Range \*FREE 1 Sensodyne Deep Clean 18g with purchase of RM25 & above on Sensodyne product.



Cosmoderm All Range

\*FREE 1 Cosmoderm Utensils with purchase of RM35 & above on Cosmoderm product.



Autan Botanicals Lotion 50ml / Spritz 100ml \*FREE 1 Travelling Bag with any purchase on Autan product.



GWP

Yuka Zan Antibacterial / English Pear / Fresh Bouquet Body Wash 1L \*FREE 1 Hello Kitty Kids Wipes with purchase any 2 bottles



GWP

Perskindol All Range \*REBATE TNG eWallet RM5 with purchase of RM30 & above on perskindol range.





Accu - Chek BUY 1 Softclix Lancets 25's FREE 1 RM15.00



Liquiplast **BUY1** Liquid Bandage 10g RM26.90 FREE 1



Refresh Plus Eye Drop / Tears Lubricant Eye Drops BUY 2 FREE 1 RM14.70 -RM31.90



Mk Essentia BUNDLE Intimate Wash 200ml DEALS NP: RM29.90 BUY 2 @RM49.90







Contro Eazy Now Vanilla 850g NP: <del>RM98.90</del> BUNDLE **BUY 2 GET** RM15 OFF



BUNDLE

DEALS

Good Morning G Sure / V Plus / V Grains NP: RM64.90 - RM87.90 **BUY 2 GET 15% OFF** 



Ribena BUNDLE Pastilles Blackcurrant / Mixed Berries 20's NP: RM4.00 BUY 3 @RM10.00

DEALS

MENTHOLATUM: DEEP HEATING RUB PAIN RELIEVING ANALGESIC MENTHOLATUM: **DEEP HEATING RUB** PAIN RELIEVING ANALGESIC

BUNDLE

Mentholatum Deep Heating Rub 35.4g NP: <del>RM11.90</del> **BUY 2 @RM19.90**  \*Same Item Only

BUNDLE

Respack KF94 Face Mask 20's NP: RM19.90

BUNDLE BUY 1 @RM16.90 BUY 2 @RM29.90 DEALS



Selected Item Garnier Men 100ml & 150ml NP: RM19.40 BUY 2 @RM29.90



Sunplay Sport Sunscreen SPF 50+ 30G NP: RM16.80 BUNDLE DEALS BUY 2 @RM29.90





Cheerpack Blackcurrant 300ml / Jelly Drink Blackcurrant 160ml NP: <del>RM3.20</del>

**BUY 2 @RM5.50** 



Dequadin Pastil Lemon / Menthol 20g NP: RM3.90 BUY 2 @RM6.00





Lipice Magic Color Crystal Pink / Strawberry / Rose Pink 2g NP: <del>RM13.90</del>







MIX &

MATCH







MegaLive Kids Opti Plus 2x45's NP: RM162.25 RM132.25



Surbex
Selected Items
NP: RM89.80 - RM165.80 RM81.80 - RM150.80



**S26** RM15 Selected Items
NP: RM38.40 - RM148.40
RM36.40 -

BRANDS

Brand's RM10 Essence Chicken 15x70g RM76.80



RM6.50 NP: RM86.50 OFF RM80.00

Morinaga Chil-Kid 1-7 Year 900g





Live - Well Mecomin 2x90+60vcap NP: RM95.00 RM90.00







All Range NP: RM5.90 - RM21.50 RM4.90 - RM19.50





Care2u Organic Dried Apricot 220g NP: <del>RM28.40</del> RM24.10



MEMBER Biored Krill Oil 500mg 56'S RM170.00



MEMBER

Novamil Kid It 1-10 Years 800g NP: RM95.40





Rohto C3 Cool For Contact Lens 500ml NP: RM39.80 RM29.80





RM25 Selected Items NP: RM48.80 - RM168.40 OFF RM41.40 - RM143.10



LPM Range NP: RM21.40 - RM234.80 RM19.20 -RM211.30 10%



Mentholatum Deep Extra Heating Rub 35.4/94.4g NP: <del>RM13.50 - RM27.40</del> RM11.90 - RM22.40





+ Elite (Set) Foc Strip 25's + Microlet 100's NP: RM89.00 RM81.00







15% OFF

Daily Soothing Cleanser / Serum / Cream / Toner / Lotion / Sunscreen NP: RM65.90 - RM110.90 RM56.00 - RM94.20

40% OFF

MEMBER EXTRA

BENZAC

### Benzac

BENZAC

Microbiome / Blackhead Control / pH Control NP: RM39.60 - RM65.40 RM27.70 - RM41.90

Benzac

pH Control



### Senka

OFF

Perfect Whip All Range NP: RM19.90 - RM25.90 RM15.90 - RM20.70



Garden Of Eden

Rosa E & Grape E range NP: RM31.90 - RM64.90 RM28.70 - RM55.10





### Megumi

Anti Hair Loss Treatment Essence 160ml NP: RM118.80 RM100.90





Pro Acne Solution Cleanser / Spotless Bright Day Fluid / Cleansing Foam NP: RM52.90 - RM118.20 RM50.20 - RM112.20



10%

Yuka Zan

Essential Oil Roll On Range 10ml NP: <del>RM39.90</del> RM35.90



OFF

### Hada Labo Hydrating / Light / Snow Dew / Water Gel Cream 50g NP: RM67.50 RM57.50





### Acne-Aid

Scar Care / Spot Gel / Bar / Liquid Cleanser Oil Control NP: RM13.90 - RM33.90 RM10.00 - RM23.90

OFF

### Sunplay

Ultra Shield 130 SPF 50+ Lotion 35g / Mist 165ml NP: RM42.90 - RM58.80 RM39.90 - RM50.80





### L'Oreal Paris

Excellence No1/No3/No4/No5 NP: RM39.90 RM33.90





### Bepanthen

Sensidaily 200ml / Sensiwash 400ml NP: RM69.80 - RM72.80

RM64.80 - RM67.80





### Dermaveen

All Range NP: RM29.90 - RM49.90 RM24.90 RM44.90





### Dermatix

Acne / Advance / Ultra NP: RM49.90 - RM94.00 RM47.90 - RM89.00



RM3.90



**Loreal Paris Elseve** Hyaluron Moisture 150ml/280ml NP: RM14.90 - RM17.80 RM13.90

ELSEVE





Lipice Water Colour Super / Pamper / Fancy Me 3g NP: <del>RM14.90</del>

RM12.90



### Essential



RM1.90 NP:RM2:40 RESPACK 75% Alcohol Wet Wipes 10's



RM3.50

NP:RM4.30
KLEENEX
Tissues Classic 3ply 10x9's



RM5.00

NP:RM6.50
GLADE
Mini Gel
Lavender / Peony & Berry 70g



RM11.90 NP:RM19:80 MK ESSENTIA Hand Sanitizer Instan Gel Pump 500ml



RM23.90

NP:RM28.90

ALOCLAIR PLUS

Oral Ripse 120ml



RM5.00 NPRM5.90 MR MUSCLE Multi-Purpose Cleaner Fresh Lavender / Lemon 500ml



RM69.00

NP:RM89.00

OXITECH
Pulse Oximeter



RM6.90 NP:RM8.00 GP Ultra AA / AAA (2's)



RM9.90 NP:RM14.90 MK HYGIENIX verkleen Natural Dish Wash 1L



RM6.90 NP:RM7.90 FRESH ON Original / Lavender / Barley Mint 8ml

Food & Beverage



RM16.90 NP:RM18.90 YUKA ZAN Child/ Adult Flu Relief Nose Patch 6pc



RM6.00 NP:RM7.00 - RM7.50 GINVERA e / Lite Beauty Olive Oil 75m

### **Personal Care**



RM3.50 NP:RM3.90 PREMIER





RM18.80

NP:RM20.90

METSAL

Heat Rub Cream 50g



RM5.00 NP:RM5.90 RESPACK Activ Cotton Face Towel 15pcs



RM5.90 NP:RM6.90 MK HYGIENIX Silky Soft Wipes Baby / Adult



RM3.00 NP.RM3.50 HIMALAYA Vajomba Pastilles Berry Sakura / Honey Lemon / Peppermint 25g

DifflamAB

DifflamAB



RM4.90

NP:RM11.90
EUGICA
Herbal Mouth Spray 10ml



RM5.50 NP:RM5.90 SIDOMUNCUL Tolak Angin 5x15ml



RM5.90 NP:RM6.50 DIFFLAM AB Blackcurrant / Lemon, Honey Lemon / Orange 12tab



RM22.00 NP.RM23.80 - RM25.80 MANUKA HEALTH Drops Blackcurrant / Lemon / Propolis 65g



RM13.90

NP:RMI5.20
CARE2U

CAREAU

CA



RM8.90

HIMALAYA

Purifying Neem Face Wash 50ml

NP.RMI7.90 EDEN Gentle Exfoliating Facial Scrub 75ml



RM42.40

NP:RM84.90

MK ESSENTIA

Soothing Milk Cleanser 100m



RM5.90

NP:RM6.90

DARLIE

Travel Kit Adult



RM7.00 RM7.90 DEQUADIN Lemon / Menthol Pastil 50g



RM28.90 NP:RM31.20 BRAND'S Essence Berry / Prune 6x42ml



RM10.00 NP:RM21.80 PROSPAN F Cough Syrup 100m



RM15.90 NP.RM17.90 MK ESSENTIA Soothing Nappy Cream 40g



RM19.90 NP:RM21.40 MENTHOLATUM Deep Heating Rub 94.4g



RM7.90 NPRM8.90 JORDAN Toothpaste Chili / Chamomile , Watermelon 75g



RM7.50 NP:RM8.90 VICKS Vapodrops Honey Lemon / Orange 12tab



RM7.90 NP:RM8:90 HIMALAYA Koflet Lozenges 10's



RM9.90 NP.RM23.40 SAKATONIK Activ Vitamin D3 1000IU 90tab





### **EMPOWER YOURSELF:**



Article written by:

Chan Jee Ling

Pharmacist at Mega Kulim Pharmacy

# 10 ESSENTIAL BREAST CANCER PREVENTION TIPS EVERY WOMAN SHOULD KNOW

Breast cancer is a concern for many women, but taking proactive steps can significantly reduce your risk. Here are 10 essential tips to help you empower yourself and support your overall well being:



A diet rich in fruits, vegetables, and whole grains. Reducing intake of processed foods and saturated fats can contribute to overall health and may lower the risk of breast cancer.



Drinking alcohol is linked to a higher risk of breast cancer. Try to keep your alcohol consumption to no more than one drink per day.



Regular exercise is good for your overall health and can help reduce your risk of breast cancer. Aim for at least 30 minutes of moderate exercise, like brisk walking, on most days of the week



Being overweight, especially after menopause, can increase your risk of breast cancer. Try to maintain a healthy weight by eating a balanced diet and staying active.



Smoking is harmful to your health and can increase the risk of various cancers, including breast cancer. If you smoke, seek help from healthcare professionals to quit.



Try to limit unnecessary exposure to radiation from medical tests and procedures. If you need medical imaging, talk to your doctor about any potential risks.



Mother who breastfeed have a lower risk of breast cancer. The longer the duration of breastfeeding, the more the risk is reduced.



If breast cancer runs in your family, you might want to consider genetic testing to see if you have a higher risk. This can help you and your doctor decide on the best preventive measures.



Get to know how your breasts normally look and feel. Regularly check for any changes, such as lumps or unusual pain, and report any concerns to your doctor right away. Early detection can be crucial to help reduce mortality risk.



Mammograms can help detect breast cancer early when it's most treatable. Most health experts recommend starting yearly mammograms at age 50, or earlier if you have a family history of breast cancer.







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Test



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### NOURISHING YOUR MIND: THE ROLE OF DIET IN MENTAL WELLBEING



Article written by: **Anis Balqis binti Asiati Raili**Dietitian at Mega Kulim Pharmacy

We usually emphasize that eating well helps us feel and look our best physically. We do not always hear that eating a healthy diet has a big impact on our mental health as well. A healthy and well-balanced diet can help us think clearly and feel more alert. Additionally, it can also enhance concentration and lengthen our attention span. On the other hand, a poor diet can cause lethargy, bad decision making and can slow down reaction time.

When we are stressed or depressed, we often reach for processed foods or ready-to-eat foods. During hectic or difficult periods, a cup of coffee or sugary drinks become our best friend, fruits and vegetables are replaced with high calorie and high fat foods. When we are feeling down, ice creams, chocolates and pastries become our perfect dinner, or we might skip dinner altogether.

We tend to either eat too much or too little when we are depressed or under stress. Eating too much and we find ourselves dealing with sluggishness and weight gain. Eating too little and we find ourselves being tired, lazy and wanting to stay in bed all day. In either case, poor diet during stress and depression periods only makes matters worse. This cycle is a vicious one, but it can be overcome.

### FOODS TO INCORPORATE INTO A HEALTHY MENTAL DIET:



### **Complex carbohydrates**

Brown rice, starchy vegetables, quinoa, millet etc. - give us energy and keep us feel full for a longer period than simple carbohydrates found in sugar and candy.



### **Healthy fat**

Nuts, seeds, avocados, olive oil, coconut oil, oily fish such as sardines, mackerels and salmon – healthy fats consist of omega-3 and omega-6 are crucial for the proper function of our brain, nervous system and hormone productions and regulations.



### Avoid alcohol

Drinking too much alcohol can disrupt chemicals in the brain that are important for good mental health. Alcohol dependency during stressed and depression can cause addiction.



### **High protein diet**

Legumes, nuts, seeds, milk, fish, egg, cheese, soy products – diets high in protein can support mental health and it helps to regulate our thoughts and feelings.



### Food for gut health

When we are stressed, it can lead to problems with digestion such as feeling bloated or constipated or may not feel as hungry as usual. You can try eating more foods that support healthy digestion such as fruits, vegetables, wholegrains, beans, lentils as well as probiotics such as yoghurt, tempeh and kimchi.



### Avoid caffeine

Caffeine makes you feel more anxious and depressed. It disturbs our sleep and give withdrawal symptoms such as irritable if we suddenly stop having it.



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# REBATE RM12

PROMOTION VALID UNTIL 31<sup>ST</sup> OCT 2024



'Promotion is only applicable to Vitamode® CoO10 100mg 30's inine Plus L-Citrulline 60's, and Vitamode® Krill Oil 1000mg 30's

Promo period: 1st to 31st Oct 2024



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Soy Oat Milk Protein Powder
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> Contain Omega-3

Low in Fat

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PERIOD: 1/10/2024 - 31/10/2024

























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Rediscover the joy of movement and reclaim your active lifestyle with Nouvelle Celery Seed Extract.

Our formula offers natural relief for joint pain.



MAL23116079TC







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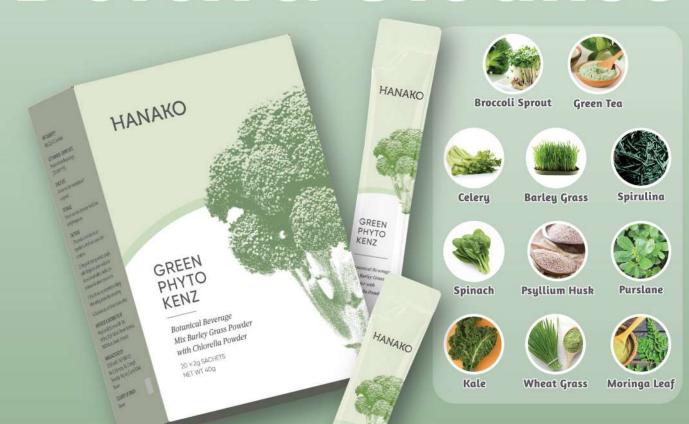






# HANAKO

# **GREEN PHYTO KENZ** Detox & Cl





Contains 11 type of vegetables.



Suitable for individuals with constipation and for weight loss.



Natural detox.



No added sugar.















Free 200 Points Upon Sign Up



Free Heal



xclusive romotion Co



Expert Point Redemption
Counselling 200 Points = RM1

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RM1 =



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MegaLive reserves the right to substitute any of the prize(s) with item(s) of equivalent value at any time without prior notice.







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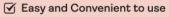




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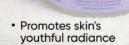












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# RM5 **Reload PIN**





### **HOW TO REDEEM**



Purhase any Perskindol products worth RM30 & above



Scan your receipt & personal details (Name, Contact & IC no)



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mmences from 1st September 2024 to 31st October 2024. 2. Only one (1) redemption for each consumer. Strictly only original receipt is accepted. 3. Only valid submissions or this campaign and Zuellig Pharma Sdn Bhd nest the sole discretion to disqualify any invalid submissions. 4. Zuellig Pharma Sdn Bhd reserves the right to cancel or adaign at any time without prior notice. 5. Zuellig Pharma Sdn Bhd reserves the right to modify or change the terms and conditions of this campaign at our sole discretion

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### Steps to redeem your rebate

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- EP 2 Scan to submit your full name, purchase receipt and device serial number.
- STEP 3 Receive the RM10 TnG E-Wallet Reload PIN or RM 10 GrabPay Rebate
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RM1 = 1 Point



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