

What is

Hand, Foot, and Mouth Disease?



CEO	Racheal Tan Siok Khim 陈惜琴
Head of Designer	Vallerie Ng Yuet Ling 吴悦铃
Senior Graphic Designer	Elaine Mok Yee Ling 莫依琳
Head of Product Development	Chloe Tan Huay Ying 陈慧莹
Senior Research and Development Executive	Chan Siew Meng 陈兆明
Research and Development Executive	Mandy Chee Chui Hong 朱翠虹
Research and Development Executive	Nursyafiqah Mohamad
Product Marketing Manager	David Chai 蔡梓枫
Senior Content Writer	Cynthia Ling Sung Chze 林顺慈
Content Writer	Ainul Mardhiah Mohamad Zaini
Content Writer	Szenie Yap 叶驄倪
Content Writer	Nur Syafiqah Azman
Content Writer	Wendy Hor 何慧妮

- 01 | What is Hand, Foot, and Mouth Disease?
- 02 | Introducing KidAone's product: Elderberry + Colostrum and Microbiome
- 03 | Is your child behind in growth?
- 04 | Events and News
- 05 | Faces behind Wellous
- 06 | CEO Column

Editorial material herein is provided for information only. Readers are cautioned not to use this information as a substitute for regular professional health care and consultation. Although great care has been taken in compiling and checking the information given in this publication, the publisher, authors, advisors and agents shall not be responsible or in any way liable for continued currency of the information or for any errors, omissions or inaccuracies in this publication whether arising from negligence or otherwise howsoever, or for any consequences arising there from.



WHAT IS HAND, FOOT, AND MOUTH DISEASE?

By: Dr Jezamine

Hand, Foot, and Mouth Disease (HFMD) is a highly contagious infection which has become a public health problem, found in young infants and children under age 5 but may also occur in adolescents. Most cases of HFMD are often caused by coxsackievirus, especially coxsackie A16, a strain from the enterovirus group. However, other enteroviruses can also be the cause of HFMD. Notably, enterovirus 71 is responsible for a more severe form of the disease and can be the cause of neurological, respiratory, and cardiovascular problems. The virus that causes HFMD is more likely to grow in hot climates, hence the large outbreaks of severe HFMD are common in some countries in Asia, for example in Singapore and Malaysia. According to the Ministry of Health of Malaysia (MoH), from the start of this year to May 21, a total of 47,209 cases of HFMD have been reported nationwide.

**Dr Jezamine
Lim Iskander**

Wellous Scientific &
Research Advisor

47,209
CASES

SYMPTOMS AND SIGNS



HFMD patients are most contagious during the first week of illness but can remain infectious for several weeks, even without symptoms. Most of the children have mild symptoms for 7 to 10 days. Infection typically starts with a fever and flu-like symptoms such as runny nose, headache, sneezing, and sore throat. Other than that, the kids will experience mouth sores, lack of appetite due to painful swallowing, lack of energy and a red rash that commonly occurs in the hands, soles of the feet, or could be anywhere on the body. Skin lesions are typically not itchy and not painful.

The symptoms for HFMD caused by coxsackievirus 16 and enterovirus 71 are slightly different. Usually, coxsackievirus only gives mild symptoms. However, there are some warning signs for enterovirus 71, such as vomiting, seizure, breathing difficulties and lethargy.

HFMD caused by enterovirus 71 is also more virulent compared to coxsackievirus. Although the symptoms can be distinguished, antibody or PCR tests may be needed to differentiate between coxsackievirus and enterovirus 71. HFMD cases are generally not harmless. However, we still need to pay attention to this issue because even though complications are rare, serious complications such as meningitis and myocarditis as a result of HFMD have been reported, especially due to enterovirus 71

and these may lead to death. Moreover, dehydration often occurs when a child has HFMD, it may arise due to sores in the mouth and throat. Therefore, parents are expected to ensure that your child has enough fluids to prevent dehydration.

How to Prevent ?

The first thing we should know when talking about a preventative solution is the cause of the problem. So the first thing we should know is the cause of HFMD and how the virus spreads among the children. The main way HFMD spreads is through personal contact, especially through the fluid from inside the blisters or the droplets spread from sneezing and coughing (saliva or nasal mucus). The children may also catch the virus from contact with the contaminated objects or surfaces.





There are some ways to prevent HFMD. First, maintain personal hygiene. Teach children to cough or sneeze into a tissue and teach them to wash their hands regularly. Other than maintaining personal hygiene, it is also important to keep the surrounding environment clean, for example wet wipes can be used to clean door knobs, table surfaces, etc. Then, try to avoid close contact (hugging, kissing, or sharing eating utensils) with infected people and stay at home while you are sick. It is also important to remind kids to avoid touching the face with an unwashed hand. Last but not least, strengthen the immunity by eating nutritious food and maintaining a balanced diet. According to Harvard School of Public health, there are some examples of nutrients

that have been identified as critical for the growth and function of immune cells such as Vitamin C such as elderberry plants which are packed with antioxidants and vitamins that may boost your immune system. Secondly, Vitamin D such as red meat, egg yolks, and oily fish. Then, Zinc, which is usually found in oysters, crab, poultry is needed to ensure the body's immune system can work properly. Next is protein which actually serves a critical function in the body; it helps power the immune system by repairing the tissue and fighting off both viral or bacterial infection. Last but not least is probiotics which are good bacteria that promote health and it can be found in cultured dairy products such as yogurt and other fermented foods such as kimchi.



INTRODUCING KIDAONE'S FIRST PRODUCT: **ElderBerry** + COLOSTRUM

Viruses and bacterias are unseeable by our naked eyes but are always around us. From the surface of the table to the toddler's toy, all these items are full of microorganisms and they are unavoidable. Chicken pox and hand, foot and mouth disease are 2 of the common infections in kids, hence having a strong immunity is essential in fighting against pathogens. One of the most effective ways to enhance kids' immunity is through a healthy platter, however we all know that picky eating is very common in children.

According to co-founders of KidAone, what parents worry the most is when their children fall sick and take a long time to recover. Falling sick is mainly due to a weak immune system, hence this inspired the co-founders of KidAone to create an immune boosting formula, which is KidAone Elderberry + Colostrum. It is a cocoa and berry flavoured chewable tablet. KidAone Elderberry + Colostrum contains 3 main ingredients, ColostrumOne™ bovine colostrum, Eldercraft® elderberry extract and PUREWAY-C™ vitamin C.





PanTheryx, supplier of ColostrumOne™ is one of the largest colostrum providers in the world, supplying the leading patented colostrum containing 25% of Immunoglobulin G (IgG), a main antibody that fights pathogens. With its high amount of IgG, ColostrumOne™ can help to promote immunity and provide other functions such as improving digestion and help in growth and development. ColostrumOne™ is extracted from grade A cows that have been tested to be free from transmission disease, growth hormone and antibiotic to ensure its safeness. Furthermore, these colostrum is treated with low pressure, low temperature and indirect steam to maintain its nutritional value and maximise its bioactivity.





Eldercraft® is a black elderberry extract powder containing the active ingredient, anthocyanin. Black elderberries are one of the 3 super fruits in Europe. It naturally contains 5 times more anthocyanin than blueberries and 8 times more anthocyanin than cranberries. Eldercraft® is extracted from Austrian black elderberries using membrane filtration technology to yield higher active compound, 14% anthocyanin content. Each serving of KidAone Elderberry + Colostrum contains 100mg of Eldercraft®, which is equivalent to 7000mg of black elderberries.

Eldercraft® provides antibacterial and anti-viral functions to fight against pathogen infections. Furthermore, it can also help to ease upper respiratory symptoms and strengthen immunity.



PUREWAY-C™ is a new form of vitamin C, called vitamin C lipid metabolites. This form of vitamin C can enhance delivery, availability, absorption, distribution, concentration, and utilization of vitamin C. As compared to other forms of vitamin C, PUREWAY-C™ is 233% more rapidly absorbed and retained by the body.

Generally, vitamin C acts as an antioxidant to help us scavenge free radicals. Other than that, it is also an essential vitamin in strengthening immunity, increasing wound healing and so on.



KidAone™

Microbiome



Stomach discomfort, bloating, constipation and diarrhea are among the most common symptoms of the digestive tract problems among children. These symptoms not only affect children's daily life, if left untreated, it is possible to develop severe gastrointestinal disease in the future. When we talk about digestive system's health, the most important thing that we are looking at is the gut microbiome. Gut microbiome is responsible for digestion and metabolism of nutrients that we ingest. Hence, having a healthy gut microbiome is crucial especially for children who are in the stage of growth and development.

With the objective of building a stronger and healthier gut microbiome since childhood, Wellous had formulated KidAone Microbiome, a 3-in-1 formulation for the gut's health, consisting of probiotics, prebiotics and postbiotics. These 3 elements play a synergistic effect towards gut microbiome. Furthermore, the gut microbiome not only supports the digestive system, it is also part of the immunity, which protects the body against harm from the environment.





PROBIOTICS



Probiotics are beneficial microorganisms living in the human body. Different strains of probiotics are proven to have various health benefits. Each sachet of KidAone Microbiome contains 10 billion CFU of probiotics, which is an ideal and optimal amount of probiotics for children. There are 3 specially selected probiotic strains: *B. longum* BB536, *B. breve* M-16V and *L. rhamnosus* GG in KidAone Microbiome, which are supported by more than 1000 scientific evidences for their safety and efficacy.

B. longum BB536 is a branded probiotics from Japan. Studies show *B. longum* BB536 is effective in decreasing the frequency of abdominal pain and constipation. Furthermore, it also can help in improving symptoms of irritable bowel syndrome (IBS) such as diarrhea. *B. breve* M-16V, another patented probiotics from Japan, is proven to relieve symptoms of skin allergy as soon as 1 month after consumption. Lastly, *L. rhamnosus* GG (LGG) is a France patented probiotic. Studies show that LGG can help in reducing diarrhea caused by viral infection, and also protect the gut against danger of antibiotics.

Prebiotics are known as the food of probiotics. With the presence of prebiotics, probiotics can have a better environment to grow and carry their functions. Apart from the ordinary prebiotic inulin, KidAone Microbiome is added with human milk oligosaccharides (HMO) and yeast beta glucan (YBG). HMO and YBG can stimulate the immune system and can help the children to have better defense against pathogens.



PREBIOTICS



POSTBIOTICS

Postbiotics are the metabolites produced by probiotics during the fermentation process. In other words, postbiotics are the final products that are required by our body for various functions. The functions provided by postbiotics include: provide essential nutrients (such as vitamins B and K) to the body, protect the gut from harmful bacteria and strengthen the lining of the gut. Postbiotics of KidAone Microbiome are fermented from 36 types of natural fruits and vegetables, including beetroot, wolfberry, cherry, bilberry and asparagus.



IS YOUR CHILD BEHIND IN GROWTH?



Understanding your child's growth and development journey is an important part of parenting. As they go through a series of growth stages, they may face common physical or emotional challenges. One of the main concerns that parents always worry about is **Why their kids are skinnier than other kids?** Do they don't get enough nutrients? Do their kids have any health problems? Is it because of genetics?



But.....The first question parents need to ask themselves is, is it true that your kids are smaller than other children their age? How to figure it out?

The best answer is, to go consult with your kids' physician. Doctors usually use growth charts to answer these questions. Growth charts are a standard part of your child's check ups which show the pattern of kids' height and weight gain over time and whether they are growing proportionately.

Apart from that, you may need to pay attention to the risk factors that might increase the risk of impaired growth and development such as:

Poor
nutrition

Underlying
health problems

Repeated
infection

Environmental
factors such
as poor sanitation

Lack of physical
activity

Genetics and
hormones

Moreover, it is extremely important to ensure that your kids get the right nutrients to support their healthy growth and development and to prevent various health issues. So, what are the **essential nutrients needed during childhood?**



1

PROTEIN

Macronutrient needed in remodeling and growth of tissues used in muscles and bones

Sources:

Lean meats (beef, chicken, turkey), fish, nuts, eggs, lentils and milk



2

CARBOHYDRATE

The most important source of energy that help child's body to use fat and protein for building and repairing tissue

Sources:

Breads, cereals, rice, pasta, and potatoes



3

FAT

Great source of energy that easily stored in child's body

Sources:

Whole-milk dairy products, cooking oils, meat, fish, nuts



4

CALCIUM

Top mineral required for bone development and optimal thickness and strength of bones. Thus reduce risk of osteoporosis in later stages of life

Sources:

Cheese, milks, yogurts, poppy and sesame seeds



5

DIETARY FIBER

Helps produce bowel normal movement in child

Sources:

Whole grains, beans, brown rice, nuts, berries



6

DOCOSAHEXAENOIC ACID (DHA)

To support healthy brain and vision development in children

Sources:

Fish, shellfish, algae, nuts and seeds, plant oils



Shoutout to Wellous for winning the prestigious SOBA Award once again!

24th March 2022

Wellous are delighted to be awarded the [Best Use of Technology Award] GOLD Award in The Star Outstanding Business Awards (SOBA) 2021! This award is The Star's efforts to bestow recognition upon local enterprises that have effectively integrated technology into their businesses and gained an edge in today's marketplace.

SOBA winners' achievements serve as a quality benchmark for others to follow. As a homegrown

personalised functional food company, Wellous leveraged the latest innovations and technologies in enhancing the health consumer experience, which is set to bring in more health products for the benefit of all Malaysians.

We are beyond grateful to be acknowledged for our efforts by SOBA Awards and we are more than ready to strive for more achievements in 2022!

Launching of Blockbuster product of the year - MOVEON

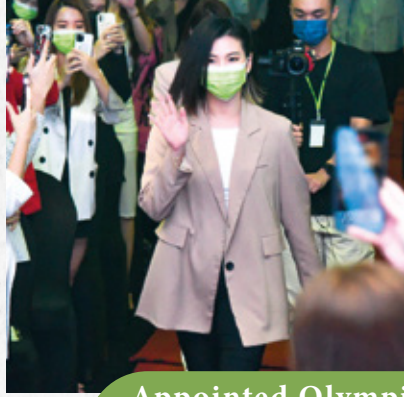
16th April 2022

In the second quarter of 2022, Wellous has launched a new product under the Immority series which is specially formulated for joint health!

Introducing MOVEON, the first convenient tear and drink joint restoring beverage with 33 years of research and supported by over 400 studies. Formulated with 3 patented ingredients, Ovomet® Eggshell Membrane Powder, UC-II™ Undenatured Type 2 Collagen Powder, and BonePep™ Hydrolysed Egg Yolk Peptide, it can help to increase joint comfort, mobility, and flexibility.



Through 3 simple processes, "repair", "regenerate" and "strengthen", MOVEON gives you a long-lasting effect, not temporary relief.



Appointed Olympic Badminton Medalist Goh Liu Ying as MOVEON ambassador

16th April 2022

Joint pain, stiffness and swelling can be suffering. Other than living with the pain, your daily life may be affected as well! Care for your joint health as early as you can!

As joint health awareness gradually increases among the citizens, Wellous has formulated MOVEON Joint Restoring Beverage to ease joint problems! The official MOVEON launching event was held on 16 April in Nilai, Negeri Sembilan. Wellous also announced the national badminton athlete Goh Liu Ying to be Wellous' Joint Health Care Ambassador during the event. Goh shared her sports injuries on joints that she suffered from throughout her career, hence promoting awareness of joint health!

MOVEON product sharing was led by Wellous' doctor consultant, Dr. Lee and Wellous Product Development Director and Pharmacist, Mr Ray Yap, explaining the joints problem people face while ageing or after being injured, as well as how to take care of and maintain healthy joints.

The launching ends gracefully with the audience mingling around and the photo session with the ambassador Goh Liu Ying at the eye-catching and attractive product corner.

MOVEON supports your joints and protects your freedom of movement!



Wellous x SVO launches Charity Foundation to provide aid to the underprivileged

11th May 2022



It is all about giving back to society, Wellous and SVO put these ideas into practice by establishing Yayasan Wellous & SVO.

The charity foundation aims to lend a direct helping hand to those in need including ICU patients, orphans, the disabled, and the elderly. Through this effort, Wellous and SVO wish to spread love, hope, happiness, and health to society. The ultimate goal is to exert positive change in the lives of the underprivileged and society as a whole.

Yayasan Wellous & SVO is established with the hopes of working more closely with other charity institutions and hospitals to provide relief directly to the needy, eventually working towards building a future where the society will be brimming with warmth and love from its own community members.



RELAZZ Pre-Launching in Sepang International Circuit 3rd June 2022



Has difficulty falling asleep? Tossing and turning at night but nothing helps? Wellous heard the calling, RELAZZ sleep enhancement beverage is here to help you get rid of these problems! RELAZZ can help relieve stress and enhance sleep quality, enabling you to sleep through the night! At the same time, it can also help to reduce fatigue and anxiety!

The first tear-and-drink liquid form sleep aid product in Malaysia was newly introduced to the public during its soft launch at Sepang International Circuit. According to Wellous' CEO, the reason which gives impetus to Wellous to develop Relazz is that insomnia can be said to be the "epidemic" of modern people, "many people are suffering from sleeping issues, so we hope people can find anti-insomnia solutions through this product."

Not sleeping well can affect both your mental and physical health! RELAZZ sleep enhancing beverage enables you to sleep through the night and enjoy the bliss of sleeping tight!

**“BE ALL IN OR
GET ALL OUT!
THERE IS NO
HALFWAY....”**

Chloe Huay Ying

Head of Department Research and Development



As the mastermind behind one of the most essential departments in a personalised functional food company, Huay Ying has set her mind wholeheartedly to achieving her desired goals - to penetrate the global markets and incorporate the best innovative technology in Wellous's product formulation.

For almost 5 years, Huay Ying has been putting all her blood, sweat and tears into her remarkable team in producing only the best products for the customers, resulting in having more than 20 products now ever since she came in.

"It is definitely not easy to produce products with such great effectiveness, our team needs to really make sure that the end results are permissible. Aside from that, we really make sure that our customers are able to consume our products conveniently and consistently."

When asked how the company's key core values helped her go through in pursuing her career, she further explained: "I personally think that trust is the most important value that has been practised

in our company. The management really put their faith in us by giving us the freedom to grow and unleash our inner potential. There is no limit on what we are able to do, you can try anything that you want though it is not relatable with your daily tasks as long as you are willing to learn."

Known as a career-driven woman among her colleagues, Huay Ying always has the eagerness to achieve more than what she is set up to achieve and loves to share the knowledge that she has with the public on health.

"Working with a personalised functional food company, it is sort of a habit to share what I know on health with others and I am proud to say that I managed to do interviews with Chinese local newspapers on a topic about joint health in conjunction with our launching of a new product, Joint Health Beverage, MOVEON. It brings me joy knowing that there are people out there who could learn a few things about health just from my sharing."

**“I’M SURROUNDED
BY OUTSTANDING
PEOPLE AND
I WISH TO
BECOME ONE
OF THEM.”**

Nicky Pang
Graphic Designer



**NICKY
PANG**



Teamwork is the corporate culture that surprised Nicky the most when he first joined Wellous, because he has never seen a team that is so united and always work together so closely like a family. Nicky recalled: "when I participated in the company event for the first time, I was amazed by everyone's spirit of teamwork. Everyone helped each other across departments and teams to ensure the success of our event. This is the team spirit that I have never experienced before."

Studied and graduated in business administration, Nicky sparked an interest in graphic design as he entered the workforce. He worked in the marketing department but was fascinated by design in advertising materials, hence he began his journey as a self-taught graphic designer. With innate talent and unrelenting efforts, Nicky has successfully transformed from a marketing expert into an outstanding professional graphic designer!

A diamond sparkles wherever it goes, Nicky has proven to people around him that results speak louder than words as he often receives compliments and recognition for his designs and artworks!

Regarding the prospect of his career, he said: "I hope I can create more excellent artworks for the company, meanwhile produce more masterpieces that indicate my hard work!". We look forward to witnessing Nicky's success and achievement in Wellous!



THE 4TH MALAYSIA TOP ENTREPRENEUR OF THE YEAR 2020

CEO COLUMN

Racheal Tan

Chief Executive Officer
of Wellous Sdn Bhd

As a leading personalised functional food and food technology company in Malaysia, we put our heart and soul to make your life better. On a simpler definition, we want you to lead a healthier and prettier life from the inside out. Why are we different? Quality, efficacy and consistency are the vital key elements that go beyond our limits at work. In significance, we source for the best raw materials locally and internationally, ensuring that we achieve the ideal standard. In fact, our effort goes as aligned with mother nature that buries many hidden treasures and ingredients. By using the most innovative and advanced technology, we have been successful to maximise the values and benefits of the precious ingredients in our products. Of course, we are more than proud to announce a range of products made available in the market now. Nonetheless, our journey knows no halt as we are developing a wide array of premium products to cater to the needs.



As a homegrown Malaysian brand since 2016, Wellous aims to become the top personalised functional food company in the online market worldwide. Since 2018, Wellous has thrived to set footprints in neighboring countries, reaching out to more potential consumers. To facilitate our cross-border market expansion plan, we will participate in more collaborations with experienced medical advisors from different backgrounds and expertise. We have also established Wellous We Care, a foundation that aims to lend a hand to the needy during their hard times. As we built the foundation, we aim to spread love and care by giving back to the community as we believe it leaves a great and positive impact. In short, Wellous is a ready-platform for the health-conscious community to obtain and share professional health related advice and solution, making them appreciate their life and health, in a better way. After all, we believe health is what matters the most!



APR-JUN 2022

