

**FOCUS** New entries for your well-being

# Healthy issues

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**WITH** the trend moving towards a healthy lifestyle, most of us are becoming conscious of what we take, be it health food, nutritious drinks or dietary supplements.

Health, as someone puts it, is not the absence of disease but an enhanced state of well being that we create for ourselves. That entails taking responsibility of what we eat and drink.

Below are the launches of some new health products.

## ■ Smiling debut

*iSmile*, the new kid on the magazine block, has "Raise Your Energy Level" as the theme for its inaugural issue. Its two main focuses are on health and self-improvement.

According to editor-in-chief Ngam Su May, "We are here to motivate people to take positive action to achieve optimum health and happiness. For us, health encompasses mind, body and spirit.

Health means a never-ending journey in learning from Eastern and Western concepts of health and wellness."



*iSmile* is published once every two months by Inforeach Communications Sdn Bhd, which is located at 14A Jalan Pandan Indah 4/8, Kuala Lumpur.

Price: RM6.90 an issue. You can also subscribe for six issues at RM39.

Call 03-4294 8368 or email inquiry@ismilemagazine.com

## ■ Drink to health

Try F & N Dairies (M) Sdn Bhd's new Yoplait Drinking Yogurt, a nutritious health drink that can help increase your calcium



COURTESY OF YOPLAIT

intake for strong bones and teeth as well as enhance the beneficial bacteria level in your body.

It contains the live cultures, Streptococcus and Lactobacillus, which are natural living microorganisms that originate from milk.

These active cultures have been added to help break down lactose, a natural sugar found in milk, thus making it possible for those with lactose intolerance to enjoy milk and all its goodness in a more tasty way.

The product also said to help to promote good intestinal health, thus enabling you to avoid transit and stomach problems. A minimum daily intake of 200g of Yoplait Drinking Yogurt will be sufficient as each serving contains 100mg of calcium.

Suitable for both adults and children, Yoplait Drinking Yogurt is available in strawberry, mango, blueberry and peach flavours.

The convenient, ready-to-drink 750g family pack and 200g "On The Go" packs retail for RM4.35 and RM1.50, respectively.

You will find them in major local supermarkets, convenience stores and petrol kiosks.

## ■ Bio-Life boost

To celebrate the launch of its new improved formula, Anti-FR (free radicals) + Selenium, Bio-Life Marketing Sdn Bhd invites customers to return the empty bottles of any pack size of its

original Bio-Life Anti-FR. Free radicals can provide the necessary vitamins for our immune system while Selenium is an anti-oxidant.

In return, they will enjoy RM22 off their next purchase of Anti-FR + Selenium (100 tablets), which retails for RM62 a bottle.

The offer is available at most independent and chain outlets while stocks last.

Call Bio-Life Marketing at 03-7728 7407 or visit [www.biolife.com.my](http://www.biolife.com.my)

