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(The Heart Foundation of Malaysia)

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Huzaifa

Tun Ahmad Sarji bin Abdul Hamid
President

Your Heart, Your Life

To this day, heart disease remains as the number 1 killer of Malaysians. This is especially unfortunate when taking into consideration that most of the risk factors related to heart disease are actually lifestyle-related.

These include smoking, high cholesterol levels, uncontrolled diabetes and/or high blood pressure, physical inactivity, obesity, and not managing one's stress and anger.

The government has done what it can to discourage some of these unhealthy risk factors with so-called sin taxes on cigarettes, the recent ban on smoking at eateries, and taxes on sugary drinks. The last move was even lauded by UNICEF as a step in the right direction in fighting obesity, and yes, Malaysia has the dubious honour of being the fattest country in the region!

However, the government's efforts can only go so far in addressing the issue of heart health. In order for us to dethrone heart disease from its number one spot, we need to take proactive measures of our own. You need to care for your own heart health. Don't wait until something happens.

Your heart works tirelessly day and night without stopping to rest. Every little action you take in caring for it will add up over the years. Remember, leading a healthy lifestyle is a choice you must make in order to commit to it. Start with baby steps and gradually, you will find that it wasn't any trouble at all!

We certainly hope that you will take this advice to heart and more importantly, start taking proactive action to improve your heart health. After all, your heart is your life!





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The Heart Foundation of Malaysia
Member of World Heart Federation

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Editor's Note



Care For Your Heart

As we are midway through 2019, let's spend a little time to reflect on the state of our health, with a focus on heart health.

The heart, a non stop pump, is the most hard-working organ in your body, and a healthy heart is of prime importance.

As in many parts of the world, cardiovascular disease namely coronary artery disease and strokes, have been the chief cause of death and remains so in Malaysia over the last 4 decades.

We need to be reminded that coronary artery disease is in fact a largely preventable disease, and many of its risk factors are avoidable as they are linked to an unhealthy lifestyle. The key risk factors include high cholesterol, high blood pressure, diabetes, overweight and obesity, smoking, sedentary lifestyles and a high fat, high sugar, high salt intake.

Coronary artery disease is not limited to the elderly, but there have been cases where even the young and apparently healthy individuals like athletes can develop a sudden cardiac arrest and death. This issue features an article that highlights sudden cardiac death in athletes who are the epitome of good health.

This serves as a reminder of the importance of awareness of heart disease and its early management. We also feature an article that tells us how sleep and heart health are related, and another write up that looks at the importance of keeping our body well hydrated for good health.

It is my fervent hope that heart disease prevention starts from young. The younger generation needs to be aware of its dangers and take proactive measures to avoid it, for prevention is possible, simple and inexpensive but treatment can be complicated and costly, even when possible.

Datin Dr Liew Yin Mei

List of Activities / Programmes:

Heart Week Programmes



AEON Permas Jaya, Johor • 14-18 November 2018

Anti Smoking Campaign



Hospital Kuala Lumpur Anti Smoking • 30 October 2018



Community Programmes



UTAR Sg Long, Selangor
• 26 November 2018



Masjid Tunku Jaafar Senawang Negeri Sembilan
• 26 January 2019



Felda Palong 1, Negeri Sembilan
• 18 February 2019

School / College Programmes



Consist Hulu Kelang • 24 January 2019



Workplace Programmes



Alloy MTD Bhd Batu Caves
• 7 November 2018



Fitness Concept
• 9-11 November 2018



AXA Affin Gen Insurance KL
• 12-13 December 2018



UPECA Aerotech Shah Alam
• 24 December 2018

Go Red For Women Programmes



Baling, Kedah • 5 November 2018



Taman Sri Rampai, Selangor • 2 March 2019

Sudden Cardiac Death (SCD) in Athletes



By **Datin Dr Liew Yin Mei**

Sudden death is always an unpleasant shocking event especially more so when it is a cardiac event in an apparently fit healthy individual – the Athlete. Unfortunately such incidents do occur, though relatively uncommon.

The incidence of SCD in athletes is estimated to be about 3.6 per 100,000 person years in an Italian Study and 2.6 per 100,000 person years in an Israeli Study. Male athletes have a 3-5 higher incidence than female athletes and black athletes showed a higher incidence ratio of 3.2 compared to white athletes in a US study.

Therefore a cardiac assessment or preparticipation evaluation is advisable before engaging in sporting activities in all athletes, to identify cardiovascular abnormalities that can predispose to SCD during exercise.

The American Heart Association (AHA) has published guidelines for preparticipation screening of athletes.

AHA recommendations

Medical history

Personal history

1. Chest pain/ discomfort/tightness/pressure related to exertion
2. Unexplained syncope/near syncope
3. Excessive and unexplained dyspnea/fatigue or palpitations, associated with exercise
4. Prior recognition of a heart murmur
5. Elevated systemic blood pressure
6. Prior restriction from sports
7. Prior testing for heart disease, ordered by a physician

Family history

1. Premature death (sudden and unexpected or otherwise) before 50 years of age attributable to heart disease > 1 relative.
2. Disability from heart disease in a close relative < 50 years of age
3. Hypertrophic or dilated cardiomyopathy, long QT syndrome or other ion channelopathies, Marfan syndrome, or clinically significant arrhythmias, specific knowledge of genetic cardiac condition in family member.

Physical examination

1. Heart murmur
2. Femoral pulses to exclude coarctation
3. Physical stigmata of Marfan Syndrome
4. Brachial artery blood pressure (sitting position)

Tests for cardiac assessment like the ECG, Echocardiogram may be necessary for further evaluation where indicated.

Causes of Sudden Cardiac Death (SCD)

Heart diseases that may lead to SCD in athletes < 35 years are mainly due to:

1. Electrical Abnormalities
2. Structural Abnormalities
3. Acquired Abnormalities.

Electrical Cardiac Abnormalities include the WPW (Wolff Parkinson White) syndrome, the congenital long QT syndrome, Brugada Syndrome and Catecholaminergic Polymorphic Ventricular Tachycardia. These are usually inherited silent disorders of the electrical conduction system in the heart which predispose to the development of heart rhythm disorders leading to SCD sometimes.

Structural Cardiac Abnormalities include the heart muscle diseases or cardiomyopathies, of which the most common is HOCM (Hypertrophic cardiomyopathy), with a prevalence of 1:500 in the general population and Arrhythmogenic Right Ventricular Cardiomyopathy.

Here, fibrofatty replacement of the right ventricle increases the risk for SCD especially during exertion and endurance exercises.

Other structural heart defects in the Marfan syndrome, valve defects like mitral valve prolapse, aortic stenosis and congenital coronary artery abnormalities also predispose to SCD.

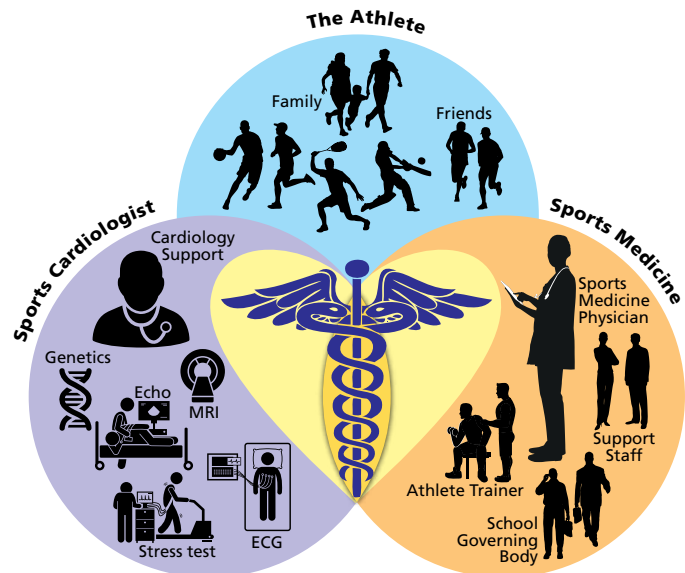
Acquired Cardiac Abnormalities include myocarditis as a result of infection, trauma (commotio cordis) to the heart, toxicity from drugs like illicit performance enhancing drugs and damage from severe environmental temperatures (hypo or hyperthermia).

There is a need to increase awareness of the possibility of presence of 'silent' or latent heart disease even in the presumably young healthy population of athletes.

Such latent abnormalities may have a lethal manifestation with exercise. Therefore, before embarking on exercise programmes or activities,

preparticipation screening is recommended with a simple questionnaire and physical examination as recommended by the American Heart Association followed by various tests for cardiac function where indicated or feasible.

The cardiovascular care of athletes at risk requires a team-based approach involving the physician, the family and school or governing body to help in the evaluation and management of these athletes.



A team-based approach in cardiovascular care of the athlete

Appropriate advice is needed for the eligibility and disqualification of athletes at risk for competitive sports and strenuous exercises.

Furthermore, sports venues should be equipped with Cardio Pulmonary Resuscitation (CPR) facilities with trained personnel and availability of the AED (automated external defibrillator) to respond to sudden cardiac arrest. This is vital in the management of SCD in the athlete, who has hitherto been unaware or undiagnosed to have cardiovascular disease.



Cardio pulmonary resuscitation

NATURAL WAY TO FIGHT HIGH CHOLESTEROL & DIABETES

There are many natural health remedies claiming to help reduce cholesterol and blood glucose levels which are commonly available for purchase in drug stores such as red yeast rice and plant sterols/stanols supplements. Some studies reported controversial roles of these supplements in cholesterol management and could potentially cause undesirable side effects if consumed in large amounts and/or for long-term^{1,2}. Therefore, **consumers are highly advised to be cautious while consuming products containing plant sterols or red yeast rice and should obtain a doctor's medical advice before taking any of these supplements for self-treatment of unhealthy cholesterol or blood glucose levels.**

Recent studies suggest not only we need to keep our cholesterol levels in check for a healthy heart, but also a stable blood glucose level throughout life. **People with elevated blood glucose levels are 2 to 6 times more likely to develop cardiovascular disease than normal people (International Diabetes Foundation, 2013).**

Oats and oat bran powder are naturally rich in the heart-healthy soluble fiber – oat beta-glucan. The cholesterol-lowering and blood glucose-regulating effects of oat beta-glucan depend highly on the molecular weight and bioactivity of the oat beta-glucan, which often destroyed by poor processing control³. Not only we need to consume the experts' recommended 3 g oat beta-glucan per day, but also the clinically researched oat beta-glucan in order to achieve the desired health benefits.

HEALTH CLAIMS FOR OAT BETA-GLUCAN

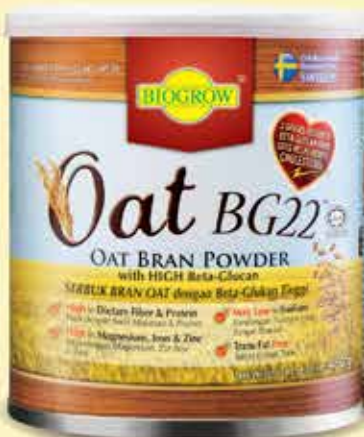
(approved by Ministry of Health Malaysia and European Food Safety Authority)

- 3 g of oat beta-glucan daily help lower cholesterol.
- Oat soluble fiber (beta-glucan) helps to lower the rise of blood glucose provided it is not consumed together with other food.
- Consumption of beta-glucan from oats contributes to the reduction of the glucose rise after a meal.

Biogrow Oat BG22 oat bran powder provides the 2 in 1 health benefits in a small and easy-to-consume serving size. Some of the advantages of Biogrow Oat BG22 oat bran powder as follows:

- Provide only the clinically researched, high molecular weight & bioactive oat beta-glucan with more than 20 published human studies on cholesterol-lowering and blood glucose-regulating effect worldwide⁴.
- Easy-to-serve daily portion with only 2 scoops (≈ 18 g) of Biogrow Oat BG22 for the recommended 3 g bioactive oat beta-glucan.
- Laboratory-tested low in GI (< 55), suitable for pre-diabetics and diabetics.
- High in total fiber, protein, magnesium, iron & zinc.
- Low in calories & lactose-free.
- Good solubility & viscosity effect. The powder dissolves very well in cold or lukewarm water. It is scientifically shown to produce good viscosity (gelling) effect in the gut for optimal cholesterol-lowering effect.

Biogrow Oat BG22 is the only trusted brand in Malaysia that provides clinically proven effects on blood cholesterol reduction and blood glucose management, due to the fact that it provides an absolutely natural and easy way to obtain the highly bioactive oat beta-glucan from our daily diet.



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References:

¹ Controversial role of plant sterol esters in the management of hypercholesterolaemia. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2642922/>; ² The Truth about red yeast rice for lowering cholesterol. <https://www.consumerreports.org/vitamins-supplements/the-truth-about-red-yeast-rice-for-lowering-cholesterol/>; ³ Holm J et al., J Cereal Sci. (1985); ⁴ EFSA Journal 2010;8(12):1885 & 2011;9(6):2207; ⁵ Wolever et al. Am J Clin Nutr., 2010; ⁶ Brummer et al. Cereal Chem 2012. 89(5):225-26.



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Sleep and Heart Health

Do you often feel sleepy while working or driving? Do you frequently wake up at night and have trouble going back to sleep? If so, you may have sleeping problem and this can affect your heart and overall health.

Generally, adults need 7 to 9 hours of sleep at night. Sufficient and quality sleep is essential for good health. Having a good sleep helps your body to rest and recover, so it can function normally in the day. Poor sleep prevents us from achieving proper rest, keeping the heart rate and blood pressure heightened at night. It is linked to various health problems, especially heart-related conditions like heart disease, heart attack, stroke, and obesity.

Sleep conditions that can affect your heart health

- **Sleep apnoea** occurs when breathing is briefly and repeatedly obstructed while sleeping. Symptoms include loud snoring and recurrent awakenings. Having sleep apnoea increases the risk for health problems such as high blood pressure, heart failure, irregular heartbeats, and heart attacks.
- **Insomnia** is the difficulty to fall or stay asleep. When a person has trouble falling asleep at least three nights a week for three months or longer, that means he has chronic insomnia. Insomnia is also linked to high blood pressure and heart disease.
- **Poor sleeping habits**, with insufficient, interrupted and irregular sleep, can also pose risk to your heart over time. They lead to higher stress levels, less motivation to be physically active and unhealthy food choices, which in the long term will affect your heart and overall health.

Ways to get better sleep

- **Bedtime routine:** Go to bed every night and wake up every morning at approximately the same time, even on weekends. It is a myth that you can replace your sleep on weekends. Having a routine such as brushing your teeth before bed and wearing specific clothes for sleep may help you sleep better.
- **More sunlight:** Getting enough natural light, especially in the morning, can improve your sleep cycle. You can go on a morning stroll or read newspaper on your patio, as long as the light hits you directly.
- **More exercise:** Exercise or physical activity can help you sleep faster and improve your sleep quality. Try to exercise during the day, or at least 2 hours before bedtime.
- **Avoid distraction:** Laptops, smartphones, TVs or gadgets can distract you from sleeping and expose you to blue light that can disrupt your sleep. Try not to use them a few hours before sleep. You can also apply blue light filter on your gadgets.
- **No caffeine/alcohol:** Caffeine makes it hard for you to sleep, while alcohol leads to poor sleep quality. Avoid taking them a few hours before bedtime.
- **No late supper:** Eating supper too close to your bedtime can result in indigestion and disrupt your sleep. Avoid heavy foods that are high in fat or sugar after dinner.

Poor sleep is closely linked to a bad heart health. Getting a good sleep is a key component of healthy lifestyle. Start sleeping better today!

Love Your Heart

23 September 2018 – Yayasan Jantung Malaysia (YJM) and Nestle Omega jointly organised the 17th consecutive Nestle Omega Plus Walk-A-Mile. The walking event, which coincided with the World Heart Day, drew a crowd of 4,000 who were keen on better heart health.

The walking event took place along a planned route at Taman Tasik Perdana (Lake Gardens), and included many educational stations that tested the participants' knowledge of heart health with quizzes. Also featured at the event were free heart health checks, a Zumba dance session, games to lighten the mood, and lucky draw.

The idea behind the walking event was to empower Malaysians to lead a healthier lifestyle by encouraging heart healthy habits, which includes eating a healthy diet that incorporates a balanced diet, moderate portions, and a variety of foods from all food groups. It is also important to get sufficient daily physical activity and exercise.



"Let's Start Loving Our Hearts" with YJM and Nestle Omega representatives



YJM President Tun Ahmad Sarji delivering his opening speech



"Love Your Heart" (L – R) Dato' Gurbakhash Singh, Datuk Dr JS Sambhi, Mr Kumaran Nowuram, Tun Ahmad Sarji, Tan Sri Dato' Kamaruzzaman and Dato' Professor Sulaiman Osman



Mr Kumaran Nowuram, Business Executive Officer, Nestle Omega saying a few words at the start of the event



Flagging off participants



Participants at the Walk-A-Mile



YJM Board of Directors and Nestle Omega representatives at the start of the walk





Mr Kumaran Nowuram handling a cheque to YJM President, Tun Ahmad Sarji



Tun Ahmad Sarji presenting a token of appreciation to Mr Kumaran Nowuram



With some members from the Board of directors



Tun Ahmad Sarji taking a closer look at YJM booth



Children playing Snake & Ladders



Let's Do the Zumba



Sweating it out with block stacking



Family fun time



Empowering Malaysian on caring for heart health



Family selfie with Walk-A-Mile mascot

Kesejahteraan Kesihatan Adalah Harta Jasmani Manusia



Hajjah Ainon Hj Kuntom

Meminum air suam bersih merupakan ubat yang paling mujarab bagi mengubati penyakit-penyakit. Air adalah ubat yang paling murah untuk membendung penyakit dan ia adalah perkara yang penting bagi kehidupan seharian manusia.

Para pengamal kesihatan berpendapat apabila manusia mencapai umur antara 70 – 79 tahun, adalah merupakan masa keadaan kesihatan mulai rapuh. Organ-organ dalam badan mulai menurun dalam menjalankan tugas-tugas menyihatkan sendi-sendi, otot-otot serta saluran darah dalam badan. Pada masa inilah kita sering mendapat penyakit (geriatric) seperti hiperlipidemia, jantung, darah tinggi dan kencing manis. Penyakit tiga serangkai ini sering menjadi punca melemahkan kehidupan manusia.



Sekiranya manusia boleh bertahan hidup dengan sihat hingga mencapai umur 80 tahun, maka penyakit tiga serangkai ini dapat diatasi dan mula reda di mana keadaan kesihatan mental, jasmani, dan rohani akan kembali seperti sediakala sama semasa dalam lingkungan umur antara 60 – 69 tahun.

Bagi mengatasi keadaan seperti ini, kita perlu sentiasa minum air suam bersih dengan banyak. Air merupakan ubat yang paling mujarab bagi mengubati semua penyakit.

Minumlah segelas air seurus bangun tidur semasa perut masih kosong lagi. Seelok-eloknya minumlah air suam. Minuman air ini adalah untuk menstabilkan keadaan kandungan air dalam badan setelah kita berpeluh dan buang air kecil (kencing) semasa tidur. Kekurangan air dalam badan boleh menyebabkan cecair dalam badan menjadi terlalu pekat. Justeru kita perlu minum air selepas bangun tidur. Dalam pada masa yang sama apabila kita minum air sebaik saja bangun tidur, kita

juga dapat membersihkan saluran-saluran pemakanan kita sekiranya ada jenis-jenis makanan yang tidak hadam masih tersangkut dalam saluran makanan tersebut.

Riadah atau senaman sewaktu pagi selepas bangun tidur merupakan satu cara yang boleh memanjangkan umur manusia. Selepas kita menjalankan senaman ringan atau berjalan kaki kita perlu minum air segelas lagi bagi menambahkan air dalam badan dan

menurunkan suhu badan yang panas dan berpeluh setelah kita bersenam ataupun berjalan kaki. Minumlah air dengan perlahan-lahan supaya dapat kita membasahkan saluran-saluran yang telah kekeringan selepas senaman.

Satu lagi masa yang paling mustahak bagi kita untuk meminum

air ialah sebelum kita masuk tidur. Minumlah segelas air bagi mengurangkan *viscosity* darah dan juga mengurangkan penuaan wajah iaitu kita akan mengekalkan awet muda. Paling penting meminum air pada waktu ini ialah untuk mengelakkan serangan angina, infaksi jantung dan lain-lain penyakit yang berkaitan dengan penyakit jantung.

Bagi menghindarkan penyakit jantung kita juga perlu makan sup, bubur nasi, oats, jagung, buckwheat, tepung yang mengandungi protein yang tinggi, bijian 'whole grain', nasi beras perang, semangkuk sehari, selalunya kita tidak akan mendapat serangan jantung dan kurang berpenyakit jantung.

Dengan demikianlah amalkan makanan seperti bubur dan sup serta meminum air suam sekurang-kurangnya 7 gelas sehari. Kesejahteraan kesihatan berpandukan dengan meminum air sebagai satu ubat yang mujarab dan murah bagi mengekalkan jasmani yang sihat dan cergas serta mental yang cerdas.

PLANNER FOR 2019

MONTH	DATE	PROGRAMME	VENUE
JUNE	15	Community	Nilai M/Centre
	29	Community	Temerloh
	30	Community	Lanchang
JULY	1	School / College	SM Stella Maris
	3	School / College	Queens College
	9	Workplace	UPECA
	23 – 25	Workplace	MQA Cyberjaya
AUGUST	3	Go Red for Women	Langkawi
	4	Community	Langkawi
	21	School / College	Pasir Salak

F O R I N F O R M A T I O N

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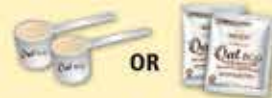


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1. FSQD, MOH. Guide to Nutrition Labelling & Claims (as at Dec 2010).
2. EFSA Journal 2010;8(12):1885 & 2011; 9(6): 2207.
3. Brummer et.al. Cereal Chem 2012, 89(5):225 – 26.
4. Wollever et. al. Am J Clin Nutr, 2010.

* Diets that are of low glycemic index and high in dietary fiber are protective – WHO Europe Diabetes.

** Bioactive oat beta-glucans are high in molecular weight and have been scientifically shown to produce good viscosity effect in the gut for optimal cholesterol-lowering effect – EFSA Journal.



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