

HOW much do you know about your intestines? You will be surprised to learn that, at any one time, you have about one hundred trillion bacteria inside your digestive tract, particularly in your intestines.

These trillions of bacteria are made up of about 500 different species, which began settling into your body from the very first day you were born.

Most of these bacteria perform beneficial functions, such as digesting food, protecting against infection and influencing a few physiological processes in the body.

The remainder of the bacteria may either not provide any benefits or could be potentially harmful, which is sometimes referred to as “bad” bacteria.

Good vs bad. Your digestive system is counting on you

The balance of good and bad bacteria in the gut has to be maintained in a fragile balance.

This ratio between the “good” bacteria and the other bacteria becomes one of the critical factors determining not only your digestive health but also your overall health.

Our environment greatly influences this balance, and a poor diet, stress, medications and an unhealthy lifestyle can disrupt the balance. When that happens, a person is likely to experience digestive health problems, such as bloating, intestinal pain, constipation or diarrhoea.

On the other hand, a healthy, balanced environment in the gut can ensure optimal health.

For instance, research suggests that the combination of *Lactobacillus acidophilus* Rosell-52 and *Lactobacillus rhamnosus*

Friendly bacteria for the gut



Biogrow Probiotics provides highly stable microencapsulated strains made from patented Probiocap Microencapsulation Technology from Institute Rosell-Lallemand, Canada that ensures the probiotics are resistant to gastric acid and bile salts and have a better survival rate.

Rosell-11 helps restore the balance of gut microbiota.⁽¹⁾

One way to boost our good bacteria count is by taking probiotics through our food or as supplements. Probiotics are live bacteria that help to re-establish a healthy bacterial balance in the intestines.

As more probiotic products appear on the

market today, it is important to ensure that you are choosing a product that provides the best benefits.

Choose wisely. Are your probiotics getting through?

The first criterion of a good probiotic product is the strain of bacteria used. It should be clinically documented in published clinical studies, safe to be consumed, able to withstand the gastric acid and bile salts during the digestive process, and able to attach to the intestinal lining.

Lactobacillus and *Bifidobacterium* are the two groups of bacteria commonly used in probiotic products, of which a few strains have been scientifically tested to be beneficial. The bacteria must be alive, or viable, gastric acid and bile salt-resistant to have a better survival rate, to perform their beneficial functions after they have been consumed.

Probiotics that contain highly stable microencapsulated strains with the right stabilisation processes during packaging and transportation will protect the bacteria against light, heat, humidity and moisture breakdown.

Biogrow Probiotics – Your choice of probiotics for your gut health

Biogrow Probiotics provides highly stable microencapsulated strains made from patented Probiocap Microencapsulation

Technology from Institute Rosell-Lallemand, Canada that ensures the probiotics are resistant to gastric acid and bile salts and have a better survival rate.

It consists of three different strains (*L. acidophilus* Rosell-52, *L. rhamnosus* Rosell-11 and *B. longum* Rosell-175); each strain is supported by scientific studies to ensure consumers get the right probiotics that are truly safe and beneficial to the gut health.

Remember, only live probiotics confer benefits to us, not the dead ones.

This article is contributed by Legosan (Malaysia) Sdn Bhd.

This is a supplement product advertisement.

Get Biogrow Probiotics now for better gut health. It is available at all leading pharmacies nationwide.

■ For more information, call 03-7956 2220 (Monday-Friday 9am-5pm) or visit www.biogrow.com.my

Reference:

⁽¹⁾ Kocian J. *Lactobacilli* in the treatment of dyspepsia due to dysmicrobia of various causes. *Vnitřní lékařství* 1994; 40(2):79-83.

KKLIU No.0013/2020

KKLIU expiry: 31/12/2022



SmoFlo Capsule

Contains 150mg of

fruitflow® Natural Water-Soluble Tomato Extract

The Natural Solution for Healthy Blood Circulation

fruitflow® Natural Water-Soluble Tomato Extract is:

Imported from France

Rich in bioactive compound such as nucleosides, polyphenols & flavonoids

CLINICALLY TESTED to improve blood circulation¹

Optimal daily dose in ONE easy-to-take formula

No added preservatives

Suitable for vegetarians



MAL16030042TC

Who are recommended to take Biogrow® SmoFlo® Capsule?



Middle-aged to older adults (aged >40)



Individuals aiming to improve/maintain blood circulation



Individuals who lead a hectic or unhealthy lifestyle



Individuals with poor blood circulation



Individuals practicing unhealthy diet

Reference :

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

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Available in leading pharmacies nationwide & Shopee Mall.

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Improving blood circulation

BLOOD circulation is an important body function which distributes blood throughout the body and is vital for optimum health.

A healthy blood circulation promotes our biological system by transporting oxygen and nutrients to the body tissues for an optimal body system.

Maintaining healthy blood circulation helps ensure that the body is functioning efficiently. However, the importance of blood circulation is often overlooked.

Most of us tend to make unhealthy lifestyle choices that can significantly impede this body function, including physical inactivity, poor eating habits, excessive alcohol consumption and smoking.

Despite poor blood circulation as often being thought of as a common health issue faced primarily by senior citizens, it can affect people of all ages. Therefore, it is vital to maintain healthy blood circulation at a young age.

Fortunately, blood circulation can be improved or maintained via diet and lifestyle modifications such as eating a healthy diet and adopting regular exercises.

It has been reported that water-soluble tomato extract showed benefits on blood circulation.

Researches have shown that the consumption of natural water-soluble tomato extract, which is lycopene- and fat-free, has been clinically tested to improve blood circulation.⁽¹⁾

It is rich in bioactive compounds such as nucleosides, polyphenols and flavonoids that pose antioxidant properties with beneficial effects on blood circulation that can help protect against oxidative stress.

Discovering the natural solution for healthy blood circulation with Biogrow SmoFlo Capsule

Biogrow SmoFlo Capsule contains 150mg



MAL16030042TC

of Fruitflow natural water-soluble tomato extract (imported from France) which is clinically tested to improve blood circulation.⁽¹⁾

Fruitflow natural water-soluble tomato extract is highly concentrated with bioactive compounds such as nucleosides, polyphenols and flavonoids found in the jelly of tomato seeds of sun-ripened tomatoes.

It is recommended for:

- Middle-aged to older adults (aged above 40)
- Individuals aiming to improve/maintain blood circulation
- Individuals with poor blood circulation
- Individuals who lead a hectic or unhealthy lifestyle
- Individuals practicing an unhealthy diet

Biogrow SmoFlo Capsule is not added with preservatives and is suitable for vegetarians.

Just take one capsule daily to keep

Biogrow SmoFlo Capsule is not added with preservatives and is suitable for vegetarians.

the blood flowing smoothly for healthy blood circulation.

Biogrow SmoFlo Capsule is available in major pharmacies and Biogrow Official Store at Shopee Mall.

This article is brought to you by Legosan (Malaysia) Sdn Bhd.

■ For more details, visit www.biogrow.com.my, or call 03-7956 2220 (Monday to Friday: 9am to 5pm).

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Reference

⁽¹⁾ EFSA Journal 2010; 8(7), 1689.

Avoid trans fats for heart health

DO you always stop at a handful of crackers or a single cookie?

If, for example, a type of cracker contains 0.4g of trans fat in a serving and the package contains 10 servings, you would still be eating 4g of total trans fats if you eat the whole package.

Trans fats can increase your risk of cardiovascular disease. They raise your low-density lipoprotein (LDL) cholesterol levels and lower your high-density lipoprotein (HDL) cholesterol levels.

For these reasons, dietary experts advise that you avoid consuming trans fats.

The World Health Organization recommends limiting trans fats to less than 1% of your total calories.

If you consume 2,000 calories a day, that means no more than 20 of those calories should come from trans fats.

This translates to less than 2g a day, which can easily be found in a small amount of sweets or treats.

Trans fats are created when hydrogen is added to vegetable oils through a process called hydrogenation. These processed oils are used to improve the texture, shelf life and flavour stability of foods.

Trans fats are common ingredients in commercial baked goods, such as crackers, cakes and cookies, and are often used to fry foods. Some vegetable shortenings and stick margarine contain trans fats.

To avoid trans fats, read the list of ingredients, and choose foods that do not contain partially hydrogenated oils. — Mayo Clinic News Network/Tribune News Service

EVERY GUT MATTERS

Our gut consists of a community of bacteria called the gut microbiota.

Keeping a healthy balanced gut microbiota is the key to maintaining a healthy digestive system and overall well-being!



3 Clinically Tested Microencapsulated Probiotics Strains Imported From Canada

- ✓ Restore the balance of gut microbiota
- ✓ Improve bowel function
- ✓ Promote digestion and nutrient absorption
- ✓ Improve general health condition



Enhance probiotics survivability in your gut with **Patented PROBIOCAP® Microencapsulation Technology** from Institut Rosell-Lallemand, Canada



Gastric acid resistance



Better survival rate



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