

For firmer, younger-looking skin

FOR a limited time only, buy two boxes of Collagen 80 tablets or Collagen Plus 60 tablets and get one Skin Firming Gift worth above RM130 for free.

Simply collect two Collagen 80s or Collagen Plus 60s barcodes and purchase receipt(s) and write down your full name, IC number, mailing address, contact number and e-mail. Then, post the barcodes, purchase receipt(s) and personal details to this address: Total Image Regional (M) Sdn Bhd, Lot 32, Jalan E 1/3, Taman Ehsan, 52100 Kepong, Selangor, Malaysia.

The free Skin Firming Gift will then be delivered to your stated address.

Total Image Collagen has been in the market for more than 24 years.

Total Image Collagen and Total Image Collagen Plus are made in the US and certified halal by Islamic Services of America to be safe for consumption by Muslims.

It is also suitable for men and women. The product is registered and approved by Malaysia Ministry of Health to be safe for consumption.

It is available at Guardian, Watsons, Caring and all leading pharmacies nationwide with Collagen (pink packaging) retailing at only RM130.38 for a box of 80 tablets and Collagen Plus (orange packaging) retailing at RM135.68 for a box of 60 tablets.

Take two tablets a day, preferably in the morning on an empty stomach for optimum results. It is recommended to start as early as age 25 to keep your skin younger looking, firm, smooth, soft and radiant.

■ For details, call Total Image Customer Hotline at 03-6272 1111 or e-mail enquiry@totalimage.com.my. KKKLIU No.1183/2015

FREE 1
Skin Firming Gift
worth above RM130
with purchase of 2 boxes of
Total Image Collagen 80s OR
Collagen Plus 60s



OR



Total Image Collagen and Collagen Plus now with Buy 2 Free 1 Skin Firming Gift.

Reaping the benefits of fish oil

OMEGA-3 fatty acids have been known for ages as one of the essential nutrients for our health.

EPA and DHA, two important types of omega-3, are needed to ensure the optimal function of bodies. Studies have discovered the remarkable health benefits of omega-3, especially on heart health.

Scientists have confirmed that EPA and DHA are the protective components that help prevent blood clot, inflammation and irregular heartbeats.

Researchers have agreed that fish oil can stabilise plaque on the inner wall of arteries by reducing the infiltration of inflammatory and immune cells into the plaque¹.

In another study, patients who have had a myocardial infarction experienced a 57% improvement in mortality rates following daily intake of 850 to 882mg EPA/DHA Ethyl esters².

This is equivalent to two capsules of 1,200mg fish oil that individually contains 396mg EPA and 264mg DHA. This content is widely sought after in local pharmacies across Malaysia.

The best way to reap the exceptional benefits of omega-3 is through consumption and fish oil supplement is among the primary ways for omega-3 fat intake.

However, harmful contaminants dumped into the sea inadvertently accumulate in fish's fatty tissue. Toxin, mercury, lead, oil, plastic and even radiations have tainted the purity of omega-3 fats.

These contaminants cause a serious health hazard to consumers, especially on the nervous, digestive and immune systems, and affects kidneys, lungs, skin and eyes.

The 2011 radiation leak at Fukushima, Japan, which contaminated the Pacific Ocean, is one example of the vulnerability of

sea-derived fish oil supplement to pollution. Therefore, consumers are advised to look for safer and purer fish oil supplement by checking and comparing fish oil supplements before buying. Choose a strong and reputable brand that sources the finest fish from pristine waters.

EPAX AS from Norway has more than 170 years of marine manufacturing exposure in harvesting and producing high-quality omega-3 fish oil.

Being one of the top fish oil suppliers in the world, EPAX AS is well equipped with state-of-the-art, dedicated omega-3 facilities, ensuring highest quality of ultra-pure omega-3 fish oil for all.

Research-driven fish oil supplier is another criterion that displays the company's commitment to scientific findings.

This brings to the application of superior technology such as uti-

lisation of an advanced molecular distillation that can remove environmental contaminants to below detectable levels or in parts per trillion to produce pure, concentrated fish oil. Avoid rancid or oxidised fish oil as it yields less-than-healthy effects.

This comes as fish oil is more vulnerable to chemical oxidation and this leads to inflammation in the body. That is why consumers should opt for fresher fish. Otherwise, consumers can look for the nation's top-selling brand as a proof of its effectiveness for health. This omega-3 fish oil is available in local pharmacies and online stores nationwide.

Sources:

¹ Calder, Philip C. New evidence in support of the cardiovascular benefit of long-chain n-3 fatty acids. *Italian Heart Journal*, Vol.4, July 2003, pp. 427-29 /



There is an abundance of omega-3 goodness in fish oil.

² Marchioli, R., Barzi, F., Bomba, E., et al. (2002). Early protection against sudden death by n-3 polyunsaturated fatty acids after myocardial infarction: time-course analysis of the results of the Gruppo Italiano per lo Studio della Sopravvivenza nell'Infarto Miocardico (GISSI)-Prevenzione. *Circulation*, 105(16), 1897-1903.

■ For more information, check out the advertisement in this *StarSpecial*.



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