

...from Nature to you!

Oat Bran Powder – The Seniors Love it!

High cholesterol has become something of a national epidemic in recent years, ranking right alongside incidences of childhood and adult obesity, diabetes and cardiovascular disease. While sedentary routines and lack of proper nutrition are largely to blame for the exponential rise in lifestyle disorders, research suggests that consistent exercise coupled with a diet high in oat beta-glucan – a powerful soluble fibre with numerous heart and digestive system protective benefits – can potentially reverse and manage these complications.

Age is often positively correlated with an increased risk of developing cardiac problems and other disorders. Blood cholesterol begins to rise around age 20 and continues to go up until about age 60. Before age 50, men's total cholesterol levels tend to be higher than women of the same age – after age 50, the opposite happens. That's because with menopause, women's LDL (bad) cholesterol levels often rise. Having regular physical activity and a diet rich in oat beta-glucan can go a long way to staving off the worst of the ageing process. Studies show that consuming **at least 3g of beta-glucan** from oat bran daily significantly reduces total cholesterol and LDL (low density lipoproteins) cholesterol in the blood-stream, improving stamina, mental acuity and physical function dramatically.

In an answer to all individuals concerned with living a healthier life, **Biogrow Oat BG22™** is available as the premier oat bran powder boasting a beta-glucan content of **20 percent** – just in about 2 scoops of the oat bran powder. Sourced from the finest quality Swedish oat bran, **Biogrow Oat BG22™** is subjected to a sophisticated processing technology which ensures the integrity of the product while retaining its highest molecular weight for enhanced viscosity and absorption upon consumption. Just two scoops (approx.18g) of **Biogrow Oat BG22™** daily provide the requisite 3.6g of soluble fibre beta-glucan needed to maintain healthy cholesterol levels.

This article is contributed by Summit Company (M) Sdn. Bhd. For more product information, please call 03-7956 2220.

In testament to the goodness of **Biogrow Oat BG22™**, Ms Lily Ong and Mr Lee Ting Wah, both active members of **SECITA (Senior Citizens Association)**, Kelana Jaya have been dedicated consumers of **Biogrow Oat BG22™**. Take a listen to what they have got to say:

Ms Lily Ong, 72, makes it a point to take her daily dose of **Oat BG22™** half an hour before breakfast and dinner for optimal results.

“I've had high cholesterol for as long as I can remember and have been on a doctor's prescription for years. Since May of this year, I have been taking **Oat BG22™** twice daily and have seen a dramatic improvement in my cholesterol levels. My most recent test showed that my cholesterol levels had dropped from 5.7 mmol/L to 5.17 mmol/L. I'm absolutely thrilled with the results! I feel healthier and more energetic which, at my age, is nothing short of a blessing. I aim to slowly wean myself off my doctor's medication in time with long-term consumption of this miracle product.”

Mr Lee Ting Wah, 77, an energetic senior citizen confesses to having diabetes, high blood pressure and cholesterol complications, all of which he feels a 5-month regimen of **Oat BG22™** to have brought steadily under control.

“Consuming 1 scoop of **Oat BG22™** twice daily has helped my cholesterol levels drop from 4.4 mmol/L to 4.0 mmol/L. I'm at a point in my life where I believe that the truest wealth is the gift of good health. **Oat BG22™** has helped me maintain my cholesterol levels, and I have seen noticeable improvements in my blood glucose, mental energy and physical stamina as well. I am a believer!”



What are you waiting for?
Get Biogrow Oat BG22™ now and feel the power of oat beta-glucan today!

Help Reduce Cholesterol Naturally with Biogrow Oat BG22™
Helping Malaysians to Lead A Healthy Lifestyle



Message by Yayasan Jantung Malaysia (The Heart Foundation of Malaysia):



Take 3g of beta-glucan (soluble fiber) from oats daily, as part of your low fat and low cholesterol diet to help **Reduce Cholesterol.**

* FSQD, MOH. Guide to Nutrition Labelling & Claims (as at Dec 2010).

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Available in all leading pharmacies nationwide.

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