

StarSpecial

THE STAR, TUESDAY 6 SEPTEMBER 2022

BMS CONNECT

Half the effort, double the results

A 2020 REVIEW found that HIIT (High-Intensity Interval Training) may help alleviate depression and could also possibly be beneficial for mental health.

HIIT can also help lower blood pressure and blood sugar while improving oxygen and blood flow.

The new Sole Three-In-One HIIT Trainer takes your HIIT workouts to a new level.

This is the first machine combining three movements – stepper, climber and cross trainer in one.

It can help you to achieve your fitness goals and get satisfying results with less effort required, as it gives a total body workout while burning more calories.

The ultimate HIIT training workout – burn 400 calories in 30 minutes

The three-in-one HIIT Trainer helps burn calories, reduce belly fat and tone the body, providing a total body workout.

This machine helps tone, firm and strengthen lower body muscles as it activates the muscles of your legs and buttocks including the gluteus maximus, medius and gluteus minimus, the quadriceps of the thighs and the hamstrings,

calves and hip flexors while providing a low-impact workout to help improve heart health.

In addition, the Sole Three-In-One HIIT Trainer helps burn calories faster as the up and down motion provides a high-intensity workout and doubles up as your HIIT training sessions.

It is also good for people with certain injuries who want to keep fit as it decreases the risk of impact injuries.

Its amazing feature – the foot pedals – was designed by physical therapists and has a two-degree inward slope, which reduces ankle and knee stress, providing you with comfort on your joints during your workout sessions.

Furthermore, Sole's HIIT Trainer's compact design allows users to set it up almost anywhere at home.

It also has other features like the sole (optional) chest strap that will sync via Bluetooth with the equipment display, so you can have your heart rate read out right on the screen. This is great for heart rate monitoring as it is more accurate than pulse grips.

In addition, it comes with 20 adjustable resistance levels that

can easily be adjusted between challenge levels in a single workout.

Sole's Three-In-One HIIT Trainer is perfect for all fitness enthusiasts and is suitable for beginners as well.

Planning to add Sole Fitness' Three-In-One HIIT Trainer to your wishlist?

Be quick and get it now at all Fitness Concept stores.

The Buy 1, Free 6 offer is valid for the first 100 customers only from now till Sept 30.

Terms and conditions apply for prices and promotions mentioned and are only available while stocks last.

Fitness Concept is Malaysia's largest one-stop stop fitness specialist chain as certified by the *Malaysia Book of Records*, with over 47 outlets in leading shopping malls nationwide.

■ For details, drop by any Fitness Concept store or call 03-5888 9050 (Sunway Velocity store) or 03-7726 7787 (IPC store).

To shop online, go to www.fitnessconcept.com.my or email your queries to enquiries@fitnessconcept.com.my



The new Sole Three-In-One HIIT Trainer takes your HIIT workouts to a new level.

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For stronger, better immune system

AFTER two years of the Covid-19 pandemic, Malaysia has begun its transition to an endemic phase.

However, with the discovery of the contagious Omicron subvariant, BA. 5, that is driving the surge of Covid-19 cases nationwide, there is no doubt that our immune system is in the spotlight.

On a daily basis, we are constantly exposed to potentially harmful pathogens such as bacteria, viruses including coronavirus, parasites, and fungi from the environment.

A healthy immune system protects our body against infections.

However, if our immune system is weakened, we are vulnerable to all types of infections that can make us sick and sometimes lead to major health risks.

Our immune system can be weakened by multiple factors including ageing, poor diet, stress, lack of sleep, smoking, excessive alcohol, obesity or other underlying health conditions.

Some of the common symptoms that indicate a weakened immune system include:

- > Common colds including cough, sore throat, runny nose, headache, and mild fever
- > Stomach issues such as diarrhoea, bloating, and constipation
- > Fatigue
- > Delayed wound healing
- > Frequent/repeated infections such as skin, sinus, and urinary tract infections

All in all, a healthy body is dependent on a strong immune



Natural Orange Flavour

Biogrow Immuno-3 contains three main ingredients – yeast beta-glucan, vitamin C, and vitamin D3.

system. Fret not, there are many natural ways for us to strengthen our immune system.

Get ready to strengthen your immune system with yeast beta-glucan

Proper nutrition accompanied by a healthy lifestyle is one of the best natural ways to strengthen our immune system.

For many years, vitamin C has been a popular household remedy for immune support.

However, there is another type of emerging immune health ingredient – yeast beta-glucan – that works differently and acts synergistically with vitamin C to improve immune health.

Beta-glucan is a type of soluble fibre that can be found in certain foods such as yeast, oat, and mushroom.

Different types of beta-glucans

provide different health benefits due to the distinctive molecular structure of each source.

Among the many types of beta-glucans, yeast beta-glucan is better known for its ability to enhance the immune system by improving the responsiveness of our immune cells to strengthen our ability to defend against pathogens.

Yeast beta-glucan acts as a training agent by binding to the surface of immune cells and activating them to respond more readily to fight off infections, resulting in trained immune cells with an enhanced immune response that can act better and faster against pathogens.

In addition, it appears that yeast beta-glucan has been shown through emerging studies to have well-substantiated immune-supporting properties by reducing the incidence, severity, and

duration of common colds.

Biogrow Immuno-3 – triple action for a stronger and better immune system

Biogrow Immuno-3 contains three main ingredients – yeast beta-glucan, vitamin C, and vitamin D3. Yeast beta-glucan helps to support the immune system associated with colds⁽¹⁾ by enhancing the responsiveness of immune cells.

On the other hand, vitamin C helps to stimulate the activity of white blood cells and reduce inflammation by neutralising free radicals⁽²⁾ whereas vitamin D3 enhances the function of immune cells and modulates the immune response from being overreacted⁽³⁾.

While each ingredient has its own significant functions in immune health, when combined, Biogrow Immuno-3 provides Triple Action that works synergistically to strengthen the immune system – even stronger and better.

Biogrow Immuno-3 is available in orange-flavoured chewable tablet form and with no added sugar, making it suitable for kids, adults as well as the elderly.

Each chewable tablet provides 50mg of yeast beta-glucan, 60mg of vitamin C and 5µg of vitamin D3 which helps to:

- > Support immune system associated with colds
- > Enhance immune response to act faster and better against pathogens
- > Reduce inflammation in the body

> Speed up recovery time

Who should take Biogrow-Immuno-3?

- > Individuals with symptoms related to colds such as cough, runny nose, sore throat/headache and mild fever
- > Individuals who get sick easily
- > Individuals with high stress level
- > Individuals aiming to strengthen and maintain a strong immunity
- > Individuals practising an unhealthy lifestyle/diet

Biogrow Immuno-3 is recommended for children to take one to two chewable tablets daily and adults to take three to four chewable tablets daily.

Start gearing up your way to a stronger and better immune system today.

Biogrow Immuno-3 is available in major leading pharmacies nationwide and in the Biogrow official store at Shopee Mall.

References

- ⁽¹⁾ Food Amendment (No.4) Regulations, 2020.
- ⁽²⁾ Harvard, The Nutrition Source, 2020
- ⁽³⁾ EFSA Journal 2015;13(7):4182

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

■ For more information, call 03-7956 2220 from Monday-Friday (9am-5pm) or email info@biogrow.com.my

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How to maintain youthful beauty

NMN, or nicotinamide mononucleotide, has recently become a new buzzword in youthful beauty.

It is used to build nicotinamide adenine dinucleotide (NAD+), which is one of the most abundant molecules in your body.

What is NAD+?

Found in all living cells, NAD+ is involved in hundreds of metabolic processes.

Your cells cannot live without it and neither can you.

Besides energising your body by increasing cellular energy production for bodily functions, NAD+ also repairs damaged DNA to maintain your cellular health.

It boosts the antioxidant protection by regenerating glutathione to prevent damage caused by free radicals.

It also sharpens your mind by improving cognitive function and concentration.

Falling levels of NAD+

Unfortunately, as you get older, NAD+ levels in your body naturally decrease, causing a decline in energy metabolism and cellular functioning.

This, in turn, drives the ageing process, leading to increased susceptibility to age-related conditions, or even shortened lifespan.

Boost NAD+ levels naturally

Supplementing with NAD+ precursors can effectively boost NAD+ levels in your body. But the big question of course is: which



Besides energising your body by increasing cellular energy production for bodily functions, NAD+ also repairs damaged DNA to maintain your cellular health.

is the best?

NAM, compared to other NAD+ precursors such as NMN and NR, reigns supreme in efficiency due to its faster rate of absorption and incorporation into NAD+.

Turn back the hands of time with RiaGev, a patented ingredient which contains NAM and D-ribose in an optimised ratio to boost the levels of NAD+ in your body, keeping you young and healthy.

This informational article is brought to you by Herbs of Gold.

■ For enquiries, call 1800 183 288.

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Friendly bacteria for better gut health

PROBIOTICS, as defined by the United Nations of Food and Agriculture Organization (FAO) and the World Health Organization (WHO), are live microorganisms which, when administered in adequate amounts, confer a health benefit on the host.

The interest in probiotics has been growing in these past few years due to their potential health benefits for humans.

Various studies have demonstrated that probiotics may restore the balance of gut microbiota, promote digestion and absorption of nutrients, and improve bowel function and gut health.

Choosing the right probiotics

Nowadays, it is so easy for consumers to get probiotics supplement from pharmacies. However, how do we know if we are taking the right probiotics that truly benefit our guts?

According to the Expert Panel of the United Nations and WHO, a probiotic should meet the criteria below to be truly termed as a "probiotic".

- These criteria include: ⁽¹⁾
- Clinically identified strains (Eg. L. acidophilus Rosell-52)
- Safety assessment done

- Clinical efficacy evidence
- Shelf stable formulation

Determination and confirmation of strain identity is the key.

Many consumers may not be aware that the benefits and properties of certain probiotics are strain-specific.⁽²⁾

For example, general L. acidophilus may not work the same as L. acidophilus Rosell-52.

Therefore, a clinically identified probiotic strain is a must because this assures consumers of the safety and quality of this particular strain of probiotics.

Are your probiotics getting through?

Besides probiotic strains, it is also crucial to choose probiotics that are able to withstand gastric acid and bile acid and attach strongly to your intestinal lining to exert beneficial effects.

However, it would be difficult for certain probiotics to get through these "harsh environments" without proper technology.

The experts have provided the solution - Probiocap Microencapsulation Technology.

This technology protects probiotics in harsh conditions such

as gastric acidity, bile acidity and compression, ensuring a better survival rate of probiotics during intestinal transit and its quality.

According to a scientific study, microencapsulated probiotics are highly beneficial in terms of gut colonisation and the amount of bacteria detected in faeces.⁽³⁾

The survival of probiotics is of utmost importance because only live probiotics confer health benefits to us, not dead ones.

Biogrow Probiotics - your choice of probiotics

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 acid as well as have a higher 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



MAL08091452X

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.

their guts.

Get Biogrow Probiotics now for better gut health.

It is available at all leading pharmacies.

For more information, call 03-7628 8831 / 03-7956 2220 (Monday-Friday: 9am-5pm) or go to www.biogrow.com.my

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

This is a supplement product advertisement.

KKLIU No. 0012/2020
KKLIU EXP: 31/12/2022

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- (2) M Pinero and C Stanton. Probiotic Bacteria : Legislative Framework - Requirement to Evidence Basis. J Nutr 2007; 137(3):8505-8535.
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RETAILER of the YEAR

2019/20

CUSTOMER SERVICE EXCELLENCE

2019/20

Shop 47 FC Stores

In Malaysia

The goodness of beta-glucan



Shine Supreme Barley Oat contains 4.2g of beta glucan per serving (20g).

THREE highs' (high blood cholesterol, high blood sugar level and hypertension) are very common in Malaysia.

According to NHMS (National Health and Morbidity Survey) 2019, four in 10 people have raised cholesterol levels, one in five adults have diabetes and three in 10 people have hypertension.

What is beta-glucan?

Beta-glucan is a type of soluble fibre found in cell walls of certain plants, yeast, bacteria, fungi and algae.

How does beta-glucan help to reduce three highs?

During the digestion process, beta-glucan binds the bile acids and cholesterol from food, carrying them out of the body in faeces.

This process reduces cholesterol absorption in our bodies.

Beta-glucan delays stomach emptying so that dietary glucose is absorbed more gradually.

Thus, it reduces the issue of a blood sugar spike and the glucose response curve is much flatter.

These changes reduce the feeling of hunger caused by the rapid decrease in blood glucose.

Thus, beta-glucans may decrease appetite and reduce food intake.

According to a study in the *European Journal of Clinical Nutrition*, it concluded that a total of 4g of beta-glucans from oats seems to be a critical level for a significant decrease in

glucose and insulin responses in healthy people. (*Eur J Clin Nutr* 62, 600-607 (2008)).

Shine Supreme Barley Oat contains 4.2g of beta-glucan per serving (20g), added with prebiotic FOS and brown rice powder, giving you enough fibre to complete your meals that are usually low in fruits and vegetables.

If you have any medical conditions, consult your doctor or dietitian before consuming the product.

This article is brought to you by Y.S.P Industries (M) Sdn Bhd.

■ For more details about the product, call 1800 883 679 (Monday to Friday).

Importance of using sunscreen

WARM, sunny days are wonderful. Children and adults benefit from spending time playing and exercising outdoors, but it's important to do so safely.

Help your family have fun in the sun while avoiding harm from those rays.

Sunscreen can help protect the skin from sunburn and skin cancer, but only if used correctly.

What to know:

> Use a sunscreen that says "broad-spectrum" on the label – that means it will screen out both UVB and UVA rays.

> The broad-spectrum sunscreen

should have an SPF of at least 30.

> If possible, avoid the chemical sunscreen ingredient oxybenzone because of concerns about mild hormonal properties.

Remember though, that it's important to take steps to prevent sunburn, so using any sunscreen is better than using none at all.

How to apply sunscreen:

> Use enough sunscreen to liberally cover all exposed areas, especially the face, nose, ears, feet and hands. Rub in thoroughly.

> If using a chemical sunscreen, it's best to apply it 15 to 30 minutes

before going outdoors to give it time to absorb. If using a physical sunscreen containing zinc oxide and/or titanium dioxide, there is no need to wait, as the mineral ingredients begin reflecting the UV rays as soon as applied.

> Use sunscreen whenever you or your child are spending time outdoors. Remember that you can get sunburned even on cloudy days as up to 80% of the sun's UV rays can get through clouds.

> Reapply sunscreen every two hours and after swimming, sweating or drying off with a towel. — American Academy of Pediatrics (AAP)/Tribune News Service



Use enough sunscreen to liberally cover all exposed areas, especially the face, nose, ears, feet and hands.

EVERY GUT MATTERS

A healthy balanced gut microbiota is the key to maintain digestive and overall health. When the balance is disrupted, it can cause many digestive disorders & health problems.

Clinical studies have shown that probiotics can help restore the balance of gut microbiota and maintain digestive & overall health.



3 Clinically Tested Live Probiotics Strains Imported From Canada

- ✓ Promote the growth of good bacteria in the gut
- ✓ Restore the balance of gut microbiota
- ✓ Improve bowel movement
- ✓ Promote digestion and nutrient absorption
- ✓ Maintain overall health



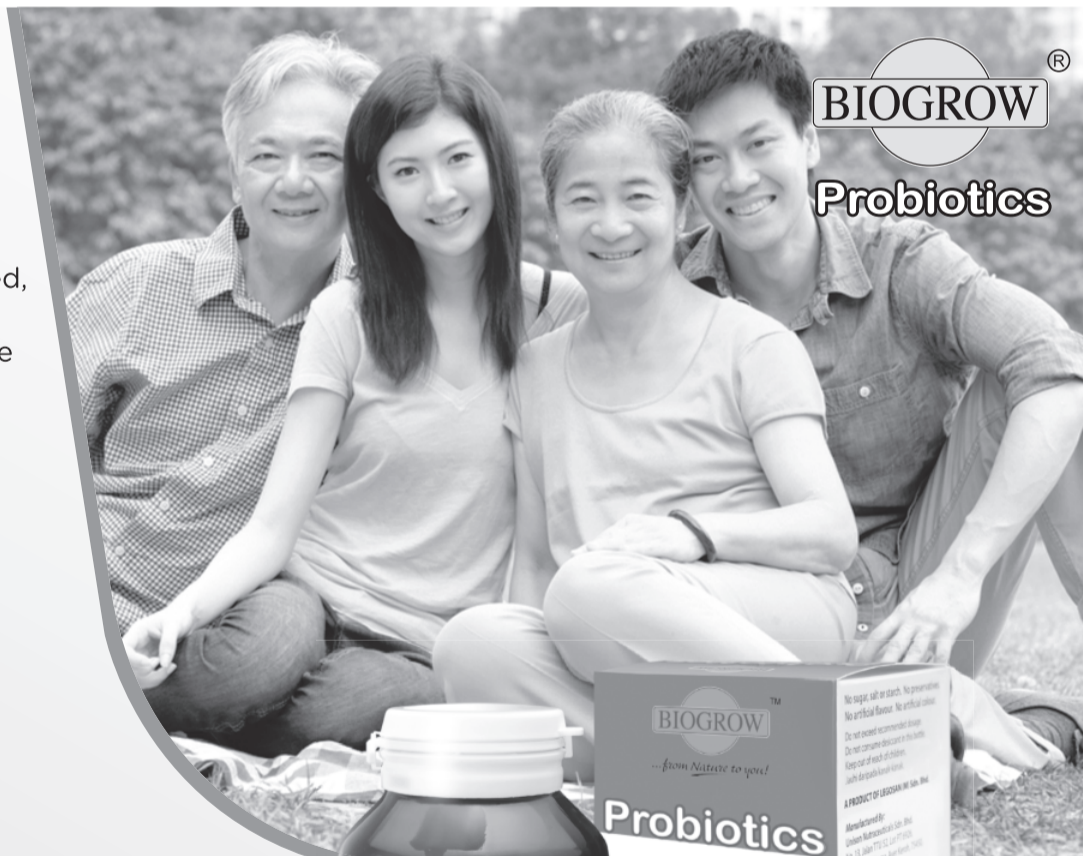
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