



YAYASAN JANTUNG MALAYSIA
(The Heart Foundation of Malaysia)

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Staying Physically Fit at Home



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Chairman

I am sure you are aware, maintaining a certain amount of physical activity is a necessary part of heart health. Given that the ongoing COVID-19 pandemic has resulted in certain limits on outdoor physical activities, many of us are forced to find other ways to stay physically active and fit.

Regular physical activity helps strengthen heart muscles, which is important as it helps improve its ability to function properly. Even moderate-intensity physical activity is sufficient to help strengthen your heart muscles, thus allowing it to work more efficiently. Please do a minimum of 30 minutes of exercise a day.

Of course, exercising at home will not hold the same allure as hiking, swimming, or jogging. However, doing so will help limit any potential exposure to COVID-19, which is especially important if you are in the high-risk category. Even better as there's no membership fee to pay and you won't even have to waste time travelling!



- If you're just starting – take baby steps; when it comes to exercising, it's better to do too little than too much.



- Always listen to your body – whether you are using a treadmill or doing some other form of exercise, stop if you feel any pain.



- Exercise throughout the day – if your target is an hour a day, you can split it into a few sets (e.g. two sets of 30 minutes each, once in the morning and another in the evening).



Most importantly, if you have a history of heart disease or any other chronic disease, do get your doctor's advice on what type of exercise regime would be suitable for you. Remember, despite the 'new normal' involved with the COVID-19 pandemic, **our heart health should still be a priority.**



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Editor's Note



Let's Keep the Rhythm Going

The COVID-19 pandemic continues to affect the lives of Malaysians. Despite the various adversities we face in confronting this epidemic, we should not forget to continue caring for our heart health.

Both our heart health and our overall health are crucial – the heart deserves our time and attention. To ensure it continues to work smoothly and without skipping any beats, we need to do our part.

As you may be aware, almost all the major risk factors of heart disease are avoidable. These risk factors are linked to our lifestyle, thus are within our control.

With that in mind, we take a look at several relevant topics in this issue. Starting with heart palpitations, we explore some of the common causes and whether it should be a cause for concern. Other articles include a look at recent activities such as Smart Heart Challenge initiated by Quaker, and the link between heart disease and COVID-19.

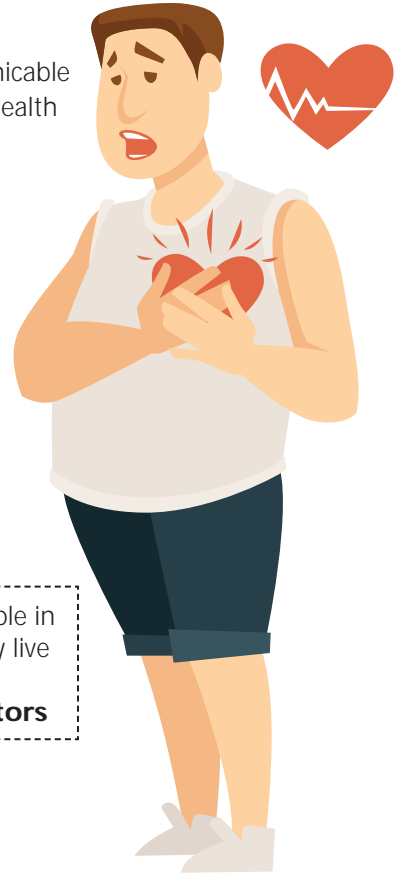
With that, it is our sincere hope that Malaysians place heart health high in our list of priorities. Neglecting heart health means you risk courting heart disease, so let us take all the proactive measures we can to prevent this from happening.

At the same time, we should also stay vigilant in staying safe from the danger that COVID-19 represents to our health and the health of our loved ones. That said, remember to take the appropriate action and avoid becoming complacent. Your heart health is in your hands!

Datin Dr Liew Yin Mei

National Health & Morbidity Survey 2019

The objective of the National Health & Morbidity Survey (NHMS) is to provide community-based data and evidence to the Ministry of Health on non-communicable diseases (NCDs), its risk factors and healthcare demand for review of national health priorities and programs. Below are some findings related to heart health.



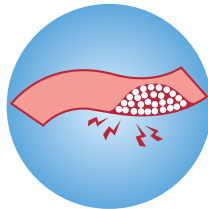
Major risk factors of cardiovascular disease



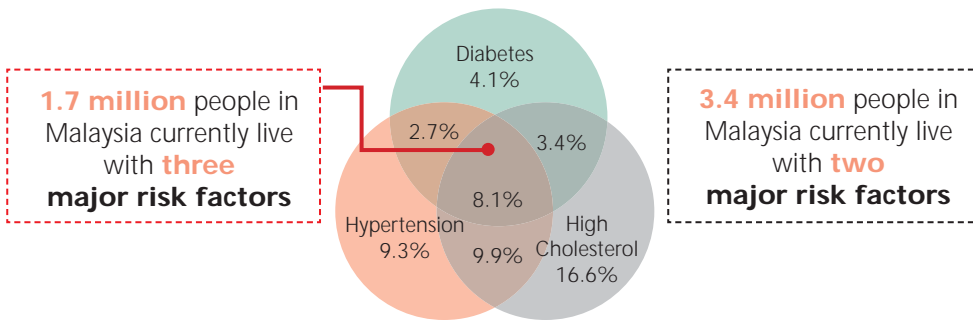
Diabetes



Hypertension



High Cholesterol



Hypertension



3 in 10 or **6.4 million** people in Malaysians have hypertension

Only half are aware they have hypertension

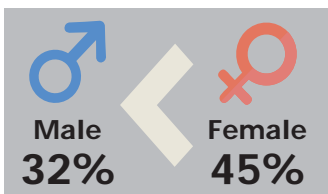
90% are on medication, **but only 45%** have their blood pressure controlled

Cholesterol



4 in 10

or **8 million** Malaysian adults have high cholesterol level (5.2mmol/L or higher)



4 in 10

people are unaware of it



Diabetes



1 in 5

Malaysians have diabetes (approximately 3.9 million adults above 18 years old)

Most adults between 18-40 years are unaware of having diabetes

Are Heart Palpitations a Cause for Concern?



By Datin Dr Liew Yin Mei

Heart palpitations refer to rapid or irregular beating of the heart which is often described as a fluttering or pounding sensation. They are not always indicative of heart disease but it's certainly true that when it happens, heart palpitations can be worrying.

While they are usually harmless, there is still a small possibility that this irregular heartbeat (arrhythmia) is a symptom of something more serious which may require treatment. So how would you know if you are having heart palpitations? You may feel your heart skipping beats, fluttering rapidly, beating faster than normal, pounding loudly, or you might even describe your heartbeat as flip-flopping. Some people may even feel the palpitations reaching up to their throat, neck and/or chest.

- Smoking
- Coffee or tea
- Underlying heart disease
- Drugs/ medications
- Illegal drugs

If you do experience heart palpitations but it happens infrequently and only for a few seconds, then the chances of it being a serious problem is lower. However, if you have a history of heart disease or family history of sudden death, it is advisable to consult a doctor.

Causes of heart palpitations

There are several possible reasons why palpitations may occur and these include strong emotions caused by stress, anxiety or panic attacks. Other causes include:



It is not advisable to ignore heart palpitations if they occur frequently or lasts for more than a few seconds. Also, if it occurs with the following signs/symptoms, see a doctor immediately:





Who are at risk?

Common predisposing conditions for palpitation include:

- 1) People who are under a lot of stress have anxiety disorders or panic attacks. Women may experience palpitations due to possible hormonal imbalances during menstruation, pregnancy or menopause.
- 2) People with hyperthyroidism, which refers to an overactive thyroid gland can cause arrhythmia. Arrhythmias refers to Irregular heartbeats and can manifest as very slow or fast or irregular beats which can be intermittent.
- 3) Underlying Heart Diseases like Coronary Heart Disease, Cardiomyopathies, Heart Failure, long QT syndrome and electrolyte disturbances are important conditions which predispose to arrhythmias.

If a person has no underlying disease, there is little risk of complications arising because of heart palpitations. However, those who have an existing heart condition may face complications such as:

- **Fainting.** Very rapid or Irregular heartbeats can lead to a sudden drop in blood pressure, which in turn can lead to fainting.
- **Stroke.** In the event that the heart palpitation is caused by the arrhythmia known as atrial fibrillation, blood clots may form in the heart. If part of the clot breaks off, it can occlude the blood supply to the brain, leading to a stroke.
- **Heart failure.** Heart failure can be a cause or complication of arrhythmia. Heart failure from various causes leads to unhealthy heart muscle

which predispose to arrhythmia. Conversely, long standing arrhythmias like atrial fibrillation leads to heart failure as a result of ineffective pumping of the heart.

- **Cardiac arrest.** Sometimes dangerous arrhythmias can lead to a sudden cardiac arrest.

Managing heart palpitations

Treatment will depend on the cause, and your doctor has to find any underlying medical condition that may be the root cause. However, there are other potential causes which are not related to a medical condition.

You may want to keep track of your lifestyle habits to see if there is anything that may be a trigger, such as smoking, or consuming too much caffeine from coffee/tea or alcohol – if this is the case, you can stop smoking or minimise your caffeine/alcohol intake.

In the event that it is stress-related, then find ways to relieve stress by doing relaxation exercises, yoga, aromatherapy, or listening to music. If you have heart palpitations after taking certain medications for cough/cold, then try other brands or something that contains different drugs.



Lastly, keep in mind that heart palpitations are not a normal state of health and could be an indication that there's something wrong with your heart health. So if you do experience heart palpitations, don't dismiss them as an insignificant occurrence – there's no harm in talking to your doctor about it. Of course, if they occur frequently and are accompanied by other symptoms (e.g. dizziness/fainting), then you should consult your doctor without delay.

Feel the Flow

You probably already know that it's important to keep your cholesterol, blood glucose and blood pressure at a healthy level. However, are you aware that maintaining a healthy blood flow is just as important, especially once you are aged 40 and above?

Blood circulation is a significant body function as it circulates blood throughout the body: heart, brain and upper and lower limbs to supply oxygen and nutrients and remove carbon dioxide and other waste products from the bloodstream.

As we age, our blood is prone to be thicker (or more viscous) than usual which can interrupt blood flow. When the blood flow through the blood vessels to a specific part of our body is reduced or blocked, the supply of oxygen and nutrients to the organ tissues will be insufficient and subsequently can lead to several health complications including:



Numbness and tingling sensation in hands and feet: When the blood flow is restricted, blood cannot reach the extremities (hands and feet) sufficiently which can result in numbness and tingling sensation.



Cold hands and feet: Normal body temperature depends on a consistent supply of blood for thermoregulation, as blood absorbs and distributes heat throughout the body. When blood flow is restricted, it can lead to temperature fluctuations in skin and nerve endings of hands and feet.



Fatigue: Inadequate delivery of oxygen and nutrients to the organs and muscle tissues can lead to an overwhelming feeling of fatigue. Poor blood circulation can also increase the burden of our heart as it needs to pump harder which can lead to further fatigue.



Joint and muscle cramps: Inadequate oxygen to the muscle and joint tissues can cause severe pain and cramp in that particular area when walking or exercising.

Poor blood circulation can adversely affect our health, emotional status and overall quality of life. There are several factors can cause poor blood circulation including:

- age
- overweight/obesity
- poor eating habits
- alcohol consumption
- smoking
- sedentary lifestyle
- certain medical conditions such as high cholesterol level and high blood pressure

Therefore, keeping our blood circulating efficiently is essential to overall physical well-being.

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Reference:

1. EFSA Journal 2010;8(7) 1689.

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Social Support after Heart Attack

Suffering from a heart attack is a distressing event. Patients are often unaware of their heart problems and may not even notice that they were suffering a heart attack the first time they had it. Various risk factors contribute to the occurrence of heart attack and can affect the process of recovery.

One factor that can boost recovery is social support. Support from friends and family is vital for improving the outcome and quality of life after a heart attack. And this applies to everyone no matter their age or gender. Many studies have supported this; a study on more than 3,000 patients under 55 found that patients receiving more support have better outcomes than those receiving little to none.

In that study, patients were assessed immediately after their heart attack, as well as one month and twelve months later. Patients with low social support were more likely to be single, unemployed, living alone, smoking, and have drinking problem. They also have higher heart risk factors, like high blood pressure and diabetes, as well as poorer mental health, more symptoms of depression and lower quality of life.

Hence, it is important to also pay attention to the mental aspect of recovery, not only the physical aspect. Helping patients to connect with others and identify their support network when they are hospitalised are as important as medical follow-ups and medications in supporting their recovery and improving their quality of life.

Taking care of your emotions

It is normal to feel sad, angry, anxious, or stressed after having a heart attack, but if these feelings persists for more than two weeks, you better seek help. Depression, anxiety and lack of social support can hinder your

recovery and contribute to worse complications. Here are some suggestions:

- Don't be hard on yourself and get help early. Mental health problems, like depression, are treatable like any physical illnesses. Take your medications as instructed and improve your lifestyle to help you to manage these conditions.
- Seek support from friends and family who can listen to you and understand how you feel. They will provide you with emotional support as you share daily and weekly activities with them like dinners, recreational activities, picnics and other outings.
- Find a support group to talk to people who have gone through a similar experience. It is easier for people who have had a heart attack or heart surgery to relate to each other and understand what you are going through. They can also share advices on how to manage any issues.
- A cardiac rehabilitation program is a great way to learn about your heart, risk factors, medications and lifestyle changes you need to make. While receiving advice and care from health professionals, you can also share experiences with others with similar heart problems.
- Joining hobby or interest groups such as chess, walking, or exercise groups where you can meet new people and make new connections can also be a good step towards recovery.



Smart Heart Challenge for a Heart-healthy Lifestyle

Food plays a large role in Malaysian culture and many consider eating as a national pastime. Sadly, not all of the foods (or drinks) that we enjoy are good for health. We often consume fast food, processed food, and have easier access to unhealthy food courtesy of food delivery. Coupled with a sedentary lifestyle, this has led to a rise in non-communicable disease (NCDs) statistics in Malaysia over the years.

The latest National Health and Morbidity Survey (NHMS 2019) shows that 2 in 5 Malaysians have high cholesterol, which in turn is associated with obesity. It was also found that 1 in 2 Malaysians were obese, which serves to re-emphasise Malaysia's standing as Asia's fattest country. In addition, 3 in 10 Malaysians are suffering from hypertension.

These three elements – high cholesterol, hypertension and obesity – are key risk factors for cardiovascular heart disease (CVD), which remains the leading cause of death in Malaysia ever since it became prominent in the 1970s. As part of their social responsibility, the World's No. 1 Oats brand Quaker has stepped up to do their bit to help Malaysians care for and take charge of their heart health.



From left: Teh Boon Kiat (Commercial Director, Foods, PepsiCo), Dr Fazilah Shaik Allaudin, Datuk Dr J.S. Sambhi, Dato Gurbakhash Singh, Melinda Ong (Marketing Lead, Food Category, PepsiCo), Dr Kit Phanvijhitsiri and Chenchill Kho (Scientific & Regulatory Affairs Manager, PepsiCo)



Scanning the QR code for the official launch



Media Q&A session moderated by emcee Aishah Sinclair



Get it moving for healthy lifestyle

By partnering with Yayasan Jantung Malaysia (YJM), Quaker kicked-off the Quaker Smart Heart Challenge, a 30-day intervention programme intended to motivate Malaysians to manage their cholesterol levels by consuming eight tablespoons of Quaker Oats as part of daily diet low in saturated fat and cholesterol.

The Quaker Smart Heart Challenge was officially launched by Dr Fazilah Shaik Allaudin, Senior Deputy Director of the Medical Development Division at Medical Care Quality Section, who represented YBhg Tan Sri Dr Noor Hisham bin Abdullah, Director General

of Health, Ministry of Health Malaysia. The event took place at Invito Hotel in Bangsar South, Kuala Lumpur, earlier February this year.

Also present were YBhg Datuk Dr J.S. Sambhi, Founder and Chairman of Yayasan Jantung Malaysia, representing the President of YJM YABhg Tun Dato' Seri Ahmad Sarji Abdul Hamid, YBhg Dato Gurbakhash Singh, Vice Chairman of Yayasan Jantung Malaysia, and Dr Kit Phanvijhirsiri, R&D Life Sciences Manager of PepsiCo – Quaker.

In the opening address, Dr Fazilah who delivered Tan Sri Dr Noor Hisham's

opening address said, "Almost half the adult population of Malaysia has high cholesterol levels, yet a survey in 2015 revealed that 38.6% (that is 7.8 million) were not even aware they had high cholesterol, which is one of the major risk factors of heart disease. In 2017, CVD remained the main cause of death in hospitals under the Health Ministry, totalling 10,284 or 22.62% of the total deaths that year."

In Tun Dato' Seri Ahmad Sarji Abdul Hamid's speech read by Datuk Dr J.S. Sambhi, he expressed the hope that the Quaker Smart Heart Challenge would help galvanise the Malaysian public into prioritising a healthy lifestyle instead of taking an 'enjoy now, worry later' attitude. "We truly

hope that the Malaysian public will be more open to making healthier lifestyle choices. It is the only way to stop heart disease from being the number one killer of Malaysians!"

The mission of this Challenge was to educate and motivate Malaysians to develop healthy eating habits and lead an active lifestyle towards reducing high cholesterol.



Testing for cholesterol level

Dr Kit Phanvijhirsiri revealed, "Oats contain more protein, iron, magnesium, phosphorus, potassium, zinc and folate than those grains or grain-derived food commonly consumed in the Asian diets at the present time i.e. white rice, brown rice, white bread, barley and corn. Research has shown that oats are an effective way to help lower blood cholesterol, which in turn can reduce the risk of heart disease thanks to the power of a soluble fibre unique to oats called beta-glucan."

Beta glucan has been scientifically proven by notable worldwide research to effectively help lower blood cholesterol levels. It works by binding some of the cholesterol in your digestive tract, thus keeping cholesterol levels low.



YJM staff ready to educate guests on heart health



2 scoop of oats with fruits for the perfect overnight oats recipe!



Reading a message from dietitian Indra Balaratnam on the information panel



Explaining to a guest how the Challenge works

The first run of Quaker Smart Heart Challenge was over a decade ago in 2004, which was a great success. Bringing this Challenge back with the aim of reaching a wider segment of society, it was hoped that more Malaysians will start taking their heart health seriously.



Hajjah Ainon Hj Kuntom

Jantung dan COVID-19



Jantung merupakan organ “Stesen Sentral” atau “Sistem Lebuhraya Utama” dalam badan manusia. Jantung adalah organ yang menyambungkan semua organ-organ yang lain dalam badan manusia – melalui saluran darah kardiovaskular ke otak, anggota badan (tangan & kaki), bersamaan dengan otot jantung. Penyakit yang meninjau sistem urat saraf jantung yang rumit – disebut atau kenali sebagai penyakit Kardiovaskular (CVD) atau penyakit yang boleh timbul dari CVD. 75% manusia mati akibat penyakit jantung di negara-negara berpendapatan rendah dan pertengahan di seluruh dunia.

Pada bulan Februari 2020 kita semua telah dikejutkan dengan wabak COVID-19. Di sini secara tidak langsung virus ini telah melibatkan risiko yang tinggi dalam kalangan pesakit jantung kerana virus ini merupakan sindrom ‘severe’ dan ‘acute’ saluran penafasan yang boleh membawa maut kepada pesakit jantung sekiranya virus ini tidak dikekang dengan lebih awal.

Pada awal pandemik virus ini, terdapat petunjuk menunjukkan kematian yang tinggi dari kalangan pesakit jantung di seluruh dunia. Antara puncanya pesakit jantung amat takut hendak ke hospital atau klinik untuk rawatan kerana kluatir diri mereka akan dijangkiti dengan virus ini. Dengan demikian ramai pesakit yang tidak pergi ke hospital untuk meneruskan rawatan dan temujanji bagi rawatan jantung yang diperlukan.

Walaupun demikian pesakit jantung mestilah tahu bahawa temujanji bagi rawatan jantung adalah penting

dan wad kecemasan serta klinik rawatan di hospital adalah selamat untuk pesakit jantung meneruskan rawatan.

Perlu diingatkan di sini risiko untuk mendapat strok dan sakit jantung adalah lebih tinggi daripada mendapat penyakit COVID-19. Hospital adalah tempat yang bersih dan selamat daripada wabak COVID-19. Semua hospital menjaga kesihatan pesakit dengan baik dan tersusun mengikut panduan SOP kesihatan yang teliti.

Rawatan dan nasihat daripada pakar jantung amatlah berguna bagi pesakit jantung daripada mengelak pergi temujanji rawatan penyakit jantung. Bercakap dan mendengar nasihat doktor dan pakar untuk berkomunikasi mengenai penyakit jantung adalah ubat yang mujarab bagi pesakit jantung.

Perlu dinasihatkan pesakit jantung yang mendapat rawatan berterusan adalah lebih baik dari risau akan COVID-19. Ini adalah satu cara yang baik bagi meningkatkan sokongan dan pertahanan sistem pesakit daripada wabak COVID-19.



Prevent COVID-19

Follow New Norms



Wash Hands



Keep Your Distance



Use Face Mask

Avoid The 3Cs



1 Confined Space



2 Crowded Places



3 Close Conversation

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Middle-aged to older adults (aged >40)



Individuals aiming to improve/maintain blood circulation



Individuals who lead a hectic or unhealthy lifestyle



Individuals with poor blood circulation



Individuals practicing unhealthy diet

Reference :

1. EFSA Journal 2010, 8(7) 1689.

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