

Tiger Milk Mushroom the unknown treasure

DR AMIR FARID ISAHAK



Wellous new products Tigrox Tiger Milk King and Frusso! Our awards achievement, charity events and much more!



variety of health benefits, and many of these claims have been demonstrated by scientific research. ""

What most of us did not know is that Malaysia has a hidden treasure that may be even more powerful than these famous mushroom varieties. This unknown treasure is the Tiger Milk Mushroom (Lignosus rhinocerus). Although it is also found in several other countries, it is considered as our national treasure as the European had first reported its wide use among our aboriginals since over three centuries ago.

ACCORDING TO ABORIGINAL FOLKLORE,

the mushroom grew where a tigress dripped its milk while nursing her cubs. Hence the local name is "cendawan susu harimau" or "kulat susu rimau" (Tiger Milk Mushroom). Interestingly, in south China, it is called "how gui kou or hurulingzhi" (in Chinese), which means "tiger milk Ganoderma".

It is a medicinal mushroom used as a health tonic for vitality, energy and alertness, and for treating various ailments, especially coughs, colds, asthma and other respiratory problems. It is also used for food poisoning, swollen breasts post-partum, joint pain, liver illness, swollen body parts, and a wide range of ailments.





It is often used together with other medicinal herbs (eg. Tongkat Ali). In the past, it was recorded that it was used to treat health problems that the European doctors could not cure.

In the wild, it is rare because the distance between one plant to another may be а kilometers apart! underground as а tuber ("sclerotium") where it will remain for months, years or even decades. The presence of this sclerotium can only be noticeable when the mushroom sprouts out when the right conditions prevail. The medicinal properties are only found in the underground tuber or sclerotium. All this makes it a precious national treasure!





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Because of its scarcity, until recently, not much scientific research could be done even though the medicinal value of Tiger Milk Mushroom is widely known.

THE RESEARCH FINDINGS SHOWED THAT TIGER MILK MUSHROOM IS RICH IN MINERALS, AND CONTAINS MANY ACTIVE

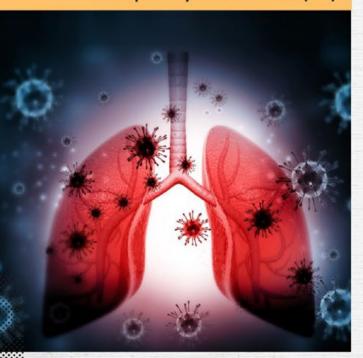
SUBSTANCES such as peptides, polysaccharides (notably β -glucan) and enzymes which have antioxidant, anti-inflammatory, anti-microbial, anti-viral, anti-cancer, anti-coagulation, anti-asthmatic, immuno-modulating, hepato-protective, neuro-protective, and even anti-obesity effects.

In addition, Beta-glucan can help reduce allergies symptoms due to its immune-modulating properties. Our immune system will normally try to neutralise any possible allergen that enter the body. However, for a body with allergies, the immune system may overreact and this may causes swelling and congestion. So, the Beta-glucan will balance out the effects of the immune system hence aids to reduce the sensitivities reaction.

▼ Tiger Milk Mushroom



▼ Respiratory Tract Infection (RTI)



IN ADDITION, STUDIES ALSO SHOWED THAT TIGER MILK MUSHROOM CAN GIVE BENEFITS TO RESPIRATORY TRACT INFECTION (RTI)

which is common and spreads easily at every age. Beta-glucan found in tiger milk mushroom was proven to decrease the number of various forms of RTI. Some of the active substances are in concentrations higher than that found in the more famous mushrooms, suggesting that it could be more powerful than them!

Studies also show that the nutrient composition of the cultivated strain is higher when compared to the wild variety. This augurs well for the manufacture of health supplements and traditional medicines based on the cultivated source.

Animal studies revealed that its anti-microbial effect is comparable to the **commonly used antibiotic amoxicillin in killing Staphylococcus aureus bacteria,** and its anti-inflammatory effect is even better than the commonly used anti-inflammatory drug indomethacin. It is also more effective than metformin (the most common anti-diabetic drug) in protecting the liver of diabetes-induced rats.

It also contains high concentrations of insoluble fiber that is useful as prebiotics for improving gut health. Although no clinical studies (ie. studies on humans) have been done yet, with the scientifically verified health effects proven in the laboratory and in animals, and the experience of hundreds of years of its use in traditional medicine, it is reasonable to expect that the benefits will also be proven in humans once the clinical tests are done.

TIGER MILK MUSHROOM HAS BEEN EXTENSIVELY USED SAFELY FOR OVER HUNDREDS OF YEARS WITH NO KNOWN TOXICITY AND SIDE EFFECTS.

This has been scientifically confirmed after various stringent toxicity studies were conducted in rats, and no toxicity was found, even in extremely high doses.

We all can benefit from its many expected health effects. **Some of the suggested uses** are for the following conditions:

- ▶ Asthma
- ▶ Chronic cough
- ▶ Nasal and sinus conditions
- ► Respiratory allergy
- ▶ Joint pain
- ► Skin allergy, eczema
- ▶ Wound healing
- ► Inflamed airways tissues and to improve respiratory functions
- ► Help protect the lungs and respiratory system
- ► Help strengthen the immune system, protecting from colds & flu
- ▶ Help strengthen a weak immune system in the elderly and in those with chronic diseases



▼ Respiratory Allergy



▼ Asthma



HAZE: THE NATION Breathing Crisis IN MALAYSIA

In recent decades, the occurrence of haze has already become an "annual event" in Southeast Asia, especially Malaysia and Singapore. Most of the people know that the serious haze condition is mainly caused by the burning of forested land in Indonesia, but have you wonder why the haze could travel so far to reach to our country?

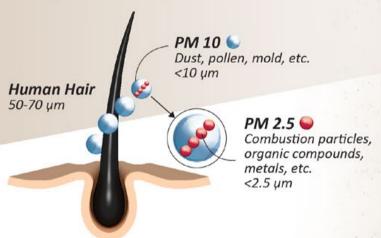
This is because of the climatic phenomenon called "El Nino" resulting in hot and dry weather in Indonesia, and this kind of weather is extremely conducive for forest burning. Coincidently, the southwest monsoon season happens at the same period as the hot and dry in Indonesia, which is around June to September. The strong winds of monsoon season help to spread the haze throughout Southeast Asia. Unfortunately, Malaysia has become one of the victim countries every year.

Health Knowledge

WHAT IS PM2.5?

Haze can be defined as high concentration of air pollutants distributed in the atmosphere. These pollutants are mainly smoke particles, consisting of carbon monoxide, ozone, and the most dangerously particulate matter with particle size below 2.5 microns, which is about 3% the diameter of a human hair. These particulate matter is also known as PM2.5.

Due to its small particle size and low density, PM2.5 is suspended in the atmosphere, hence it tends to be inhaled into our body when we breathe. Furthermore, tiny particles of PM2.5 cannot be filtered by the respiratory system, which means that PM2.5 can deeply penetrate into the lungs and eventually reach to the bloodstream.



WHAT ARE THE ADVERSE EFFECTS CAUSED BY HAZE?

For healthy people, haze can cause short-term health effects including throat dryness, sore throat, coughing, sneezing, eye irritation and shortness of breath. For those with existing medical conditions such as asthma, sinusitis, bronchitis and chronic cough, their condition could be worsened by the haze.

They might experience severe difficulty in breathing, and they need to increase the frequency of visits to medical doctor to follow-up their condition. Most dangerously, long term exposure of haze can lead to the weakening of lung function, development of chronic obstructive pulmonary disease (COPD) and increased susceptibility to respiratory infections such as pneumonia and tuberculosis (TB).

HOW TO MINIMIZE THE ADVERSE EFFECTS **BROUGHT BY THE** HAZE?

Firstly, we should avoid ourselves from outdoor activities, especially outdoor exercise, to reduce inhalation of air pollutants. Keeping an eye on the Air Pollutant Index (API) is important during the haze period. When the API reading raises above 100, we should stay indoor as much as possible.

If outdoor activity is unavoidable, wearing mask is an excellent method to minimize the inhalation of polluted air. To filter haze particles, N95 mask (top) should be chosen instead of surgical mask (bottom), as N95 mask is capable to filter haze particles up to 0.1 to 0.3 microns.

Maintaining good respiratory system is a crucial way to minimize adverse effects during the haze period. When the respiratory tract and lungs are healthy enough, we would have a stronger defense system to protect our body, hence less susceptible to infection and inflammation caused by the air pollutants. Taking supplements such as Vitamin C and Tiger Milk Mushroom is a good way to boost our immune system and maintain the health of our respiratory system. Last but not least, although "drink more water" is considered as a common sense, it is still an important advice to the public, because it could keep our throat moist and reduce itchiness of throat.



BREATH IN, BREATH OUT: Tips to keep our lung healthy

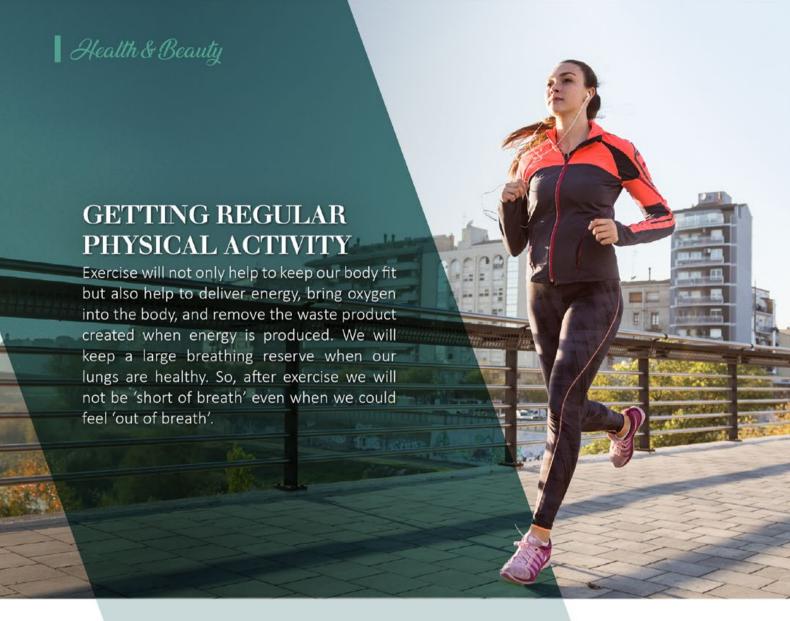
HOW MANY TIMES DO YOU BREATHE EVERY DAY?

Are you really concerned about your lung health or taking it for granted?
Breathing is essential to our life. Therefore, in order to keep our bodies ticking over nicely, we need to be take care to our lung health as it affects every part of our body. In addition, data from World Health Organization (WHO) shows that nine out of ten people now breathe polluted air, which kills 7 million people every year.



So, how can we protect our lungs? These are a few tips to help keep your lungs healthy!







LESSEN EXPOSURE TO OUTDOOR AIR POLLUTION

Try to minimize the amount of outdoor activities when air pollution levels are high. This is due to the quality of air which is bad to breathe. Then, try not to become the second-hand smoker since the effect is as bad as smoking itself which bring the most harm to our lungs.

STAY HYDRATED

Try to keep a bottle of water near us everywhere we go to avoid irritation occur due to the dry lungs. Getting enough water is as important for the lungs as it is for the rest of the body.



DON'T SMOKE

Don't smoke or stop smoking now. Did you know that cigarette smoke can narrow the air passages and lead to breathing difficulties? In addition, smokers are 12-13 times more likely to die from Chronic Obstructive Pulmonary Disease (COPD). So, if you are smoking, it is not too late to benefit from quitting. Besides, washing your hands often with soap and water can aid to prevent infection. Sanitizers are a good substitute if you cannot wash them.

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TAKING ANY OTHER BENEFICIAL HERBS

Consumption of any traditional medicine such as Tiger Milk Mushroom also help to enhance our respiratory system function as it has anti-inflammation and anti-allergy properties that help to improve lung function. Other than that, Curcumin also helps to decrease airway inflammation due to its antioxidant properties that help to fight oxidative stress which are believed to trigger COPD.

So, try to incorporate these tips into each day to keep our lungs working optimally just like our heart, joints and other parts of our body as they also age with time. They can become less flexible and lose their strength, which can make it more difficult to breathe.

FAQ ON TIGER MILK **MUSHROOM**

WHAT IS TIGER MILK MUSHROOM? IS IT REALLY TIGER'S MILK?

Tiger Milk Mushroom is the national treasures in Malaysia and is distributed in the tropical rain forests of Southeast Asia. In addition, Tiger Milk Mushroom is a type of medicinal mushroom with over 400 years history of use in our country, which the folklore claimed that it is formed by the milk of tigress dripped onto the ground. In addition, folklore also uses Tiger Milk Mushroom to treat fever, cough, and joint pain.

Cap Stem Sclerotium

DOES TIGER MILK **MUSHROOM CAUSE SIDE EFFECTS?**

Tiger Milk Mushroom is relatively free from any side effects.



WHAT ARE THE

DIFFERENT PARTS IN TIGER MILK

MUSHROOM?

Tiger Milk Mushroom is divided into three parts,

cap, stem and sclerotium.

TIGER MILK MUSHROOM IS THE MOST VALUABLE AND WHAT IS THE REASON TO THAT?

The most valuable part of Tiger Milk Mushroom is the sclerotium part which is normally hidden under the ground. Sclerotium has the highest nutritional value compared to other parts which makes it the most precious part.



WHY CHOOSE CULTIVATED TIGER MILK MUSHROOM RATHER THAN WILD TIGER MILK MUSHROOM?

Firstly, the wild Tiger Milk Mushroom is very rare, and the amount can be obtained is not much.

Cultivated Tiger Milk Mushroom is better than the wild, because the cultivation process completely under controlled environment to ensure the best hygiene, quality, yield and stability of Tiger Milk Mushroom. Free from microorganisms, heavy metals and pollution.

WHAT IS THE MAIN ACTIVE COMPONENT IN TIGER MILK MUSHROOM AND ITS BENEFITS?

Beta-Glucan is the main active component in Tiger Milk Mushroom. It can help in respiratory system problems and boost up immunity.

I AM HEALTHY, SHOULD I STILL CONTINUE TO TAKE TIGER MILK MUSHROOM?

You can and you should, as it can help to prevent other respiratory disease and it can strengthen immunity against pathogen.

IS THERE ANY FOOD THAT I SHOULD AVOID WHEN TAKING TIGER MILK MUSHROOM?

Avoid taking coffee, tea, spicy and sour food as this will lower the effectiveness of Tiger Milk Mushroom.

NEWS AND EVENTS



Tigrox Tiger Milk King and Frusso Launching Event

23rd November 2019

On the 23rd November of 2019, Wellous launched another 2 new products to help consumers to detox and maintain a healthy respiratory system.

Introducing Tigrox Tiger Milk King, which contains a secret and unknown treasure in Malaysia, Tiger Milk Mushroom. Tigrox Tiger Milk King has the highest content of Tiger Mushroom. Moreover, this is the first liquid product of Tiger Milk Mushroom.

The second product launched by Wellous is a fiber detox drink with prebiotic, Frusso. Due to lack of fruits and vegetable consumption, we are always in deficit of fiber intake. Wellous launched a high fiber product Frusso, with prebiotic that help consumer to maintain a healthy digestive system,

prevent constipation and reduce the risk of colon cancer.

In this event, 2 special guests, **Malaysian famous** actors/models, **Amber Chia and** Steve Yap witnessed the insights of Wellous's new products.

Wellous Medical Advisor, Dr Amir Farid Isahak and Wellous Traditional Chinese Medicine Advisor, Mr Kelvin Yap also attended to share some tips and information about Tiger Milk Mushroom and intestinal health.





Wellous Product Development Specialist, Dr Sandy Ong did a sharing on the specialty, benefits and some information of Tigrox Tiger Milk King and Frusso.

Lastly, during this event, we also had a lot of other exciting activities and booths to be visit by participants. Activities such as lung test challenge, Tigrox Tiger Milk King and Frusso sample testing. event backdrop photo booth and so on.

Frent & News





Superbrands Malaysia's Choice Award 2019

24th October 2019

Wellous made another far-flung success by grabbing Superbrands Malaysia's Choice Award. The success calls for a huge celebration as this is the 10th award that Wellous gracefully won this year! The Superbrands Award is an excellent approach of keeping people up to date with the brand's positioning and achievements which ultimately validates a high rating for the intangible asset of the brand.

The success that Wellous has garnered is further inspired by continuous support from customers consuming the products who are at the same time the backbone of Wellous to stand outrageously in the business arena.





Preferred World Consumers' Health Care Brand by 9th China Shanghai Microboss Expo 2019

30th October 2019

Wellous attained the 3rd international recognition namely World Consumer's Preferred Health Care Brand at The 9th China Shanghai Microboss Expo 2019 by China Electronic Commerce Association. Trust is vital to a brand and it reflects consumer's choice and recommendation of the brand. Wellous' growth in the past has not only originated from the expansion of the market but also with the constant evolution of consumers, providing the demand for "health, safety, simplicity and convenience" to continuously build a sustainable brand image in the heart of consumers.

The honour Wellous obtained is a gift by consumers, and Wellous promises to certainly benefit back the consumers by continuously shaping a good life experience to them!





World Diabetes Day Special

14th November 2019

World Diabetes Day is the world's largest diabetes awareness campaign reaching a global audience of over 1 billion people. It marks every year on 14th November to draw attention to issues of paramount importance to the diabetes world.

In support of the global advocacy campaign, Wellous invited our Medical Advisor Dr Amir Farid Isahak to give a health talk entitled 'The Dreadful Truths About Diabetes & The Prevention Walkabout'. Apart from sharing informative knowledge about diabetes and its causes, Dr Amir also shared helpful tips to prevent and lower the risk of diabetes through daily lifestyles and nutrition.

Another special highlight of the event is that, Wellous cordially invited Diabetes Malaysia, a non-governmental organization (NGO), formerly known as Persatuan Diabetes Malaysia to conduct a simple health test for all the participants, including Blood Pressure Test, Body Mass Index (BMI) Test and Blood Sugar Test.









Health Seminar collaboration of SVO, Wellous and IJN

10th December 2019

There is a proverb that says 'All the money in the world can't buy you back good health.'









Hence in collaboration with National Heart Institute (IJN), Wellous organised an event to raise the awareness of the importance of health and shared key knowledge about 5 of the most common complications.

Dr Karen Koey was invited to give a health talk to share some tips on how to tell if our body needs attention and what are the symptoms that we need to be concern of.

Prevention is better than cure, that is why it is good to have a healthy lifestyle such as exercise regularly and take some supplements to maintain our health.





Charity Visit at Pertubuhan Kebajikan Orang Tua Yi Xing

Care! And that always

is why Wellous threw a visit at Pertubuhan Kebajikan Orang Tua Yi Xing, Subang Jaya, Selangor to serve all beneficiaries as a charitable way to give back to the Despite being society. actively growing in the industry, we also believe such activity is one way to seek for blessings.













Among the activities organised for the old folks include light exercise and dancing, close interaction with the people to get to know them better, and having lunch together. Wellous also provided home supplies and toiletries in hopes that it



could reduce their burden. On top of that, Wellous also gave a green packet to 21 beneficiaries at the home.









Charity visit to Persatuan Kebajikan OKU Hati Berganda Selangor

Wellous, We Care! Despite being highly competitive in the industry, Wellous holds true to the belief that sharing is the best of blessings that a person can practice.

On the 10th November, Wellous made a charity visit to Persatuan Kebajikan OKU Hati Berganda, Selangor with a heart to serve all beneficiaries. In return, Wellous provided daily supplies such as food and toiletries for the house to cater their needs in hopes it

could reduce their burden.

Other than that, Wellous humbly donated RM5,000 each for 陈志杰 who needs to cure leukemia; 黄钰玄, a 7-year-old child suffering paralysis; Samantha, a 1-year-old baby girl

suffering liver problem; 林建达, a man who needs to undergo a plastic surgery as he lost his nose, lips, and teeth as a result of nasal cancer; and 王益新, an old man suffering stomach cancer stage 4.

