



YAYASAN JANTUNG MALAYSIA
(The Heart Foundation of Malaysia)

BERITA *yayasan* **Jantung** *Malaysia*

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Corporate Health Responsibility



Datuk Dr J S Sambhi
Chairman

Corporations who look after the health of their staff enjoy higher production satisfaction and a more harmonious environment.

One such company is MNRB Holdings Berhad (MNRB). The Heart Foundation of Malaysia (HFM) has been conducting awareness programmes and counseling their staff for more than 14 years for a 'Heart Healthy Life Style'.

MNRB is an exemplary corporation; providing their staff with Annual Medical Examinations, health talks, fully equipped gymnasium with facilities for self recording blood pressure, weight and measuring abdominal girth. They also encourage their staff to take part in outdoor activities e.g. walks, runs including taking part in the recent HFM 5km Fun Color Run.

All this has paid dividends by drastically reducing high blood pressure, diabetes and to some extent high blood cholesterol. Females show better control than males!

Below are the last 5 years of average figures of MNRB compared to the National Health & Morbidity Survey 2011 (NHMS).

	High B/P	Diabetes	High Cholesterol	Overweight & Obesity
NHMS	32.7%	15.2%	35.1%	60.5%
MNRB MALES	26%	2%	30%	68%
MNRB FEMALES	9.5%	1.6%	27%	85%

Unfortunately overweight & obesity is highly prevalent – 68% in males & 85% in females. This tendency in the staff of MNRB is also seen in similar Companies who have mainly 'Desk Staff'. It would seem that we have an 'Obesity Epidemic'.

Obesity is extremely dangerous for in time it causes:-

Heart Problems
Stroke

Diabetes

High Blood
Pressure

Kidney
Problems

High Risk of
Cancer

Liver
Diseases

Cause of Corporate Obesity

Unhealthy Diet:

Workers come to office early (may be due to traffic) miss their breakfast at home and so buy stall food e.g. *Nasi Lemak*, *Roti Canai*, *Mee Goreng*, *Fried Rice*, etc. and drink *Teh Tarik*, that is full of sugar. All these are tasty and cheap but unfortunately full of calories. For Lunch & Tea they do the same. Even for dinner some take home the stall food so that they do not have to cook.

This results in added calories which goes into FAT.

Recommendations:

1. Eat your healthy home-cooked food and bring it to office also.
2. Companies to provide canteens where Healthy foods are served.

DATUK DR J.S. SAMBHI
PJN, MBBS, FRCOG, (London) FAMM, FMSA (Hon)
Chairman

**Wishing You All
Healthy Eating**





YAYASAN JANTUNG MALAYSIA

The Heart Foundation of Malaysia
Member of World Heart Federation

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Editor's Note

A Healthy Lifestyle for a Healthy Heart



The heart is a very important organ in your body and taking care of it should be one of your top priorities. The actual 'maintenance' required is not as tedious as many would believe. If you start from a young age, living a proper lifestyle that includes routine exercise and eating a well-balanced diet will become second nature. Unfortunately, many Malaysians wilfully neglect their heart-health and only start taking steps when the damage has already been done.

It is therefore highly commendable that some companies are beginning to look into the health of their staff. As Datuk Dr JS Sambhi has highlighted, MNRB Holdings Berhad (MNRB) has taken various measures with regular health screening checks to help their staff monitor their health. They have gone as far as providing their staff with a fully equipped gymnasium. Despite these amenities, when it came to overweight and obesity statistics MNRB staff scored higher than our nation's average, as is also seen in other companies with mainly sedentary staff. This highlights the importance of exercise. The onus remains on us to take the necessary actions by embarking on a healthier lifestyle.

It is with great delight that I report on the success of our collaborative effort with Great Eastern Life. As you know, it has always been YJM's intention to encourage Malaysians to lead a healthier lifestyle and this year, we have collaborated with Great Eastern Life in organizing a fun run dubbed the 'Colour My Life Run' which was well-received by the public and drew large crowds.

On September 27, we will be celebrating World Heart Day at the Lake Gardens with special events and activities.

In this issue, we also explore many relevant issues such as the use of salt in our daily lives. This informative article explains how salt can affect heart-health and thus, the importance of Health Education that specifically targets mothers and food providers. In a separate article, we also look at the importance of healthy eating for a healthy heart.

Lastly, I hope that all of our efforts to promote and educate Malaysians on heart-health will serve to encourage them to make positive changes to their lifestyles as the first step in reducing their risk of heart disease. Let us fight this heart disease 'epidemic' together!

Datin Dr Liew Yin Mei

List of Activities/Programmes:

Heart Week Programme



Taiping, Perak • 31 October – 2 Nov 2014



Mentakab, Pahang • 7 – 9 November 2014



Community Programme



Simpang Pertang, Jekebu, Negeri Sembilan
• 30 November 2014



Tanjung Piandang Perak
• 14 December 2014



Taman Paroi Jaya, Seremban
• 28 Disember 2014

School Programme



SMK Air Putih, Kuantan, Pahang • 28 October 2014

Workplace Programme



Sharp Electronics (M) Sdn. Bhd • 26 November 2014

Go Red For Women Programme



Sg. Air Tawar, Sabak Bernam, Selangor • 26 October 2014

Salt And Heart Health



By Datin Dr Liew Yin Mei

The value of salt is well recognized from time immemorial, being an important trade commodity in olden days. The expressions 'worth one's salt' illustrates one's worth measured by salt and 'salt of the earth' refers to the choice few of highest excellence.

Salt goes by many other names. The active ingredient sodium is found in table salt, soya sauce, MSG, baking powder, antacids etc.

Sodium is essential for normal physiological function of cells, but excess is harmful. It has been linked to an increase in Blood Pressure, as shown in the **Intersalt Study** in 1988 – a large study involving 52 countries worldwide. The amount of sodium required for homeostasis in adults is actually very little, <500 mg/day. The WHO recommends an intake of <2000 mg sodium per day or <5 g salt per day (equivalent to 1 teaspoon salt per day). But in a Ministry of Health Survey among a group of Healthcare workers in Malaysia in 2012 showed an alarming average intake of 8.70 g/day.

Numerous other studies have also shown a strong correlation between sodium intake and systolic BP, i.e. BP rises with increasing sodium intake and falls with sodium restriction.

In the **Trials of Hypertension Prevention Study**, the incidence of Hypertension was decreased with sodium reduction in overweight people with borderline hypertension. This shows that it is possible to prevent the development of hypertension with salt restriction alone.

The mechanism of a rise in BP with increased sodium involves an alteration in kidney function, increased fluid volumes and hormones of the renin-angiotensin system, the arteries, heart and Sympathetic Nervous System with a possible underlying genetic predisposition to salt sensitivity.

Hypertension leads to damage of various organs and tissues and is a major risk factor for cardiovascular disease (stroke and heart disease).

Environment & Genes	Physiological Effects	Effect on BP
<ul style="list-style-type: none"> Increased Dietary Sodium Genetic predisposition 	<ul style="list-style-type: none"> Kidney function Fluid volumes Regulatory Hormones Arteries Cardiac output Autonomic Nervous System 	<ul style="list-style-type: none"> ↑ BP

Some individuals are more salt sensitive than others. If the BP rises with high dietary sodium or declines with low sodium, a person has salt sensitive BP. Weinberger found that the elderly, hypertensives, African-Americans and individuals with chronic kidney disease or history of pre-eclampsia and low birth weight are more salt sensitive.

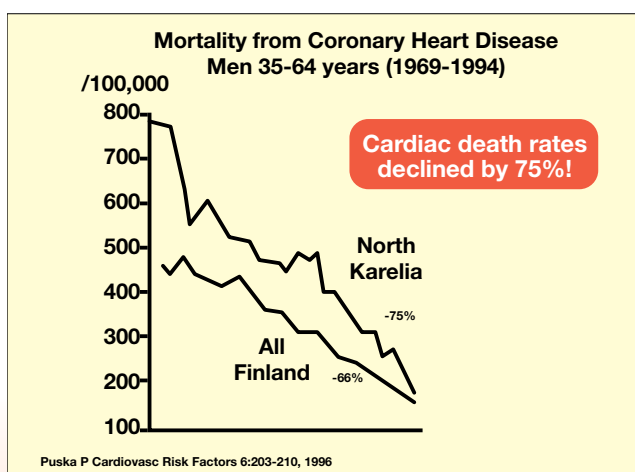
More recently, it has been shown that increased sodium intake can also DIRECTLY damage various organs and tissues without causing a rise in BP.

High dietary sodium can damage the brain, sensitising the Sympathetic neurons, the Heart – causing increased Left Ventricular Hypertrophy, the kidneys – increasing protein excretions and decreasing filtration, the blood vessels – causing impaired endothelial function and increased arterial stiffness.

There is an urgent need to take steps to address the harmful effects of increased dietary sodium, as the prevalence of hypertension in Malaysia is alarmingly high affecting about a third (32.7%) of Malaysians >18 years and increases progressively with increasing age, affecting about 74.1% Malaysians >65 years, as shown in the latest National Health and Morbidity Survey 2011. To date, Cardiovascular disease remains the No. 1 killer in Malaysia.

The importance of decreasing salt intake in reducing the BP and improving cardiovascular outcomes is well illustrated in the **North Karelia Study** in Finland where dietary modifications with a low cholesterol diet, reduced salt intake to 5 g/ day and reduction of smoking, led to a decrease in Cardiac death rate by 75% over a 25 year period.

North Karelia Study



This was attributed to a decrease in cholesterol levels by 18%, reduced smoking from 52% to 31%, and to a decrease in the BP by 9-18 mmHg from lower salt consumption.

Similarly in a meta-analysis by He and MacGregor in 2011, modest reduction in salt intake resulted in a significant 20% decrease in CV and stroke events and in the **Trials of Hypertension Prevention**, there was a 17% increase in CV events for every 1000 mg/day increase in sodium.

Salt is ubiquitous in the Malaysian diet found in popular sauces like soya, oyster, tomato sauces, fried or soup noodles, *Nasi Lemak*, salted eggs, salted fish, anchovies, shrimps, canned foods, preserved foods, cured meats and seasonings. Greater awareness and measures to decrease salt consumption are needed.

This can be achieved through:

1. Health Education especially to mothers and food providers. Healthy food choices for fresh foods and vegetables instead of preserved foods and alternative means of enhancing food taste with our various natural herbs and spices, onions, ginger, chilies may be options.
2. Coordinated efforts involving food industries, food producers, restaurants, with health policies and regulations like compulsory labelling of sodium content in all products.

Finally, it is just as easy to get used to a lower salt diet as a higher one. Such tastes are acquired from young like most habits, therefore it is particularly important to educate mothers.

After all, all of us have always enjoyed mum's cooking for that is what we are used to!



Colour My Heart, Colour My Life

Yayasan Jantung Malaysia (YJM) teamed up with Great Eastern Life Assurance (Malaysia) Berhad to organise the inaugural Great Eastern Colour My Heart Run this year in Penang and Kuala Lumpur. The idea in holding this unique colourful run in two different cities was to help disseminate the message that fitness should be enjoyed. The combined benefit of enhanced fitness and general well-being would translate into a holistically improved quality of life for the participants.

YABhg Tun Ahmad Sarji Bin Abdul Hamid, President of YJM, stressed on the importance of having such events that motivate the public to be more physically active. He pointed out that heart disease and stroke related deaths are the number one killer in Malaysia, causing almost twice as many deaths as cancer and accounting for over a third of all medically reported deaths in the country. Many of these lives could have been saved with a change in lifestyle, i.e. eating more healthily and daily exercise. This event was intended to show Malaysians that exercise can be fun.

Dato Koh Yaw Hui, Director and Chief Executive Officer of Great Eastern Life, welcomed this collaborative effort with YJM. He expressed satisfaction at how the run promotes health among Malaysians. The general level of happiness is also positively impacted, leading to greater physical and emotional wellness. This fits in neatly with Great Eastern Life's drive to contribute to society by helping to highlight the importance of keeping a balanced lifestyle through health and wellness initiatives.

Part of the draw behind the Colour My Heart Run was the 'fun factor'. Several stations were setup that featured colour tents where participants were showered with coloured powders. A variety of fun music selections and a host of other surprise activities were also available as part of the entertainment. As an added bonus, free medical check-ups, interactive games, music and entertainment were provided for all at the end of the run.



(from left to right), Dato Koh Yaw Hui, Chief Minister of the State of Penang, YB Lim Guan Eng, Yang di-Pertua of the state of Penang, TYT Tun Dato' Seri Utama Dr. Haji Abdul Rahman bin Haji Abbas, and Datuk Dr JS Sambhi at the starting point of the Run



Dato Koh Yaw Hui, YB Lim Guan Eng, TYT Tun Dato' Seri Utama Dr. Haji Abdul Rahman bin Haji Abbas, and Datuk Dr JS Sambhi preparing to Colour Their Run!



**Colour My Heart Run
Penang
(19 April 2015)**



VIPs on stage, left to right – Dato Koh Yaw Hui, YB Lim Guan Eng, TYT Tun Dato' Seri Utama Dr. Haji Abdul Rahman bin Haji Abbas and Datuk Dr JS Sambhi and Datin Margaret Sambhi



TYT Tun Dato' Seri Utama Dr. Haji Abdul Rahman bin Haji Abbas and Datuk Dr JS Sambhi sharing a light-hearted moment together



Datuk Dr JS Sambhi giving his welcome speech

Colour My Heart Run Kuala Lumpur (24 May 2015)



Excited participants ready for their fun run

Participants setting off



Tun Ahmad Sarji bin Abdul Hamid flagging off the Run



We're off!



The Colouring has begun!



Rainbow-coloured participants



Dato Koh Yaw Hui presenting a cheque to Tun Ahmad Sarji bin Abdul Hamid, witnessed by Tan Sri Dato' Kamaruzzaman bin Shariff and Datuk Dr JS Sambhi as part of Great Eastern Life's contributions to YJM



Colourful participants enjoying their run

A lovely end to a tiring day – Dato Koh Yaw Hui and board members of YJM get together for a spot of tea



Following the unfortunate incident during the colour concert in Taiwan recently, no doubt there is some concern regarding the safety of the colour powder used in the colour run. The organisers would like to clarify that the colour powder used for the recent colour run in Penang & KL were made in India. They have been used for many years in India for the Holi Festival and colour shoots etc. Laboratory tests have verified that they do not contain hazardous combustion products and perfumes.

Makanan sihat... Jantung sihat



Ainon Hj Kuntom

Setelah sebulan berpuasa dengan tidak menjamah apa-apa pun jenis makanan disiang hari, dan apabila waktu iftar masuk, makanan yang disarankan oleh pakar pemakanan adalah mengambil makanan berserat (*wholemeal*) dan organic serta meminum air (biasa/mineral) dengan banyak.

Makanan seperti roti serat (*brown bread*), nasi beras perang, sayur, kekacang dan buah-buahan amat diperlukan oleh badan kita kerana makanan ini penuh dengan zat dan nutrients, bagi menyuburkan badan setelah berpuasa di siang hari. Perlu juga kita meminum air dengan banyak, kerana puasa tahun ini adalah dalam bulan yang paling panas Jun/Julai dalam tahun 2015.

Selalunya, setelah sebulan berpuasa, badan akan menjadi kurus atau berat badan akan menurun. Dengan demikian, sebagai manusia kita perlu menjaga badan supaya BMI turun dan badan nampak langsing, bukan bagi nampak cantik dan comel tapi adalah untuk menjaga kesihatan jantung kita.

Dengan demikian apabila syawal menjelang kita perlu berhati-hati untuk jangan terlalu banyak memakan makanan yang kurang baik dan badan kita akan mula ditiput seperti belon dan menjadi obes.

Beberapa tahun dulu kerajaan Malaysia, di bawah Kementerian Kesihatan pernah melancarkan Program "Adopt 55555" pada hari Raya Aidil Fitri. Maksud program ini adalah untuk mengambil makanan 5 kali, berserta makan lima jenis buah dan sayuran sehari, di mana kita hanya akan mengambil 500 kalori bagi tiap-tiap hidangan makanan utama, (sarapan pagi, makanan tengah hari, minum petang dan makan malam serta kurdapan pagi atau malam). Dalam masa yang sama

hanya dibenarkan mengambil 5 gram atau satu sudu kecil gula bagi tiap cawan air yang diminum dan kita perlu beriyadah 5 kali seminggu.

Program atau kempen ini adalah mengelakkan warga Malaysia dari menjadi obes selepas sebulan berpuasa.

Perlu diingatkan di sini bahwa salah satu daripada cara bagi mengelakkan dari penyakit jantung ataupun serangan jantung adalah menjaga BMI badan dengan teliti, mengikut umur, ketinggian dan susuk badan.

Dengan demikian elakkan memakan makanan seperti rendang daging merah, ketupat pulut, ketupat nasi, nasi minyak/briani kambing, laksa lemak dan sebagainya dengan terlalu banyak, makanlah dengan kadar hanya untuk menjamah sahaja bukan sampai kenyang.

Lazimnya, selepas raya dalam satu kajian, didapati badan kita naik sebanyak 0.7 kg dalam masa 2 minggu. Dalam kajian yang lain pula dari Kementerian Kesihatan kadar obes di kalangan warga Malaysia ialah 14% pada tahun 2006 telah naik kepada 15.1% pada tahun 2011.

Selepas sebulan berpuasa eloklah kita mula mengambil makanan sihat dengan banyak memakan (*whole grains*) serat-oats mengandungi antioxidant dan phytosterols, kekacang seperti badam yang kaya dengan vitamin, minerals, proteins, minyak yang sihat yang diperlukan oleh badan kita kerana ia boleh mengurangkan kolesterol LDL sehingga 15% jika kita memakan badam sebanyak 7 gram sehari. Badam dan kekacang yang lain seperti kacang dall, merah, hijau dan hitam selain mengandungi protein dan anti oxidant, juga boleh mengurangkan berat badan kerana seratnya sentiasa membuat perut kita merasa kenyang.

Makan banyak sayuran seperti bayam mengandungi lutein, potassium folate, dan serat yang boleh menyihatkan jantung. Tomato mengandungi Vitamin C & A, potassium, serat dan antioxidant lycopene boleh menurunkan kolesterol LDL dan membuka saluran darah, mengurangkan risiko penyakit

jantung. Sayuran berwarna kuning mengandungi vitamin A yang boleh menjaga kulit dan membrane manusia.

Buah-buahan seperti *berries*, *strawberries*, berry hitam dan cherry selalunya mengandungi antioxidants bernama anthocyanins boleh mencairkan darah dalam saluran darah (*blood vessels*) dan mengurangkan darah tinggi dan ketegangan arteries yang boleh menguatkan mengepam jantung supaya oxygen yang bersih boleh mengalir dalam darah dengan berkesan. Buah semangka/tembakai merah dan kuning, betik, limau, jambu batu, buah naga dan lainnya mengandungi banyak vitamin, A, B6, C, kalsium, besi, folat potassium, zink, anti oksida, anti bacteria dan mineral serta serat yang menyihatkan badan.

Walaupun kita menjaga makanan dengan rapi bagi menyihatkan jantung kalau kita tidak bersenam, berjalan 10,000 tapak sehari atau membuat senam-robik, semuanya akan tidak berhasil. Kita perlu bersenam ringan atau berjalan kaki, sekurang-kurangnya 3 kali seminggu or 5 hari seminggu bagi membolehkan jantung kita mengepam darah dengan selesa.

**Kalau tidak suka bersenam
Makanan jantung hendak mengepam,
kalau benar hidup nak senang
jangan biarkan badan jadi tembam**

**Makan oats
Minum nira
Hidup sihat
Hati gembira**



HEART HEALTH, IS WEALTH...

We've been hearing the statement **"Health is Wealth"** since our childhood. However, not all of us know the true meaning of it. Literally, it means that no matter how wealthy or rich you are, if we are not healthy or bed-ridden, there is nothing we can cherish in life. Staying healthy therefore becomes a necessity.

Having a **healthy heart** symbolizes a healthy body, mind and soul. It is imperative to keep our heart pumping strong by maintaining a normal, healthy blood cholesterol level through **Healthy Eating**. Eating oats on a daily basis can help materialize the three golden rules of healthy eating, which are:-

1. **Eating less fat and fewer calories.**
2. **Decrease sugar, salt and saturated fat intakes from animal-based foods.**
3. **Increase dietary fiber intake from grains, fruits and vegetable sources.**

Choose Oat Bran products which are packed with a high concentration of soluble fiber beta-glucan for good health.

Message by **Yayasan Jantung Malaysia**
(The Heart Foundation of Malaysia):



Take 3 g of beta-glucan (soluble fiber) from **Biogrow Oat BG22™** daily, as part of your low fat and low cholesterol diet to help **Reduce Cholesterol.**

Not all oat bran powder is created equal! How do we get the best oat bran product with substantiated health-enhancing benefits? Use the checklist here:

1. Choose products which are made from high quality oat bran powder with only natural ingredients.
2. Check the **oat beta-glucan** content at the nutrition information on the product packaging. Be cautious with products which do not provide information on oat beta-glucan content on label.
3. Check & compare the **carbohydrate content** at the nutrition information on the product packaging. High amount of carbohydrates (especially simple sugars & starch) do not favour individuals with elevated blood sugar level and/or overweight problem.
4. Good **solubility** and **gel-forming ability** of the oat bran powder in water. Oat beta-glucan with high molecular weight (> 2,000 kDa) is shown to produce greater viscosity effect in the gut.
5. Cholesterol-lowering effect of the oat bran powder is **clinically-tested** and **documented**.

Biogrow Oat BG22™ Oat Bran Powder is fully made of oat bran powder imported from Sweden with **20% high molecular weight oat beta-glucan ($\geq 2,200$ kDa)**¹ which ensures the formation of a thick, viscous gel in the digestive tract. Studies have shown that **high viscosity effect** produced by oat beta-glucans in the intestines is important to ensure optimal cholesterol-lowering effect^{1,2}. Taking 2 scoops or 2 sachets (± 18 g) a day will provide **more than 3 g** of oat beta-glucan. Just mix 1 scoop or 1 sachet into 200 ml of cold or lukewarm water and drink at least twice daily before meals for best results.

Now, 3 g oat beta-glucan for cholesterol-lowering effect is available in crispy cereal form!

Biogrow Oat BG22™ Crispy Cereal, delicious, crunchy heart-shaped crisps made from **Swedish oat bran** is fully made in **Germany** using sophisticated processing technology. **One single packet (30 g) provides 3 g oat beta-glucan** and is also high in dietary fiber (6.6 g per packet), high in protein, iron and magnesium. In terms of energy, one packet provides only **102 Calories** (or kcal), which constitutes about 4% – 5% of the daily energy requirement of an average adult (2,000 Calories/day).

It can be eaten directly from the packet as a high-fiber snack in between meals and tastes great also with cold, low fat milk or yogurt. High fiber consumption requires you to drink plenty of water as this will improve gel formation in the digestive tract for optimal cholesterol-lowering effect.

Remember, Heart Health Is Wealth!

Start taking good care of your heart with a daily intake of Biogrow Oat BG22™ oat beta-glucan NOW!



This article is contributed by **Legosan (Malaysia) Sdn. Bhd.**
For more enquiries, please call 03-7956 2220 (Mon – Fri; 9 am – 5 pm) or email to info@biogrow.com.my. Like our Facebook page at www.fb.biogrow.com.my.

References:
1. Wolaver et al. *Am J Clin Nutr.* (2010).
2. Anttila H et al. *Agricultural & Food Sciences* (2004), Vol. 13: 80 – 87.



Oat BG22™

Partnered with Heart-Health Experts in Malaysia's Largest Heart Health Event

One in 4 Malaysians died of heart disease, yet many remain unaware of their heart conditions and what's putting them at risk of this deadly chronic disease. The Heart Exhibition, being the nation's largest heart health exhibition, marks an urgent and significant wake-up call to Malaysians to start taking care of their hearts and prevent heart disease.

The Heart Exhibition is a joint initiative of four Malaysian leading Heart-Health Experts – namely, Yayasan Jantung Malaysia (YJM), National Heart Association of Malaysia (NHAM), Women's Heart Health Organisation (WH2O) and Institut Jantung Negara (IJN), making it the most authoritative voice in championing optimum heart-health for the benefit of all Malaysians.



THE HEART 2014
Exhibition
September 27 – 28, 2014 • Mid Valley Exhibition Centre



Mr. Ong (second from left), CEO of Legosan (Malaysia) Sdn. Bhd., explaining the health benefits of Oat BG22™ to Dr. Zainal Ariffin Omar, Deputy Director of Disease Control, MOH at The Heart Exhibition 2014. Witnessed by Dato' Dr. J. S. Sambhi (far left), Chairman of YJM and Tan Sri Ariffin (far right).

Memento Presentation:

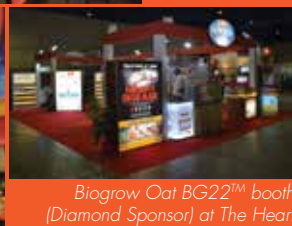
Mr. Ong (left) posing for a group photo with Dato' Dr. J. S. Sambhi, Dr. Zainal Ariffin and Dato' Dr. Rosli Mohd Ali (right), President of National Heart Association Malaysia (NHAM).



"Functional Health Benefits of Oat Beta-Glucan" talk by Medical Director of YJM, Datin Dr. Liew Yin Mei.



"The Taste that Your Heart Loves" live cooking demo with Oat BG22™ oat bran powder by IJN dietitians at The Heart Exhibition 2014.



Biogrow Oat BG22™ booth (Diamond Sponsor) at The Heart Exhibition 2014.

Biogrow Oat BG22™ has been actively supporting The Heart Exhibition for three consecutive years since 2012. This year in September, Legosan (Malaysia) Sdn. Bhd., the healthcare company who owns **Biogrow Oat BG22™** in Malaysia continues to support this noble event as the Diamond Sponsor.

Customers of **Biogrow Oat BG22™** enjoyed exclusive promotions, free premiums and the privilege to savour heart-healthy Muffins and Cookies made from **Oat BG22™ Oat Bran Powder** with high amounts of oat beta-glucan.

Yayasan Jantung Malaysia (YJM) or Heart Foundation Malaysia has approved and endorsed the following health claim: "Take 3g of oat beta-glucan from **Biogrow Oat BG22™** daily, as part of your low fat and low cholesterol diet, **helps reduce cholesterol.**"

The collaboration between **Biogrow Oat BG22™** and heart-health experts such as YJM & IJN have enabled The Heart Programme to be successfully implemented through the publication of educational materials, and the conduct of live cooking demo by the IJN dietitians to the public. Besides taking the oat bran powder with water as a health beverage, now consumers of **Oat BG22™** can use it to make savoury oat bran pancake and nutritious oat smoothie. Recipe cards in trilingual can be downloaded from Biogrow's website: www.biogrow.com.my.

An easy-to-comply solution to take 3g of oat beta-glucan

The whole idea behind **Biogrow Oat BG22™** is compliance. By making it in an easy-to-eat form, more people will be able to comply with the daily requirement of 3g of oat beta-glucan, which is the amount that provides the maximum cholesterol-lowering effect for optimum heart health, without compromising convenience. Both **Oat BG22™ Oat Bran Powder** and **Crispy Cereal** enable consumers to accomplish that on a day-to-day basis.

Just drink 2 scoops/2 sachets of **Oat BG22™ Oat Bran Powder** mix into a consistency or munch away a packet of **Crispy Cereal** as a high-fiber-high-protein snack for better cholesterol management.

Make **Biogrow Oat BG22™** as part of your healthy daily dietary routine starting from TODAY!

For product enquiries, please call our customer careline: 03-7956 2220 or email: info@biogrow.com.my. Like us on Facebook at www.fb.biogrow.com.my.

PLANNER FOR 2015

MONTH	DATE	PROGRAMME	VENUE
JULY	28 29	School / College Invitation	Kolej PTPL Penang Intel Penang
AUGUST	3 5 9 12 13 15 17-18	School / w College School / College Community Community School / College School / College Invitation Invitation	Geomatika Univ. College Kolej PTPL Ampang Kuala Ampang, Selangor Kinrara Metta Buddhist Society Kolej Islam Sultan Ahmad Shah, Kuantan Kolej Poly Tech MARA Kuantan RHB Bank Bangi Malaysian Qualification Agency, PJ
SEPTEMBER	6 9 -13 11 18-21 27 29	Invitation HeartWeek School / College Heartweek World Heart Day Invitation	Seri Kota Charity Run AEON Mall Taiping Univ. College Shahputra AEON Queensbay Mall, Png Tmn Tasik Perdana, KL (Lake Gardens) Royal Bintang Seremban
OCTOBER	1-5 11 12 18 19 29/10-1/11	Heartweek Community School Community School Heartweek	AEON Tebrau City, JB Melaka Melaka Kluang, Johor Kluang, Johor AEON Seri Manjung, Perak
NOVEMBER	7 15 18 22 26-29	Go Red Community Workplace Community Heartweek	(TBA) Sekinchan, Selangor Prolintas Cheras, KL Kluang Mall, Kluang, Johor
DECEMBER	5 13 20	Go Red Community Community	(TBA) Arau, Perlis Baling, Kedah

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

YAYASAN JANTUNG MALAYSIA

The Heart Foundation of Malaysia

Name: _____

Address: _____

Tel: (O) _____ (H) _____

☐ I am enclosing my comments.

☐ Please include my name in the mailing list of Yayasan Jantung Malaysia for future publications.

☐ I am enclosing herewith cheque/draft/money order for RM _____ being my donation.

(Tax-exempt receipt will be issued)



Oat BG22™



Helping Malaysians Lead A Healthy Lifestyle

Amount of Beta-Glucan Recommended for Cholesterol-Lowering Effect is 3 g per day.*

- ✓ Provides **High Molecular Weight** Oat Beta-Glucan
- ✓ Other Health Benefits include:
 - Manage Blood Glucose¹
 - Promote Bowel Regularity²
 - Support Weight Management³

Message by Yayasan Jantung Malaysia
(The Heart Foundation of Malaysia):



Take 3 g of beta-glucan (soluble fiber) from **Biogrow Oat BG22™** daily, as part of your low fat and low cholesterol diet to help **Reduce Cholesterol**.



Crispy Cereal
(30 g x 12 packets) &
(30 g x 28 packets)

1 packet (30 g)
= 3 g oat beta-glucan



Canister (480 g)

2 scoops (≈ 18 g)
= more than
3 g oat beta-glucan



Travel Pack
(9 g x 30 sachets)

2 sachets (≈ 18 g)
= more than
3 g oat beta-glucan

* FSQD, MOH, Guide to Nutrition Labelling & Claims (as at Dec 2010).

References:
1. Jenkins et al. 2002. European Journal of Clinical Nutrition
2. Cummings et al. 2010. EFSA Panel on NDA
3. Beck EJ et al. 2009. Molecular Nutrition & Food Research

Available at all leading pharmacies nationwide.

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Call Infoline: 03-7956 2220 (Mon-Fri 9am-5pm)
Website: www.biogrow.com.my

