

Hari Raya Aidilfitri SALE

1ST MAR - 30TH APR 2024

本期专题
Featured Article

口腔溃疡
Mouth Ulcer



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What is mouth ulcer?

A mouth ulcer, also known as an oral ulcer or canker sore, is a painful lesion that can form on the mucous membrane of the oral cavity. These ulcers are usually shallow and commonly appear on the inside of the lips, cheeks, gums, tongue, or the roof of the mouth. Mouth ulcers are a common condition and can vary in size. Salty or sour food always cause irritation at the sores, which further causes loss of appetite and problem of chewing food. In most cases, mouth ulcers are harmless and can resolve by themselves within 10 to 14 days without treatment.

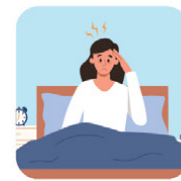


What causes mouth ulcer?

Mouth ulcer commonly caused by accidental biting or injuries due to dental braces. Emotional stress or lack of sleep can weaken one's immune system, making them more susceptible to mouth ulcer. Nutritional deficiencies such as B-12, folic acid, iron and zinc can be one of the causing factors of mouth ulcer. Mouth ulcer can also be caused by allergies to food or chemical toothpastes and mouthwashes. Some viral or bacterial infection can lead to the formation of mouth ulcer.



Injuries due to
dental braces.



Lack of sleep



Nutritional
deficiencies

Treatment?

Always talk to your pharmacist/dentist/doctor for the best solution.
However, there some common solutions for mouth ulcers:



Oral antiseptic spray
/ Hyaluronic acid gel
to ulcers.



Alcohol-free medicated
mouthwash containing 0.12%
Chlorhexidine gluconate



Topical steroid
orapaste



Oral ulcer patch



OTC medications to
relieve pain and
swelling

Why my mouth ulcer won't heal and keep recurring?

See your dentist or doctor if mouth ulcer don't clear up within 2 weeks or if you get them too frequently.

It is advisable for further examinations through blood test for nutritional deficiency such as folate, B12, iron and zinc deficiency. Allergy testing can be done if there is suspicion of food allergies or sensitivities contributing to the mouth ulcers. This can help identify specific allergens that may need to be avoided.

Oral swab or culture may be taken from the mouth ulcer to identify any bacteria, viruses, or fungi present. Doctor can prescribe specific antimicrobial medication for treatment of mouth ulcer that caused by infections.

Tissue biopsy can be taken to rule out any malignancy. This is important for people who are using tobacco products such as cigarettes or vapes and/or drink alcohol regularly. This is because these products increase risk of oral cancer.



Take home messages:

1

Eat well-balanced and nutritious diet.

2

Maintain good oral hygiene by brushing teeth
with soft toothbrush and mouthwash.

3

Drink plenty of fluids.



口腔溃疡

什么是口腔溃疡？

口腔溃疡，也称为口腔溃疡或口疮，是一种可能在口腔黏膜上形成的疼痛性损伤。这些溃疡通常较浅，常见于嘴唇内侧、脸颊、牙龈、舌头或口腔顶部。口腔溃疡是一种常见病症，大小可以不同。咸或酸的食物总是引起溃疡处刺激，进而导致食欲丧失和咀嚼食物的问题。

在大多数情况下，口腔溃疡是无害的，通常在10到14天内自行愈合，无需治疗。

口腔溃疡的原因是什么？

口腔溃疡通常是由于意外咬伤或由于牙箍造成的创伤。情绪压力或缺乏睡眠可能会削弱免疫系统，使人更容易患上口腔溃疡。维生素B-12、叶酸、铁和锌等的营养缺失可能是口腔溃疡的成因之一。口腔溃疡也可能是食物或牙膏和漱口水过敏引起的。一些病毒或细菌感染也可能导致口腔溃疡的形成。



牙箍
造成的创伤



情绪压力
或缺乏睡眠



营养缺失

治疗方法？

始终与您的药剂师/牙医/医生讨论最佳解决方案。然而，口腔溃疡有一些常见的解决方案：

- 1 口腔抗菌喷雾/透明质酸凝胶用于溃疡。
- 2 不含酒精的含0.12%氯己定葡萄糖酸盐的药用漱口水。
- 3 局部类固醇药膏
- 4 口腔溃疡贴
- 5 缓解疼痛和肿胀的药物

为什么我的口腔溃疡不愈合而一直复发？

如果口腔溃疡在2周内没有消失，或者如果您经常患有口腔溃疡，请咨询您的牙医或医生。

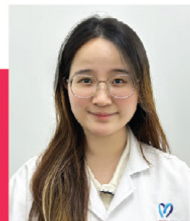
建议通过血液测试进一步检查是否存在营养缺乏，如叶酸、B12、铁和锌缺乏。如果怀疑食物过敏或敏感导致口腔溃疡，可以进行过敏测试。这有助于确定可能需要避免的特定过敏原。

可以从口腔溃疡中采集口腔拭子或培养，以确定是否存在细菌、病毒或真菌。医生可以开具特定的抗微生物药物来治疗由感染引起的口腔溃疡。

可以进行组织活检以排除任何恶性病变。对于经常使用香烟或电子烟以及/或定期饮酒的人来说，这非常重要，因为这些产品会增加口腔癌的风险。

要点：

- 1. 保持均衡和有营养的饮食。
- 2. 用软牙刷刷牙并使用漱口水，保持口腔卫生。
- 3. 多喝水。



Prepared by:
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Pharmacist
Bachelor of Pharmacy (Hons)

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References Glucerna: ^ Compared to previous version of Glucerna. | 1. When used as part of diabetes management (including prescribed medication, diet with low GI foods and exercise). | 2. Glucerna has been shown to reduce glucose fluctuations, when used as a breakfast replacement as part of a lifestyle intervention (Peng et al., 2019).

MAL 2024.45639.ENS -GLU.1/JAN26. Professional's recommendation. Adapted from the Diabetes Specific Nutrition Algorithm in Mechanick JJ, et al. Curr Diab Rep. 2012.

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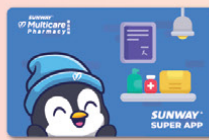


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Hari Raya Aidilfitri



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THE POWER OF SLEEP

ARE YOU GETTING ENOUGH OF IT?

These days, the hustle and bustle of modern life can catch many of us in a relentless grip of stress and anxiety. This can make it harder for us to get proper sleep, which in turn further agitates our mental state in a vicious cycle. Eventually, our physical well-being can be affected as well.

Here are the 3 natural ingredients clinically proven to be beneficial in reducing our anxieties and improving our sleep quality.



VALERIAN (VALERIANA OFFICINALIS L.)

Research has found that valerian, a sweetly scented plant, has been used medicinally since the times of early Greece and Rome.

Historically, and even today, it is used to treat insomnia and migraines.

Valerian is safe and effective in allowing better sleep and reducing the time taken to fall asleep.^{1,2,3}

Research studies showed that valerian can bind to the gamma-aminobutyric acid (GABA) receptors of our central nervous system which provides mild sedative effect and promotes sleep.⁴

Valerian is generally safe for long-term use with no reported dependency issues.^{1,2,3}

Suitable for adults who have difficulty to fall asleep at night and experience persistent insomnia.



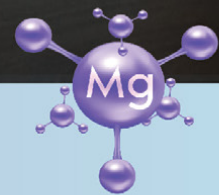
LAVENDER OIL (LAVANDULA ANGUSTIFOLIA)

Research has found that lavender oil holds promise in reducing anxiety and calms the central nervous system for people who experience restlessness and poor sleep quality due to lifestyle stressors.⁵

This is because ingestion of lavender oil can have a calming effect on the brain, allowing better cope with stress and anxiety.^{6,7,8}

Lavender oil is generally safe for long term use, with no reported dependency issues.⁸

Suitable for adults who experience light sleep or poor sleep quality due to persistent active thinking.



MAGNESIUM

Numerous studies have found that magnesium plays a role in inhibiting the normal stress response of our body.⁹

Indeed, the lack of magnesium in our body can cause symptoms such as fatigue, irritability, and mild anxiety.⁹

Additionally, the results of a study published in 2022 suggested that magnesium supplementation can help improve sleep quality and lower stress and anxiety levels.¹⁰

Suitable for those with frequent muscle cramping, such as busy working adults, active/sportspersons, and pregnant mothers.

References: 1. Shiniyo, N., Waddell, G., & Green, J. (2020). Valerian root in treating sleep problems and associated disorders-A systematic review and meta-analysis. *Journal of evidence-based integrative medicine*, 25, 2515690X20967323. <https://doi.org/10.1177/2515690X20967323> 2. Schroeck, J. L., Ford, J., Conway, E. L., Kurtzhals, K. E., Gee, M. E., Vollmer, K. A., & Mergenhausen, K. A. (2016). Review of safety and efficacy of sleep medicines in older adults. *Clinical therapeutics*, 38(11), 2340-2372. <https://doi.org/10.1016/j.clinthera.2016.09.010> 3. Abad, V. C., & Guilleminault, C. (2018). Insomnia in elderly patients: Recommendations for pharmacological management. *Drugs & aging*, 35(9), 791-817. <https://doi.org/10.1007/s40266-018-0569-8> 4. Bruni, O., Ferini-Strambi, L., Giacomoni, E., & Pellegri, P. (2021). Herbal remedies and their possible effect on the gabaergic system and sleep. *Nutrients*, 13(2), 530. <https://doi.org/10.3390/nu13020530> 5. Luo, J., & Jiang, W. (2022). A critical review on clinical evidence of the efficacy of lavender in sleep disorders. *Phytotherapy research: PTR*, 36(6), 2342-2351. <https://doi.org/10.1002/ptr.7448> 6. Dimpfel, W., Pischel, L., & Lehnfeld, R. (2004). Effects of lozenge containing lavender oil, extracts from hops, lemon balm and oat on electrical brain activity of volunteers. *European journal of medical research*, 9(9), 423-431. 7. Donelli, D., Antonelli, M., Bellinazzi, C., Cersini, G. F., & Firenzuo, F. (2019). Effects of lavender on anxiety: A systematic review and meta-analysis. *Phytomedicine: international journal of phytotherapy and phytopharmacology*, 65, 153099. <https://doi.org/10.1016/j.phymed.2019.153099> 8. Malcolm, B. J., & Tallian, K. (2018). Essential oil of lavender in anxiety disorders: Ready for prime time? *The mental health clinician*, 7(4), 147-155. <https://doi.org/10.9740/mhc.2017.07.147> 9. Pickering, G., Mazur, A., Troussellard, M., Bienkowski, P., Yalbeewa, N., Amessou, M., Noah, L., & Pouteau, E. (2020). Magnesium status and stress: The vicious circle concept revisited. *Nutrients*, 12(12), 3672. <https://doi.org/10.3390/nu12123672> 10. Saba, S., Faizi, F., Sepandi, M., & Nehriz, B. (2022). Effect of short-term magnesium supplementation on anxiety, depression and sleep quality in patients after open-heart surgery: Effect of short-term magnesium supplementation on anxiety, depression and sleep quality in patients after open-heart surgery. *Magnesium research*, 35(2), 62-70. <https://doi.org/10.1684/mrh.2022.0503>

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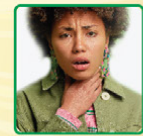
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This is a traditional product advertisement. KKLIU 3690/2022 | Expiry 31 Disember 2024



www.thomsonhealth.com

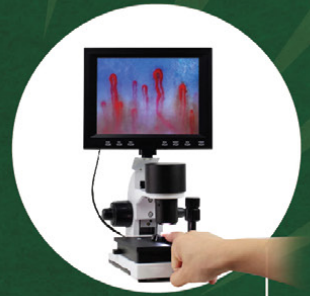
thomson®
 since 1987



GET FREE

BLOOD CIRCULATION TEST.

“AT SELECTED SUNWAY MULTICARE OUTLETS.”



BUY & REBATE

RM150 - OFF RM8
RM300 - OFF RM16
RM450 - OFF RM24
RM600 - OFF RM32



VALID FROM 1ST MAR 2024 - 30TH APR 2024

T & C APPLY.

NH Detoxlim®
 — Your Trusted Brand —

Your Health, We Care.

NH
 Colla Plus
 50ml x 10s

RM51.⁹⁰

NH
 Colla Plus Advance
 50ml x 10s

RM65.⁹⁰



NH
 Natural Clenx Tea
 50s + 5s

RM50.⁹⁰



NH
 Vege F'bre Plus
 30s + 7s

RM94.⁹⁰



Multi-care Reward 3.0

SMP 20 inch Guink Luggage

Collect 5 stamps to purchase



*T&Cs apply

何人可[®] HO YAN HOR[®] SUNWAY Multicare Pharmacy

Selamat Hari Raya

GET FREE

RM6.00

TnG e-wallet Reload Pin

with minimum purchase of RM38 worth of Ho Yan Hor Products

SUNWAY[®] Multicare Pharmacy 康乐药剂

TOCOVID[™] VITALITY

BUY 1 FREE 1

Promotion period: 1 Mar 2024 to 30 Jun 2024

- PALM TOCOTRIENOLS
- PREBIOTICS & SOURCE OF DIETARY FIBRE
- HIGH PROTEIN
- HIGH CALCIUM

*Limited quantity available, while stocks last. T&Cs applied.

hovid

PM-TOC-04 Jan 2024

SUNWAY[®] Multicare Pharmacy 康乐药剂

Ramadan Sale

INSTANT REBATE RM8

WITH PURCHASE OF ONE TOCOVID 200MG 30'S OR ONE TOCOVID PROMEMO 30'S

VALID FROM 1 MAR TO 30 JUN 2024

TOCOVID[™] SupraBio[™] BIO-OPTIMUM ABSORPTION Mixed Tocotrienols 200mg 30 Softgels Patented Product

TOCOVID[™] SupraBio[™] PROMEMO Mixed Tocotrienols Tocopherol Cyanocobalamin Pyridoxine Hydrochloride Folic Acid hovid 30 Softgels

PM-TOC-03 Jan 2024

hovid

FLUIMUCIL® A
 N-ACETYLCYSTEINE

**Clears phlegm
 and strengthens
 lung functions!**

Rich in
 antioxidants

RM26.50 each - RM35.50 each

RM35.00 each

Now available
 in all pharmacies.
GET it now!

NEW



Brought to you by:



This is a medicine product advertisement. KKLIU: 3124/EXP 31.12.2025 FLM-AD-1023-03

tanakan®

STANDARDIZED GINKGO BILOBA EXTRACT (EGb 761) - 40mg

**1 tablet 3 times a day
 helps to improve
 blood circulation**



Poor blood circulation may cause:



numbness and
 tingling in the
 hands and feet



cold hands
 and feet



fatigue
 (tiredness)



dizziness



RM115.90 each



Tanakan
 Website

Brought to you by:



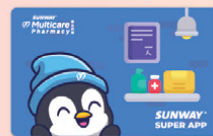
MAL 19973563T

K.K.L.I.U.: 3467/2022 (Valid until 31/12/2024) This is a traditional product advertisement. TNK-DGT-1023-01

SMP GO Card

POINTS + CASH

REDEEM YOUR POINTS BEFORE THEY EXPIRE



Did You Know?

**Every
100 Points
= RM1**

1

Download
Sunway
Super Apps

2

Start award and
redeem point now
at any SMP outlet

GAVISCON

RAIKAN BULAN KEMULIAAN LEGA DARIPADA PEDIH ULU HATI + KETIDAKHADAMAN



MAL 09032031XR



KKLIU 0365/2022. Tarikh tamat tempoh: 31 Disember 2024. Ini adalah iklan produk ubat.
Kesan ke atas individu mungkin berbeza. *Mengandungi ramuan aktif daripada sumber semula jadi.



MAL 09032031XR



MAL 09042414XR



MAL 19910209X



MAL 09032013X



MAL 09042384XR

RM22.⁹⁰ - RM89.⁹⁰

Gaviscon
Double Action Range

RM12.⁹⁰ - RM28.⁹⁰

Gaviscon
Peppermint Range



SALE!
 UP TO **50%**

9/10
 users agree
 it helps to keep skin
CLEAN & FRESH
 for more than
8Hours*

ACNE-AID®
 for
CLEAR SKIN
CONFIDENCE

Starts to reduce acne spots within 6 hours**

Visibly improves appearance of acne marks as early as 5 days**

RM9.50 - RM22.90

*Survey conducted by Home Tester Club from 7/2/2023 to 29/4/2023. 149 members surveyed.
 **Data on file. Individual response varies.

DifflamAB
 Sore Throat Lozenges
HONEY LEMON

Don't give tickly sore throats a chance.
 Hit them hard and early.

KKLIJ 18/11/2023
 This is a machine product advertisement

PROMOTION :

DifflamAB
 Sore Throat Lozenges
ORANGE LEMON BLACKCURRANT HONEY LEMON

BUY 2 at RM14.00
DifflamAB Sore Throat Lozenges 12's [Assorted]

PROMOTION :

DifflamAB
 Sore Throat Lozenges
ORANGE LEMON BLACKCURRANT HONEY LEMON

BUY 2 at RM7.00
DifflamAB Sore Throat Lozenges 6's [Assorted]

Dequadin

MEGA-REFRESHING RELIEF FOR MEGA-BUSY LIVES

RM5.90
 Dequadin Pastille
 50g / 46 [Assorted]

RM2.00
 Dequadin Hard Candy
 Zipper Bag 38g
 [Assorted]

RM2.90
 Dequadin Pastille
 Zipper Bag 20g
 [Assorted]

Loosens and expels excess phlegm

DURO-HERB™ Chesty Cough Liquid helps to relieve **chesty** cough

RM11.50
 DUROHERB™ CHESTY COUGH LIQUID 100ML

For more information, please refer to the product label.
 Should symptoms persist, please consult your healthcare professional. KKLIJ 2757 / Exp 31.12.2025

Multi-care Reward 3.0

SMP 20 inch Guink Luggage

Collect 5 stamps to purchase



*T&Cs apply

Ease discomfort and improve mobility with
Viartiril®-S

1 capsule 3x daily

1 sachet daily

Viartiril-S 500
Glucosamine Sulphate
90 capsules
Dilutikan oleh KKM
Reg. No.: MAL07031275X

Viartiril-S 500
Glucosamine Sulphate
30 Sachets
MAL07031275X

Viartiril-S
GLUCOSAMINE SULPHATE
Powder for Oral Solution
30 Sachets
MAL20031758X

The effect of the product may vary among individuals.
This is a traditional product advertisement | KKLIU 2937/2023 | Expiry date: 31 December 2025
MUL-2023-0267-18JULY2023

VIATRIS™

Maintain Your Liver Health Today with Legalon®

Legalon® 140mg Capsule **MADAUS**
Active ingredient: milk thistle fruit extract

Dosage and mode of use:
Unless otherwise prescribed, for initial treatment take 1 capsule 3 times daily and as maintenance dose take 1 capsule 2 times daily.

Please read package insert.
Keep medicines out of reach of children.

Content:
30 capsules

MAL06051455T

Mylan Healthcare Sdn Bhd (a Viatris Company)
Company Reg No: 201501036500 (1161821-X)
15-03 & 15-04, Level 15, Imazium, No. 8, Jalan SS 21/37, Damansara Uptown, 47400 Petaling Jaya, Selangor, Malaysia
Tel: 603-77338005

©2022 Viatris - All rights reserved

Please consult your healthcare professional for more information prior to starting the treatment.

The effect of the product may vary among individuals.
This is a traditional product advertisement | KKLIU 2938/2023 | Expiry date: 31 December 2025
MUL-2023-0267-18JULY2023

VIATRIS™

* Terms & Conditions apply * Valid while stocks last * Applicable for Sunway Super App or Sunway Multicare Members only



Pharmaton®

Support Family Wellness

Support healthy growth & development
Support physical & mental performance

Pharmaton KIDDI SYRUP for children 1 year & above
 MAL08042232XC

Pharmaton CAPSULES WITH SELENIUM for adults
 MAL19992170XCR

Pharmaton SHIELD for adults
 MAL22066048NC

500mg of Vitamin C and 10mg of Zinc help to support immune function & provide antioxidant

KKLIJ 5459 / EXP 31.12.2025

TOTAL IMAGE®
 creating wellness since 1984

Raya with Wellness

Whita Glo L-Glutathione 400mg 30s
 MAL1315067N **89⁹⁰ each**

Collagen 80s Twin Pack + Collagen Plus 20s
 MAL20040328XR **154⁹⁰ each**

Collagen Plus 60s Twin Pack + 10s
 MAL09072802XR **163⁹⁰ each**

S Body Twin Pack 60s + 60s
 MAL0724658T **73⁹⁰ each**

RM8 off with purchase of RM80 & above on TOTAL IMAGE brand products

Colgate®

SENYUMAN BERSERI, RAYA MERIAH LAGI

Colgate Optic White O2 85g Aromatic Menthol
RM20.99

Colgate Total Plaque Release 95gm (Assorted)
RM14.99

Colgate Cushion Clean Toothbrush 2s (Assorted)
RM16.99

Colgate Slimsoft Charcoal Toothbrush 3s (Assorted)
RM14.99

Colgate Plax 750ml Twinpack (Assorted)
RM25.99

Colgate Sensitive Pro Relief 110gm (Assorted)
RM9.49

Dermatix®

INTRODUCING DERMATIX WOUND CARE

NEW

Dermatix Wound Care is suitable for different wounds:

- SCRAPES
- CUTS
- BURNS
- SORES

ACCELERATES HEALING
PREVENTS INFECTIONS
IMMEDIATE PAIN RELIEF
DIRECT COOLING EFFECT

RM3 OFF

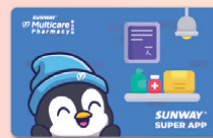
3 Steps To Optimal Wound Healing

- 1 CLEAN**
- 2 HEAL**
- 3 COVER & PROTECT**

Registered Under No 737 QCR334325-90926 MQMAM-0182/2023 MNBH-00343/088/08/2023/OWCMB

SMP GO Card POINTS + CASH

REDEEM YOUR POINTS BEFORE THEY EXPIRE



Did You Know?

**Every
100 Points
= RM1**

1 Download
Sunway
Super Apps

2 Start award and
redeem point now
at any SMP outlet

**L'ORÉAL
PARIS**

N°1 BEAUTY BRAND IN THE WORLD

GLYCOLIC-BRIGHT

**REDUCE DARK SPOTS
-57% IN 4 WEEKS***

CREATED BY
DERMATOLOGICALLY
TESTED
L'ORÉAL PARIS



**BEST
BUY**

RM25.90 - RM57.50

L'Oréal Paris
Glycolic Bright Range
N/P: RM39.90 - RM94.90

**SALON QUALITY
HAIR AT HOME**



**BEST
BUY**

RM27.90 - RM28.90

L'Oréal Paris
Excellence
N/P: RM47.90 - RM49.90

"L'Oréal Paris - The World's #1 Beauty Brand"
- Source Euromonitor International Limited; Beauty and Personal Care 2022ed;
as per beauty & personal care definitions; UBN; in retail value terms; 2021 data.

*Based on clinical test conducted
on 79 subjects over 4 weeks of usage

GARNIER

Selamat Hari Raya Aidilfitri



**GREAT
DEALS**

**RM16.50 -
RM17.50**

Garnier
Cream Hair Color Range
N/P: RM24.90 - RM25.90



**GREAT
DEALS**

**RM13.50 -
RM14.50**

Garnier
Men Range
N/P: RM17.52

FREE *Cosmetic Pouch



with minimum spend of RM58
and above on Garnier products.
*While stocks last.

GARNIER | COMMITTS TO
GREEN BEAUTY

**Cruelty Free
INTERNATIONAL**

**100% RECYCLED
PLASTIC**

HALAL

* Terms & Conditions apply * Valid while stocks last * Applicable for Sunway Super App or Sunway Multicare Members only

Himalaya
SINCE 1930

HERBAL ESSENTIAL

with Himalaya

Himalaya
SINCE 1930

Clear Complexion
Brightening Face Wash

With Complexion Enhancing Salicylic Acid

150 ml

Himalaya
SINCE 1930

Purifying Neem
Face Wash

Combats Pimples

150 ml

Himalaya
SINCE 1930

Moisturizing
Aloe Vera Face Wash

With Natural Vitamin E

Prevents Drying

150 ml

Himalaya
HERBALS

Oil Control
Lemon Face Wash

Removes Excess Oil

150 ml

Product Name	Volume	Price	NP Price
Clear Complexion Brightening Face Wash	150ml	RM25.50	RM39.50
Purifying Neem Face Wash	150ml	RM21.50	RM33.30
Moisturizing Aloe Vera Face Wash	150ml	RM22.50	RM35.80
Oil Control Lemon Face Wash	150ml	RM22.50	RM35.80

Multi-care Reward 3.0

SMP 20 inch Guink Luggage

Collect 5 stamps to purchase



*T&Cs apply



Ceradan®

Rebuild Your Skin's Protective Barrier



RM35.90 - RM77.90

Ceradan Range

Healthy Barrier, Happy Life

INSTANT REBATE

RM8

Promo Period: 01/03/2024 - 30/04/2024

With purchase of RM 80 of Ceradan Range in a single receipt.

PWP 30%

Ceradan Gentle Cleanser 280ml



SILKYGIRL

Gaya Raya!



1 Lip2Cheek Flush (Asst)
NP: RM29.90
RM17.90

2 Let it Glow Tone Up Powder/Cream
NP: RM26.90 - RM31.90
RM17.90 - RM21.90

3 Shimmer Duo Blusher (Asst)
NP: RM29.90
RM23.00

4 SweetHeart EDT 50ml Range
NP: RM26.50
RM17.90

5 24H Flat Tip Brow Liner (Asst)
NP: RM26.90
RM17.90

6 Pure Smooth Pressed Powder (Asst)
NP: RM15.90
RM10.70



FREE Cookie Jar
with purchase of RM30 & above on SILKYGIRL/SG Men / Silky White / Silky Lips products.



RM8.90 each

Zen Garden
 Shower Cream 2.1 Liter
 Range
 NP : RM10.00 each



RM4.90 each

Zen Garden
 Hand Wash 500ml
 Range
 NP : RM5.90 each



RM7.90 each

Zen Garden
 Shampoo 400ml
 Range
 NP : RM10.00 each



RM4.90 each

Zen Garden
 Olive Oil For Skin &
 Hair 100ml Range
 NP : RM5.57 each

Korean best selling product

This soothing gel suited for body, face & hair is pH5.5 balanced and enriched with aloe vera, which soothes and protects your skin from drying out.



RM15.90 each

Nature Key
 Aloe Vera Soothing Gel
 98% 300ml
 NP : RM20.15 each

SMP GO Card POINTS + CASH

REDEEM YOUR POINTS BEFORE THEY EXPIRE



1 Download Sunway Super Apps



2 Start award and redeem point now at any SMP outlet

Did You Know?

Every
100 Points
= RM1

Counterpain®

Effective Pain Relief. Anytime, Anywhere.



Relief from muscular and joint pain



This is a medicine product advertisement

KKLIJ: 3408/ Exp 31.12.2025

Body Acne? Let's T3 It!

Powered by Natural Acne-fighting Ingredients for Clearer and Healthier Skin. ✨ ✨



MUST TRY

No.1[^]
in Malaysia

Daily Wash to control and prevent body acne

Intensive Care for body acne



[^] Source: IMS data on Topical Anti-Acne Preparations (Body Wash and Body Spray), MAT Q3 2020.



GARDEN OF
EDEN®

Hello, healthy glowing skin!

20% off RM14.⁹⁰ - RM62.⁵⁰
Garden of Eden
Serum / Cream / Toner Range



Suitable for Sensitive Skin

Dermatologically Tested | Plant-Based | Kind to Skin

* Terms & Conditions apply * Valid while stocks last * Applicable for Sunway Super App or Sunway Multicare Members only



Bio essence x DOLLA

Ultimate Hydration B5
 +122% Repair & Strengthen Skin Barrier

BIO-WATER
DOLLA

UP TO 25% DISCOUNT

1 Spray Instant Soothing & Hydration

+138% Moisture Boost

3X Hydration & Moisture Retention

1.5 Instant Moisture

BIO-ESSENCE
 Bio-essence Bio-Water Range
 RM22.90 - RM83.90
RM17.10 - RM70.10

GWP **RM10 OFF** Minimum spend RM150

PWP 30% Bio-Gold Gold Water 150ml
 NP: RM45.90
NOW RM79.90

Get RM10 Sunway Multicare Pharmacy Voucher with a min. purchase RM150 & above of Wipro Products (Hygienix / Ebene / Bio-essence)

Promotion period: 1 Mar - 30 Apr 2024

hygienix

KEKAL BERCAHAYA DI AIDIFITRI

Promotion Period: 1 Mar - 30 Apr 2024

FREE RM10 Sunway Multicare Pharmacy Voucher with a min. purchase RM150 & above of Wipro Products (Hygienix / Ebene / Bio-essence)

RM10 OFF **RM10 OFF**

RM13.90 **RM10.43** **RM8.50**

HYGIENIX Anti-bacterial Body Wash 950g

HYGIENIX Anti-bacterial Body Wash Refill 825g

HYGIENIX Anti-bacterial Hand Wipes (2x20's)

EBENE Bio-Ray Healthcare

Spend & WIN Menangi Juara Raya

De. Wan 1958 by Chef Wan

1st Mar - 15th Apr 2024

Grand Prizes x3
 Dining Vouchers worth **RM500**

Consolation Prizes x10
 EBENE Gift Bags worth **RM268**

UP TO 25%

EBENE Bio-Ray
 Knee Guard with Tourmaline / Foot Massage Socks (Twin Pack)
 NP: RM97.00 - RM171.00
NOW: RM69.90 - RM129.90

FREE RM10 Sunway Multicare Pharmacy Voucher with a min. purchase RM150 & above of Wipro Products (Hygienix / Ebene / Bio-essence)

Relieves Knees Pain with Firm Support

Purchase **Whatsapp**
 EBENE Products Your Receipt and Details to 016-272 1033

SCAN ME

Advertisement approval number: MDAMD 0073/2022 | Registered Under Act 737 GMD59634218017A, GA6470621-80092

*Terms & Conditions apply.

Multi-care Reward 3.0

SMP 20 inch Guink Luggage

Collect 5 stamps to purchase



*T&Cs apply

Simple
SENSITIVE SKIN EXPERTS

**CLINICALLY PROVEN TO REVERSE
5 SIGNS OF DEHYDRATION**
ON YOUR SENSITIVE SKIN

DRYNESS / ROUGHNESS / TIGHTNESS / DULLNESS / DEHYDRATION LINES

20% OFF

SIMPLE
1 Water Boost Micellar Gel Wash 150ml
2 Hyaluronic Acid + B5 Booster Serum 30ml
3 Water Boost Micellar Cleansing Water 400ml

RM22.88 - RM43.12 each
NP: RM28.60 - RM53.90

Hennson
Professional Incontinence Care

DISPOSABLE ADULT PANTS DIAPER
DRY FIT
REGULAR PANTS

**Ultimate
Comfort Always**

- ✓ Superior absorbency with maximum protection from leakage
- ✓ ADL to keep skin dry for extra comfort
- ✓ Optimal fitting to stay discreet

BUY 3rd AT 20% OFF

ABIO
Abio Marketing Sdn Bhd

ABIO Marketing Sdn Bhd (97001000031) (9457-M)
No. 2 Jalan SS 13/5, 47500 Subang Jaya, Selangor Darul Ehsan, Malaysia
☎ +603 5629 3688 📠 +603 5636 8200

Cetaphil
30 HARI KULIT SIHAT RAYA BERSERI
#CetaphilRayaBerseri

	RM17.30 Cetaphil Gentle Skin Cleanser 125ml		RM33.90 Cetaphil Hydrating Foaming Cream Cleanser 236ml
	RM82.90 Cetaphil Gentle Skin Cleanser 1L		RM43.90 Cetaphil Baby Wash & Shampoo 400ml
	RM77.90 Cetaphil Moisturising Cream 453g		RM54.90 Cetaphil Baby Daily Lotion 400ml

**Beli & Menang Hadiah Bernilai
RM48,000**

2x HADIAH UTAMA
Ubah suai IKEA bernilai **RM10,000**

10x HADIAH PERTAMA
2 Hari 1 Malam Tinggal & Jamu di hotel pilihan anda bernilai **RM900**

10x HADIAH KEDUA
Baucar Petrol bernilai **RM400**

IMBAS KOD QR
UNTUK KETAHUI LEBIH LANJUT

*Terletak pada terma & syarat

Mira Filzah
Duta Cetaphil Malaysia

*Terms and conditions apply, while stocks last

TENA®

The Best Care for Skin Health



DESIGNED FOR AN UNINTERRUPTED SLEEP

With wider back protection.

PROskin

WIDER BACK PROTECTION

Longer & wider back core provides better leakage protection for uninterrupted sleep.



FULLY BREATHABLE BACKSHEET
 Lets skin breathe.



TAPE FORMAT

Bed Rest/ Aided Mobility



TENA PROSkin Night Secure M9/La8 **TENA PROSkin Slip Plus M12/L12**



PANTS FORMAT

Active/ Assisted Walking



TENA PROSkin Pants Plus M9/L8/XL12



PROskin



TENA Proskin Wet Wipes/ TENA Zinc Cream

RM5 OFF**

with purchase of RM30 and above
 on **TENA Products** in a single receipt
 (Exclude TENA Value Range).

**T&C apply.

SMP GO Card

POINTS + CASH

REDEEM YOUR POINTS BEFORE THEY EXPIRE

SUNWAY
SUPER APP



Did You Know?

Every
100 Points
= RM1

1

Download
Sunway
Super Apps

2

Start award and
redeem point now
at any SMP outlet



Recommended by:



INSTITUT
SUKAN
NEGARA
MALAYSIA

Raya Sales

20%
LESS



LPM 916
LUMBAR SUPPORT
WITH STAYS
(SIZE: S-M/L-XL)
RP: RM275.90

RM **220.70**
each



LPM 707
PADDED KNEE
SUPPORT
(SIZE: S-M/L-XL)
RP: RM87.90

RM **70.30**
each



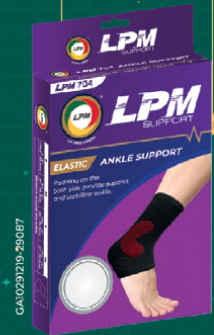
LPM 668
ELBOW SUPPORT
(SIZE: S-M/L-XL)
RP: RM66.90

RM **53.50**
each



LPM 763
WRIST/THUMB
SUPPORT
(SIZE: S-M/L-XL)
RP: RM91.90

RM **73.50**
each



LPM 704
ANKLE SUPPORT
(SIZE: S-M/L-XL)
RP: RM46.90

RM **37.50**
each

Registered Under Act 737
Advertisement approval number: MDAMD 0448/2023

Certainty



CERTAINTY
antibacterial wipes
2x40s

RM **12.60**



Mobile or
with aid



With human
assistance



CERTAINTY
dry pants
M10/L9/XL8/XXL6

RM **18.90**



CERTAINTY
max pants
M10/L9/XL8

RM **26.90**

+ Compared in Certainty Pants Range.

SOFY



SOFY
Cooling Fresh Day Ultra Slim
Wing 25cm 14's / Day Maxi
26cm 14's / Night Slim Wing
35cm 9's / 42cm 6's

RM **8.50**



SOFY
Comfort Nite 360 Panty
S-M / M-L 2's

RM **4.90**

^ 5 hours only applicable to SOFY Cooling Fresh Day Ultra Slim 23cm, 25cm and Night Ultra Slim 35cm, 42cm and may vary depending on individual.



Uni-Charm Corporation Sdn Bhd 199701018269 (433766-A)



BREATHABLE
STRETCHABLE
COMFORTABLE WEAR

EFFECTIVE PAIN RELIEF

GIFT WITH PURCHASE
 1 March - 30 April 2024

With purchase RM35
 worth of Tiger Balm
 products, get a
FREE Tiger Balm
Compartments
Bento Box.



* Terms & conditions apply. While stocks last.

MAL20014377X



MAL20014378X

TIGER BALM® PLASTER



TIGER BALM®

Individual response may vary.
 KKL1U 2678 / EXP 31.12.2024
 This is a medicine product advertisement.

Multi-care Reward 3.0

SMP 20 inch Guink Luggage

Collect 5 stamps to purchase



*T&Cs apply

KOOL FEVER SPRAY

Hot & Sweaty?

Spray for Icy Relief

Cool Sensation Following Like Air-Conditioner

ICy Relief for shirts

KOOL FEVER SPRAY

Refreshing Mint

RM17.70

KOOL FEVER SPRAY REFRESHING MINT

100ml

NP: RM24.00

Made in Japan

Cooling Spray For Shirt

Clearwipe Lens Cleaner

Quick Drying Pre-moistened Wipes

CLEANS DUST & GREASE WITH JUST 1 WIPE

REMOVES 97% OF GERMS*

Soft Microfiber for non-scratch**

Advanced Microfiber picks up Dust & Grease

Fast-Drying Liquid for streak-free shine

RM10.70

CLEARWIPES

20P

NP: RM13.90

* Based on our independent test specific to E.coli and S.aureus. Not effective against all types of germs.
** Depending on the usage, scratches may occur.
Ingredients: Isopropyl alcohol, water & fragrance.

KOBAYASHI

Salam Aidilfitri

rossmax

PROMO PERIOD 1ST MAR - 30TH APR 2024

GET Touch nGO eWallet RM10 REBATE

Steps to redeem your rebate

STEP 1 Purchase and Register the product's warranty.

STEP 2 Scan to submit your full name, purchase receipt and device serial number.

STEP 3 Receive the RM10 TnG E-Wallet Reload PIN.

RM10 Reload PIN

Purchase any Rossmax Healthcare product and spend above RM150 in a single receipt

Please consult your healthcare professional for the interpretation of result and diagnosis.

Registered under Act 737

* Terms & Conditions apply * Valid while stocks last * Applicable for Sunway Super App or Sunway Multicare Members only



Rightest CARE
 Diabetes Management System

Install Rightest CARE App here:



Available on the
App Store

GET IT ON
Google Play

EXPLORE IT ON
AppGallery

Embark on your digital glucose monitoring journey with **SUNWAY® Multicare Pharmacy** 康乐药剂



Messaging,
 sharing &
 interactions



Personalization
 with custom
 reminders



Knowledge-based
 structured glucose
 monitoring



Auto data
 synchronization

**Turn your dedication
 into rewards**

Join Rightest CARE today and get rewarded for your commitment in diabetes self-management.

• **1 test = 10 R Points** •

Rightest™ Wiz Plus

Rightest™ GM700SB

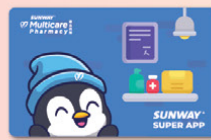


SMP GO Card

POINTS + CASH

REDEEM YOUR POINTS BEFORE THEY EXPIRE

SUNWAY[®]
SUPER APP



Did You Know?

**Every
100 Points
= RM1**

1 Download
Sunway
Super Apps

2 Start award and
redeem point now
at any SMP outlet

Health Is Wealth



RM8.20
each

Tenten
Baby Guide Range 36g



RM72.00
each

Bioversa Papaya Leaf
Extract Capsule 60's



RM80.00
each

Thomson
Xbido 30's



RM115.90
each

Tanakan 90's Box



RM49.90
each

Condropil 60's

BUY 1 Free 1



RM49.90
only

Redoxon
Triple Action Effervescent
Orange 30's



2 for RM10.90
only

Tolak Angin
Herbal Liquid 15ml x 5's



2 for RM7.00 only - 2 for RM20.00
only

Agnesia
Antibacterial Powder
50g/100g/300g



RM4.70 each - RM7.90
each

Eye Mo
Moist/Regular 7.5ml/15ml



RM18.90
each

Follow Me Anti-bacterial
Body Wash Range 900ml



RM8.90
each

3 Legs Tinea-Kare
Anti Fungal Spray
30ml



RM14.90
each

3 Legs Tinea-Kare
Anti Fungal Cream
10g



RM50.50
each

Systane Hydration
0.7ml x 30's



RM168.00
each

Microlife Blood Pressure
Monitor B2 Basic + Adaptor



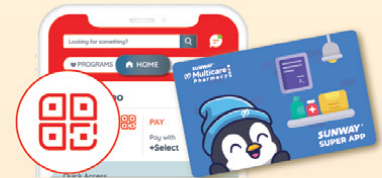


Step to Get SMP GO Card

POINTS + CASH

REDEEM YOUR POINTS BEFORE THEY EXPIRE

Did You Know?
Every 100 Points
= RM1



1 Visit any Sunway Multicare Pharmacy store and Register as our member

2 Download Sunway Super Apps

3 Login and track your Point & Benefit NOW

500
SUNWAY POINTS



+RM18.00

Swisse
 Ultivite E-sential
 Multivitamin Plus 30's
 -NP: RM48.00-

500
SUNWAY POINTS



+RM2.00

Dequadin
 Himalayan Salt
 Pastille 50g
 -NP: RM9.80-

500
SUNWAY POINTS



+RM8.00

Diffilis
 Herbal Mouth
 Spray 15ml
 -NP: RM28.35-

500
SUNWAY POINTS



+RM18.00

Dermaveen
 Moist Cream
 100ml
 -NP: RM41.90-

500
SUNWAY POINTS



+RM15.00

Neutrogena
 Deep Clean
 Cleanser 150ml
 -NP: RM28.10-

500
SUNWAY POINTS



+RM8.00

Acne-aid
 Liquid Cleanser
 Oil Control 100ml
 -NP: RM28.75-

500
SUNWAY POINTS



+RM13.00

Cetaphil
 Gentle Skincare
 Cleanser 125ml
 -NP: RM28.50-

500
SUNWAY POINTS



+RM19.00

Himalaya
 Hair Fall Shampoo
 2 in 1 400ml
 -NP: RM33.80-

500
SUNWAY POINTS



+RM13.00

Skgirl
 Sg Lip2cheek Flush
 01 Honey Peach
 -NP: RM29.90-

500
SUNWAY POINTS



+RM15.00

Cosmoderm
 Luminous A 3X Moisture
 Water Essence 100ml
 -NP: RM28.50-

Multi-care Reward 3.0

SMP 20 inch Guink Luggage

Collect 5 stamps to purchase



*T&Cs apply

FREE Raya Packet

15th Mar - 9th Apr 2024

1. Spend a min. of RM60 in a single receipt.
 2. Limited to ONE (1) redemption per customer.
 3. First come first serve basis; while stock lasts.
- (T&C Apply)



VOUCHERS

REBATE
RM8
Code:
BIO8



Minimum
spend RM150

REBATE
RM10
Code:
NWAY10



Minimum
spend RM100

REBATE
RM6
Code:
VITAM6



Minimum
spend RM99

REBATE
RM8
Code:
TTLIM8



Minimum
spend RM80

REBATE
RM3
Code:
DERM3



Any Dermatix
Wound Care 20g

REBATE
RM8
Code:
THOM8



Minimum
spend RM150

REBATE
RM8
Code:
CERA8



Spend RM80 &
above in a
single receipt

REBATE
RM5
Code:
BERCA5



Minimum
spend RM50

REBATE
RM5
Code:
TENA55



Spend RM30 &
above in a
single receipt

REBATE
RM3
Code:
INNER3



Minimum
spend RM45

REBATE
RM3
Code:
SLTPN3



Minimum
spend RM50



Multi-care Reward 3.0

1ST MAR - 30TH APR 2024

SMP Guink Luggage

Collect 5 stamps to purchase
your luggage **ONLY** at RM68

**First Come
First Serve for
SMP GO CARD Member ONLY!**
 (Each outlet has a limit of 10 redemption units.)

**Register as a SMP
GO CARD MEMBER now!!!**

FREE



Stamp Collection Loyalty Reward!! Get 1 stamp for every RM20 Spent.

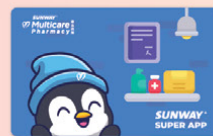
ONE(1) receipt entitled to 1 EXTRA Stamp:



SMP GO Card

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PWP

*with a minimum spend of RM20



RM73.60 each
Eternal Wise
Premium Gold
Colostrum 500g
~~NP: RM105.00~~



RM111.20 each
Eternal Wise
Malted Choco
Colostrum 500g
~~NP: RM139.00~~



RM21.00 each
Good Morning
V Grains Purple
Potato 30g x 12's
~~NP: RM30.60~~



RM55.90 each
Sambucol
Black Elderberry
Original 120ml
~~NP: RM69.90~~



RM24.90 each
Claricare
Nasal Hygiene
Spray 100ml
~~NP: RM36.60~~



RM29.00 each
Ceradan
Gentle Cleanser
280ml
~~NP: RM42.90~~



RM9.90 each
Bepanthen
Baby Ointment
Nappy Rash 30g
~~NP: RM16.70~~



RM59.90 each
Garden Of Eden
Rosa E Pigmentation Serum 15ml
(Free Milk Cleanser 30ml)
~~NP: RM81.60~~

30%



RM13.90 each - **RM19.90** each
Neutrogena
Deep Clean Range 100ml
~~NP: RM22.30 - RM28.80~~

30%



RM35.90 each - **RM54.90** each
Aveeno
Body Wash / Lotion Range 354ml
~~NP: RM53.80 - RM80.20~~



GWP

Gift With Purchase



Cosmoderm Cutlery Set
With any purchase of Cosmoderm
products worth RM 40 & above



**Tiger Balm
Compartments Bento Box**
With purchase of RM35 & above of
Tiger Balm products



**Listerine Total Care
Intense 250ml**
With purchase 1 full box of
Nicorette Gum / Patch range



Silky Girl Cookie Jar
With purchase of minimum RM30
of Silky Girl / SG Men products



Garnier Cosmetic Pouch
With purchase of RM58 & above
of Garnier products



Selamat
Hari Raya
Aidilfitri



Best Buy

Viartril-S
 Powder 30's
 NP: RM139.80 each



Best Buy

Legalon
 140mg 100's
 NP: RM206.60 each



RM251.00
 each

Pristin
 Gold Omega-3 1200mg
 90's x 2 + 30's
 NP: RM455.40 each



RM203.00
 each

THC Lacto-5
 90's x 2 + 30's
 NP: RM366.70 each



RM43.00
 each

THC Lacto-5
 30's
 NP: RM79.60 each



RM46.90
 each

Berocca
 Effervescent Tablets 30's
 (Orange / Mango)
 NP: RM68.80 each



RM14.90
 each

Redoxon
 Kids Plain C
 Chewable Tab 60's
 NP: RM19.90 each



RM97.90
 each

Nutren
 GlucoBalance
 800g
 NP: RM118.95 each



RM163.00
 each

Nutren
 Optimum Vanilla 800g x 2+FOC
 NP: RM173.50 each



RM10.43
 each

Hygienix Antibacterial
 Body Wash Refill 825g
 (Asst)
 NP: RM13.90 each



RM127.90
 each

Ebene
 Knee Guard With
 Tourmaline (S/M/L/XL)
 NP: RM171.00 each



RM103.50
 each

Biolife
 Herbalmeds Valerian
 30's
 NP: RM115.00 each



RM103.50
 each

Biolife
 Herbalmeds Calmee
 30's
 NP: RM115.00 each



RM48.90
 each

Greenbliss
 Diet-tea/ Alkali-tea/
 Imuni-tea 20's



RM99.00
 each

Accu-Chek
 Guide Me Kit
 NP: RM120.00 each



RM78.00
 each

Accu-Chek
 Guide Strip 50's
 NP: RM101.35 each



(Product Reg.No: GB97530337917)

RM199.00
 each

Rossmax Non Contact
 Thermometer Qutie
 HA500Q



(Product Reg.No: GB7560821-56039)

RM165.00
 each

Rossmax
 Automatic Blood Pressure
 Monitor Model Z1

TOP
SPENDER
Contest

1 Mar - 30 Apr 2024

Terms & Conditions

1. Be the top spender of the campaign and stand a chance to win Amazing prizes.
2. Applicable to offline purchase only. Winners will be chosen based on the backend system report.
3. Participants have to purchase at least ONE(1) of the selected items from the campaign.
4. Sunway Multicare Pharmacy reserves the right to amend and add the terms and conditions at any time without notice.

SHOP & WIN



Multi-care Reward 3.0

SMP 20 inch Guink Luggage

Collect 5 stamps to purchase

*T&Cs apply

Hari Raya LIFE HACKS

Clean Your House



Hovid Germisep
Disinfectant Tablet



Sunway Antibacterial Disinfectant

Sunway Antibacterial Disinfectant Multi Use Spray

Boost Your Energy

Bnature Probiotics



Bnature NutriSure

Vitpro Vitamin C 1000mg + Zinc Effervescent Tablet



Supplement Pre-Hari Raya



Vitpro
Collacell / Tiger Milk Mushroom Plus Lingzhi Capsule 500mg/
Omega 3 EPA650 / DHA 325 Plus Vitamin E Softgel

Skin Care

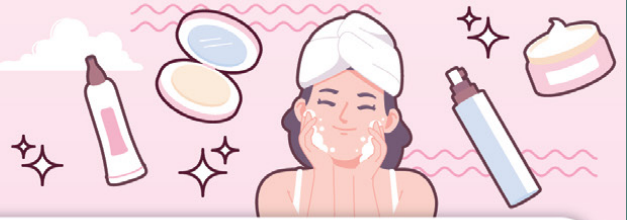


Cetaphil Gentle Skin Cleanser/ Healthy Glow Daily Cream
Himalaya Face Wash (Asst.)
Bio-Essence Bio-Gold Water





CANTIK RAYA



2 for RM118.00 each
Etblisse
 Emil Pinky Chia Soy 800g



RM28.50 each
Brand's InnerShine
 Pati Prun/Pati Beri 42mlx6



RM128.00 each
Vitpro
 Collacell 30'sx15g



RM48.90 each
Greenbliss
 Imuni/Alkali/Diett Tea 5g x 20's



RM23.50 each
Himalaya
 Shampoo Range 400ml



RM21.50 each - RM22.50 each
Himalaya
 Face Wash Range 150ml



RM25.90 each - RM60.90 each
L'oreal
 Glycolic Range



RM23.90 each
L'oreal
 Gentle Makeup Remover 125ml



2 for RM11.00 only
Garnier
 Mask Range 1's



5 for RM20.00 only
Garnier
 Bright Complete Ampoule Serum 1.5ml



RM18.50 each
Cosmoderm
 Luminous A 3x Moisture Water Essence 100ml



RM44.90 each
Garden Of Eden
 Hydra Cream Range 50gm



RM23.00 each
Silkgirl
 Shimmer Duo Blusher Range



RM10.70 each
Silkgirl
 Pure Smooth Pressed Powder Range



RM17.90 each
Silkgirl
 24hr Flat Tip Brow Liner Range



RM12.90 each
Perfume Generics
 For Him/Her Range 30ml



**Every
100 Points
= RM1**

1

Download
Sunway
Super Apps

2

Start award and
redeem point now
at any SMP outlet

YAM MILKSHAKE

FAMILY RECIPE



**90g Cream Cheese
(soften)**



50g sugar



**Whipped Cream
(if needed)**



400g Cream Milk



180g Cooking Cream



Steamed yam cubed



200g Ice Cube



180g yam cubed



**5g Vitpro
Multi Grains Plus
Purple Potato**

To Make Cream Cheese Yam Puree:

- 1** Steam yam until soft then mash it. Reserved few pieces for garnishing.
- 2** Blend cream cheese, cooking cream, sugar, sweet potato powder and mashed yam with hand blender or blender until mix well. Keep in the fridge until fully chilled.



To Serve:

- 3** Line the serving glass with cream cheese yam puree.
- 4** Combine cream cheese yam puree and cream milk into a blender and blend until smooth, pour into serving glass.
- 5** Garnish with whipped cream, topped with some steamed cube yam and sprinkle with sweet potato powder.
- 6** Enjoy!

Proper Nutrition tips while fasting in *Ramadan*

1.

Don't skip *Sahur*



2.

Fruit, dried fruits, nuts, milk and yogurt can be consumed after *iftar*



3.

Drink plenty of water during the non-fasting hours to prevent dehydration



4.

Consume foods containing vitamins A,C,D,E which strengthen the immune system



5.

Start *iftar* with soup and salad



Recommended Supplement during *Ramadan* Fasting





• **Selangor Branches** •

CHERAS	
Taman Suntex	03-9075 2129
Cheras Perdana	03-9074 2792
Balakong	03-9081 2938
Taman Dahlia	03-2856 3266
Taman Maluri	03-9201 0509

AMPANG	
Ampang	03-4291 0410

KAJANG	
Sungai Long	03-9010 9320
Cheras Mahkota	03-9010 4811
Sungai Chua	03-8210 4480

PUCHONG	
Puchong Utama	03-8060 2110
Lotus Bukit Puchong	03-8062 7263
Puteri Mart	03-8063 2369
Batu 14	019-349 2779
	012-721 0139
Puchong Kinrara	03-8082 1086

PETALING JAYA	
Sungai Way	03-7876 2542
	03-7863 0813
Sea Park	03-7865 0897
PJ Section 17	03-7931 6312
Kota Damansara	03-6150 7055
Sunway Pyramid	03-5611 8514
Sunway GEO	03-5611 1707
Caltex PJ	03-5611 0582
Damansara Damai	03-6734 8738
Bdr Sri Damansara	03-6270 1178

SHAH ALAM	
Shah Alam	03-5548 8228
Sungai Buloh	03-6735 8641
Denai Alam	03-6731 1274
Taman Alam Megah	03-5198 0128

Klang	
Bukit Tinggi 2	03-3318 1183
Port Klang	Opening Soon

RAWANG	
Rawang	03-6090 0919
Country Homes	03-6099 2683
Bukit Sentosa	03-6021 2903

HULU LANGAT	
Bangi	03-8920 2400
Hulu Langat	03-9520 2588
Pelangi Semenyih	03-8726 9831
Semenyih Vista	03-8724 7880

HULU SELANGOR	
Batang Kali	03-6057 2023
Kuala Kubu Bharu	03-6064 3899

KUALA SELANGOR	
Kuala Selangor	03-3281 2313
Sekinchan	03-3241 1387
Sungai Besar	03-3224 3973
Tanjung Karang	03-3268 1081
Bestari Jaya	03-3271 8630
Ijok	019-296 6958

KUALA LANGAT	
Banting	03-3180 3530
Jenjarom	03-3191 3279
Tanjung Sepat	03-3197 2724
Telok Panglima	03-3123 6328
Sijangkang	03-3081 3208

SUBANG JAYA	
Subang Jaya	03-5611 5021
Taipan	03-8011 0638

OTHERS	
Gombak Batu Caves	03-6181 1190
Sungai Pelek	03-3141 1506
Dengkil (Jalan Mutiara)	03-8760 0628
Dengkil (Jalan Susur)	03-8760 1205
Sri Serdang	03-9549 3588
Selayang	016-9238 830
Sabak Bernam	03-3216 1322
Rahman Putra	03-6732 3051
Teluk Pulai	03-3885 1246

Kuala Lumpur Branches	
Pandan Jaya	03-9285 4770
Damai Perdana	03-9100 3070
Pandan Indah	03-4288 3038
Setapak	03-4032 3113
Setapak (Danau Kota)	03-4131 4281
Wangsa Maju	03-4131 0265
Taman Permata	03-4162 8821
Sunway Velocity Mall	03-9201 1851
Taman Desa	03-7980 0717

Negeri Sembilan Branches	
Seremban Blossom	06-6333 740
Bahau	06-4541 971
Port Dickson	06-6462 340
Tampin	06-4411 790
Seremban 2	06-6016 683
Lobak Seremban	06-7610 399
Nilai	06-7909 806
Mantin	06-7571 653
Rembau	06-6851 427

Garden Homes	06-6010 023
Sikamat	06-7622 828
Gemas	07-9482 363
Jempol	06-4581 618
PD Sunggala Gateway	06-6473 286

Melaka Branches	
Cheng	06-2400 578

Pahang Branches	
Raub	09-3550 251
Mentakab	09-2772 632
Temerloh	09-2908 178
Triang	09-2505 726
Bera	09-2505 236
Karak	09-2317 830
Kemayan	09-2402 189
Maran	09-477 5680

Perak Branches	
Tanjung Malim	05-4581 802
Slim River	05-4520 820
Hutan Melintang	05-6431 239
Kuala Kangsar	05-7760 818
Tapah	05-4010 530
Kampar	05-4651 306
Tasek, Ipoh	05-292 1898

Johor Branches	
Segamat	07-9311 090
Taman Pelangi	07-2888 403
Bukit Indah	07-2320 891
Bukit Gambir	06-9762 576
Kota Tinggi	07-8827 525
Johor Jaya	07-2892 780
Citrine Hub Johor	07-5964 450
Tangkak	06-9788 322
Tebrau	07-3364 093
Taman Sentosa	07-3346 903
Pagoh	06-9747 881

Terengganu Branches	
Kemaman	09-8589 185
Dungun	09-8489 228

Kelantan Branches	
Kubang Kerian	09-7421 823
KB Mall	09-7462 980

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