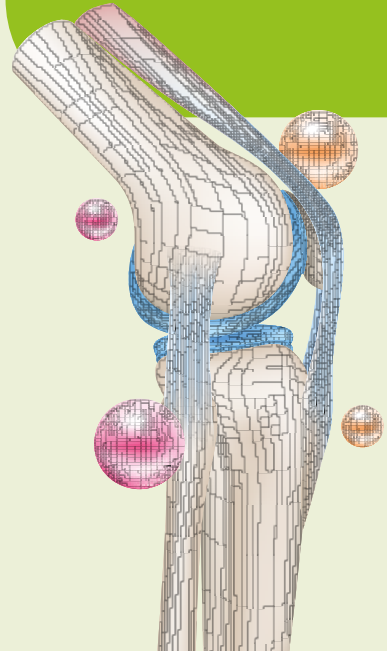


Pain with a name :

Arthritis



English Version

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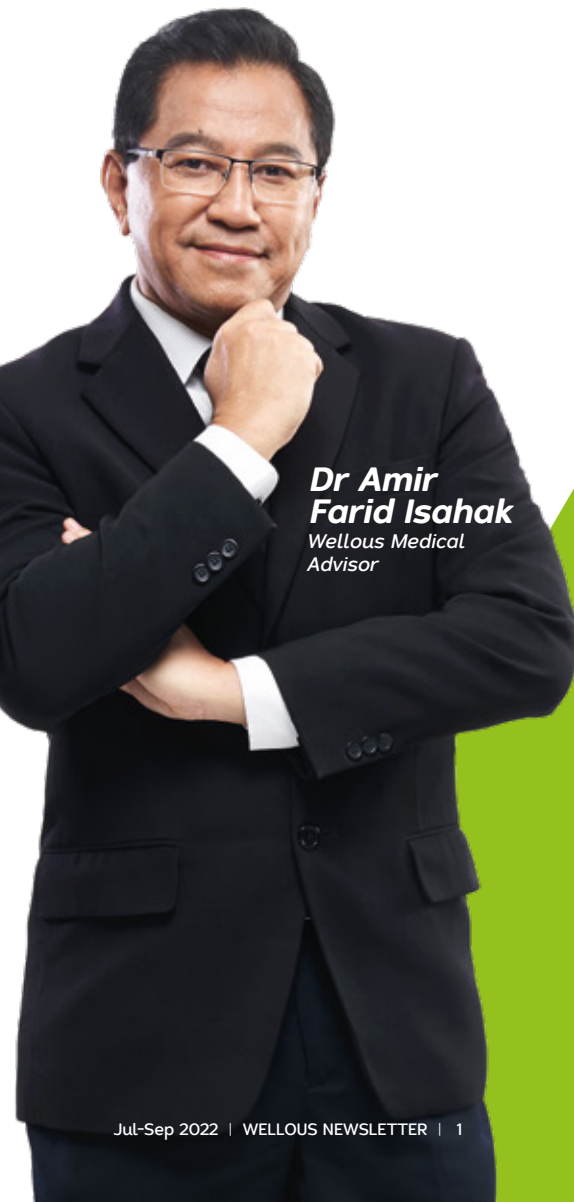


PAIN WITH A NAME:

Arthritis

By: Dr Amir Farid Isahak

Nowadays we hear of many people complaining of suffering from arthritis. Indeed it is one of the commonest health problems facing adults today. Although some forms of arthritis can affect children and young adults, it is usually a problem for middle age and older people.



**Dr Amir
Farid Isahak**
Wellous Medical
Advisor

WHAT IS ARTHRITIS?

Arthritis is the damage and inflammation of the joint. It can affect one or more joints. The signs and symptoms are typically pain, tenderness, redness, warmth, swelling and stiffness with limitation of movement. If severe, it may cause total immobilization of the affected joints. Some types of arthritis cause gross deformity and dislocation.

WHAT CAUSES ARTHRITIS?

The commonest type of arthritis (osteoarthritis) is caused by wear-and-tear, especially if the person is obese, or indulges in regular intense exercise and sports. This is exacerbated by accidents and injuries. Naturally, the wear-and-tear increases with age, which is why arthritis becomes more common with ageing.

Other causes of arthritis include autoimmune diseases, infections, and as a manifestation of certain metabolic disorders.

WHAT ARE THE COMMON TYPES OF *Arthritis* ?

The common types of arthritis are:



Each one is described in more detail below. There are many other less common types of arthritis, but it is sufficient to be familiar with the above three.

Most types of arthritis are chronic (long-term) in nature, often with acute flare-ups. Even septic arthritis (due to infections) tends to end up as a chronic problem.

Overall arthritis causes a lot of suffering, high cost of treatment over a long time and much loss of productivity.

1. *Osteoarthritis*

This is due to wear-and-tear as mentioned above. Those who had frequent joint injuries through vigorous exercise, sports or accidents when they were younger are more prone to osteoarthritis as they age. Obese people are at much higher risk of osteoarthritis, especially of the knees because the knees have to bear the excess weight beyond their natural capacities.

Because everyone goes through the process of ageing, and many become overweight or obese as they age, osteoarthritis is the commonest type of arthritis.

In osteoarthritis, the cartilage lining of the joint becomes thin, fractured (broken) or worn out. This

causes the exposed bones on the opposing sides of the joint to rub or grind over each other causing friction, pain and further damage. There may even be a grating sensation and a crackling sound. The bones may react by forming outgrowths called osteophytes (bone spurs), making the joint more irregular.

The entire joint is affected, not just the cartilage. There is inflammation of the joint lining and the connective tissues, ligaments and tendons in and near the joint.

Osteoarthritis can affect any joint. The most affected joints are the knees, hips, spine and hands.

Osteoarthritis of the spine is often called spondylosis, but this is actually a general term which includes several problems related to the degeneration of the spine – osteoarthritis of the spinal joints, degeneration of the vertebrae, degeneration of the inter-vertebral discs and narrowing of the spinal canal (through which the spinal cord passes).

RISK FACTORS FOR OSTEOARTHRITIS

Those with a family history of osteoarthritis, women, and those who are overweight or obese are at higher risk. Since this is a degenerative disease caused by the cumulative effect of wear-and-tear, ageing is the biggest risk factor. Those with a history of exercise or sports-induced joint stresses and injuries and those with congenital malformed joints or defective cartilage are more prone, as are diabetics and sufferers of hemochromatosis (an inherited disease causing the accumulation of too much iron in the body).

TREATMENT OF OSTEOARTHRITIS

Treatment is aimed to reduce the signs & symptoms, improve joint function and slow down the progress of the disease. The best is if we can reverse the damage and restore the health of the joints.

Maintaining a healthy weight and staying active are the core strategies of treatment (and prevention). Those who are overweight or obese should start with losing weight. All should do light exercises (like walking, cycling or swimming). Strengthening



COMPLICATIONS OF OSTEOARTHRITIS

This is a progressive disease in which the pain and stiffness may become severe enough to interfere with daily living, disturb sleep and even cause depression.

the muscles around the joints is important to help stabilize the joints and reduce their workload.

Movement therapies like yoga, tai chi and qigong may also be helpful.

Some cases may need to do proper physiotherapy. Some may need to use a cane or walker either temporarily or long-term.

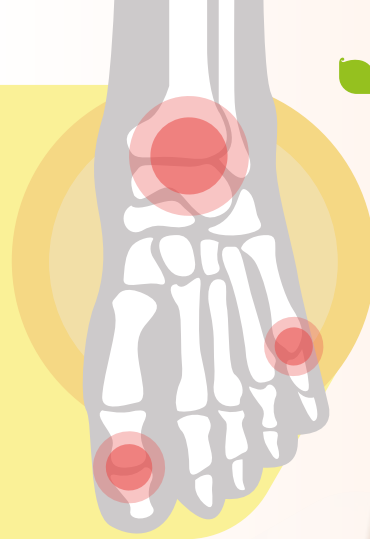
For the acute attacks, hot and cold compresses may be useful.

There are various home remedies and OTC (over-the-counter) analgesics and anti-inflammatory medicines that can be taken to relieve the pain and other symptoms.

More serious cases need to be assessed and treated by doctors or other health professionals.

For those who opt for TCM (traditional Chinese medicine) treatment, acupuncture may be recommended.

Medical treatment may include stronger analgesics and anti-inflammatory drugs. If necessary, injections of steroids, hyaluronic acid, platelet rich plasma or stem cells can be done. The worst cases will need surgery. In fact so many people past 60 years old have undergone knee or hip replacement surgeries.



For long-term prevention and treatment, many nutritional supplements have been recommended. The most popular are glucosamine, chondroitin and omega-3 fatty acids.

The latest and most cutting-edge natural remedy is a beverage made of extracts of egg-shell membrane, undenatured type 2 collagen, egg-yolk peptide and other ingredients which together help fight osteoarthritis and maintain strong bones.



2. Rheumatoid Arthritis

Rheumatoid arthritis is the commonest type of auto-immune arthritis. Auto-immune means our immune system cells behave abnormally and attack our own tissues and organs. In rheumatoid arthritis, these immune cells attack our joints.

In rheumatoid arthritis, the lining of the affected joints become swollen and the bones in the joints become eroded, causing pain and stiffness. The stiffness is typically worse in the mornings and after a period of inactivity.

Rheumatoid arthritis tends to affect the smaller joints first (usually the proximal joints of the fingers and toes). As the disease progresses, larger joints become affected (wrists, elbows, ankles, knees and even shoulders and hips). The joints on both sides tend to be affected simultaneously.

The severity of the signs and symptoms fluctuates over time, with periods of flare-ups and remissions.

Over time, the joints become deformed and may even become dislocated. The severe cases can therefore cause much deformity and disability.

Because auto-immunity is a systemic problem (affects the whole body) the person may become easily fatigued, have poor appetite or develop frequent fevers. In about 40% of sufferers, there may also be damage to the other tissues and organs like the skin, eyes, lungs, heart, kidneys, nerves, salivary glands, bone marrow and blood vessels.



RISK FACTORS FOR RHEUMATOID ARTHRITIS

Those with a family history of rheumatoid arthritis, women, smokers, and those who are overweight or obese are at higher risk. While the disease usually begins from middle age onwards, even children can be affected.



OTHER TYPES OF AUTO-IMMUNE ARTHRITIS

The other types of auto-immune arthritis include psoriatic arthritis (associated with the skin disease psoriasis), SLE arthritis, juvenile idiopathic arthritis and many more.

COMPLICATIONS OF RHEUMATOID ARTHRITIS

Apart from the joint problems described above, other complications due to the affliction of other organs may include:

Osteoporosis (brittle bones); nodules on the skin and anywhere in the body, including the heart and lungs; dry eyes and mouth (Sjogren's syndrome); carpal tunnel syndrome (pressure on the nerve at the wrist); heart disease (coronary artery atherosclerosis and pericarditis); lung disease - inflammation and fibrosis (hardening); infections; and lymphoma.

The risk of osteoporosis and infections may be further increased by the drugs used to treat rheumatoid arthritis.

DIAGNOSIS OF RHEUMATOID ARTHRITIS

People with rheumatoid arthritis tends to have elevated levels of Erythrocyte sedimentation rate (ESR), elevated C-reactive protein, a positive and high level of rheumatoid factor and a high level of anti-cyclic citrullinated peptides (anti-CCP). These readings can be tested through a blood test and aid in the diagnosis.

TREATMENT OF RHEUMATOID ARTHRITIS

Maintaining a healthy weight and doing regular exercises are also beneficial in preventing and treating rheumatoid arthritis.

Acute flare-ups can be alleviated by applying hot or cold compresses, and taking medicines. Mild cases can be treated with OTC pain killers and anti-inflammatory medicines.

All the natural methods described for osteoarthritis can be tried for rheumatoid arthritis too. Yoga, tai chi and qigong can be helpful.

Some herbal medicines and nutritional supplements (especially fish oil and certain plant oils) have been found to be useful.

Medical treatment starts with stronger anti-inflammatory drugs and painkillers, as well as steroid drugs. For more severe cases, even stronger drugs are prescribed, but they all have side-effects, including potentially serious ones.

Severe cases will require physiotherapy and occupational therapy intervention. Canes, walkers and other assistive devices can help in regaining mobility and function.

The most severe cases may end up with surgery. Various types of surgery are done, including total joint replacement.



3. Gout

Gout is a type of arthritis and is caused by a metabolic disorder – the inability of the body to metabolize or process uric acid efficiently.

It is characterized by sudden, often severe attacks of pain, redness, warmth, swelling and reduced mobility of one or more joints. The big toe is the most frequently affected, but may also involve the other joints (fingers, wrists, elbows, ankles and knees).

These attacks may last a few hours to a few days, and may occur occasionally or frequently depending on how the disease is managed or treated. After each attack, some residual discomfort usually remains. Subsequent attacks tend to get worse, unless aggressive treatment is done.



Severe cases will end up with joints that are swollen with hard deposits of urate crystals. These hard swellings are called tophi (singular = tophus).

Gout is caused by the accumulation of urate crystal in the affected joints, even when there is no obvious tophus. The urate crystals are sharp and needle-like, and can certainly damage and hurt the joint tissues.

The urate crystals are formed when there is excess uric acid in the blood. Uric acid is formed from the breakdown of purines found in certain foods (eg. anchovies, mussels, scallop, shellfish, trout, tuna, red meats, organ meats etc.).

In healthy individuals, the uric acid is efficiently excreted in the urine, and a safe level is maintained in the blood. In some people, the uric acid level rises above normal due to excess production (eating too much purine-rich foods) or reduced excretion by the kidneys. Alcoholic beverages (especially beer) and fructose-sweetened drinks also tend to raise uric acid levels.

However, there is no direct correlation between blood uric acid level and gout. Some people with high uric acid levels do not develop gout, while some with normal uric acid levels do get gout. There are other factors that are not fully understood.



RISK FACTORS FOR GOUT

The greatest risk factors are obviously purine-rich foods as listed above, alcoholic beverages and fructose-rich drinks.

Those who have a family history of gout are at higher risk. Men are more prone than women, and develop gout earlier (from age 30 onwards). Women generally have lower uric acid levels, and are at risk only after menopause.

Being overweight/obese causes the body to produce more uric acid, thus increasing the risk. Certain diseases like hypertension, diabetes, heart disease and kidney disease also increase the risk. Furthermore, some drugs used to treat chronic diseases (eg. aspirin, certain anti-hypertensive drugs, certain immuno-suppressant drugs) add to the risk.

Certain events can trigger an attack or flare-up in gout patients. These include recent surgery, accident, trauma or even vaccination!

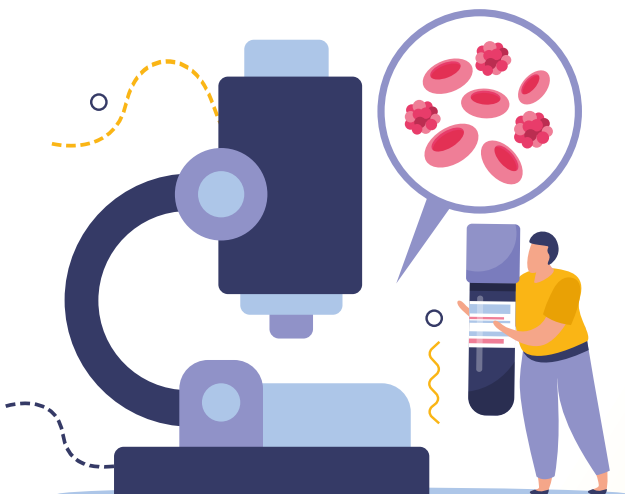


COMPLICATIONS OF GOUT

Gout attacks can be debilitating. Fortunately there are drugs that can help reduce their frequency and severity. Despite the available treatments, there are sufferers who are immobilized and incapacitated, especially when their joints have become eroded and destroyed by the disease.

Large tophi can develop over the joints and nearby tissues. These cause deformities, and can become swollen and tender during the attacks.

Apart from forming tophi, urate crystals can also form kidney stones. Small stones can cause severe pain when they travel down the ureter, while large stones can cause damage to the whole kidney.



DIAGNOSIS OF GOUT

One of the most common ways to diagnose gout is through checking the level of uric acid in blood, a high uric acid level is a sign that you might be having gout. Other than that, physical examination, X-ray, ultrasound and synovial fluid test are some other ways to diagnose gout.

TREATMENT OF GOUT

The first aim of treatment is to reduce the uric acid level. Purine-rich foods, alcoholic beverages and fructose-rich drinks should be avoided.

Maintaining healthy weight and regular exercise should be part of the management. Often diet and lifestyle changes are sufficient to avert further attacks.

Supplementation of certain nutrients can also help to prevent and aid in gout management. Herbs and nutrients such as baheda (*Terminalia bellerica*), Chanca Piedra, vitamin C, tart cherries and celery extract.

More serious cases (in frequency of attacks or severity) may require drugs which reduce the body's uric acid production, or increase its removal by the kidneys. Like all drugs, they have side-effects and need to be monitored.

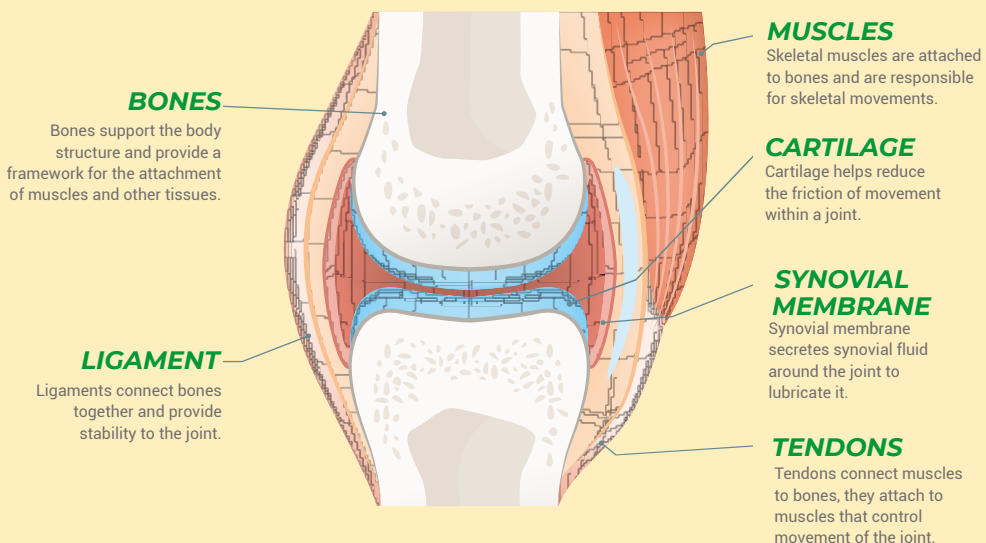
The second aim is to treat the attacks when they occur. The first line is anti-inflammatory and pain killer drugs, including several safe OTC medicines. The stronger ones prescribed by doctors have more side effects which need monitoring. Colchicine is an anti-inflammatory drug which is most useful for gout, and is widely prescribed.

The worst cases may require steroid drugs in addition to the above.

Occasionally surgery is required to remove a large tophus and restore the joint anatomy. Some cases may require joint fusion or joint replacement.

THE BLUEPRINT OF A JOINT

An adult human body consists of approximately 300 joints. Most joints are synovial joints, such as the knee and the elbow. Let's have a look at the structure of the synovial joint, and this could help you to understand more about how the joints work and how to slow down the degeneration of joints.





Tick tock,

IT'S PHYSICAL THERAPIST O'CLOCK!

8th September has been designated as World's Physical Therapy Day (also known as Physiotherapy Day) since 1996. This day aims to raise awareness about the contribution of physiotherapists towards individuals and the society. In 2022, the focus of World's Physical Therapy Day will be on osteoarthritis, as well as the role of physiotherapy in the prevention and management of people with osteoarthritis.

As we all know, exercise can help to manage symptoms of osteoarthritis, such as joint pain, stiffness and tenderness. However, it is not easy for patients with osteoarthritis to start exercising, as they might experience increased pain while moving, limited range of joint movement, as well as weakness of joints and muscles. Hence, physiotherapists play an important role in providing education and guidance to assist osteoarthritis patients in exercising and improving their joints' function. For severe osteoarthritis patients, physiotherapists may offer exercise in water to reduce pressure on the joints.

Moreover, studies have found that people with osteoarthritis are more likely to fall due to muscle weakness and side effects from medication (some pain relievers can cause people to feel dizzy and unbalanced). Hence, it is important for the elderly to seek advice and assistance from physiotherapists to strengthen their joints and muscles. This could help to reduce the risk of falls and bone fractures.

So, when should we consider getting physical therapy? Firstly, determine whether the pain is mechanical, which means the pain is aggravated by particular movements or activities, for example, ankle pain worsened by running or jumping. Secondly, if the pain is aggravated over a few days, a physiotherapist may be needed to help relieve pain and speed up the recovery process. Lastly, if the pain is severe and affecting our daily life activities, it is best to seek advice from a physiotherapist as well. However, it is not necessary to look for physical therapy only when we are feeling pain or discomfort. Physical therapy also works for body posture correction, body balance improvement, as well as joint and muscle strengthening.



NUTRIENTS FOR *Happier Joints!*

Nutrients are essential for the body to promote overall well-being and joint health. Even if you do not have joint problems, it is important to maintain a healthy diet and choose foods that help to reduce inflammation, strengthen connective tissues and promote healthy joints.

Our joints start to wear down as we age and joint movements become stiffer and less flexible. In addition, the amount of lubricating fluid in the joints decreases and the cartilage thins out. Therefore, we need healthy foods and nutrients that are rich in certain components to lubricate joints, increase joint mobility and promote healthy joints.

1. Type 2 Collagen

Type 2 collagen is commonly found in cartilage which helps to promote joint comfort, mobility, flexibility and overall joint health. When the level of type 2 collagen decreases, the ligaments, tendons and cartilage will become less flexible and elastic.

Most of the type 2 collagen is derived from chicken sternum cartilage and it has been clinically proven to be twice as effective as glucosamine and chondroitin in improving joint flexibility, mobility and promoting healthy joints. ¹ It has also been shown to reduce joint inflammation and prevent joint collagen breakdown, support joint health by rebuilding the joint cartilage and relieve joint pain.

2. Eggshell Membrane

Eggshell membrane is a natural ingredient derived from the inner membrane that covers the egg shell. It contains collagen, hyaluronic acid, glucosamine and chondroitin, which are all important nutrients for protecting and maintaining healthy joints. Some studies have shown that egg membrane significantly improves joint function and overall joint health, which helps to improve life quality of people with joint pain, particularly the elderly. It is also a natural way to relieve the pain and stiffness associated with osteoarthritis or joint discomfort.

3. Egg Yolk Peptide

When our joints are in pain, swelling and inflammation, it can lead to bone loss or osteoporosis. Therefore, it is important to keep our bones healthy and strong, as well as to maintain bone strength. Egg yolk peptide can potentially improve bone health by inhibiting bone resorption and increasing bone formation.³ It can also improve calcium absorption of calcium for the bones. Egg yolk peptide is commonly used to promote bone growth and support bone health, which is effective for osteoporosis prevention.

4. Omega 3

Omega 3 is an essential fatty acid that our body does not produce on its own. It is well known that it supports brain health and lowers risk of heart disease but many people are unaware that it also benefits joint health. Omega 3 fatty acids have anti-inflammatory properties which help to relieve joint pain, swelling and inflammation in people suffering from inflammatory arthritis, rheumatoid arthritis or osteoarthritis.



5. Turmeric

There are several different types of arthritis, most of which involve inflammation in the joints which can cause pain and swelling. Turmeric is a spice that contains curcumin, an active component with powerful anti-inflammatory and antioxidant properties.

Some studies have shown that turmeric has significant effects on reducing knee pain in people with osteoarthritis and helps to relieve the symptoms and inflammation. It has the potential to reduce inflammation, which is the root cause of joint pain and stiffness. It can also regenerate joint cartilage by inhibiting the inflammatory pathways.

6. Glucosamine & Chondroitin

Glucosamine and chondroitin are two naturally found components in cartilage and synovial fluid. They are produced naturally in the body and play a vital role in joint health. They are common nutritional supplements that help to build and repair cartilage, as well as to relieve joint pain and swelling. The benefits of glucosamine and chondroitin have been shown to help slow down the degeneration of joint cartilage, which is the underlying cause of osteoarthritis pain; thus, they also have pain-relieving properties.

Glucosamine is a sugar that is used to build cartilage. Glucosamine helps to enhance the production of cartilage components and stimulate the synthesis of synovial fluid as lubricant for proper joint function and mobility. Chondroitin possesses anti-inflammatory properties, which may help relieve joint pain. It helps build and repair cartilage, provides cartilage its elastic properties and protects cartilage by slowing the breakdown, all of which can help to reduce the joint swelling, stiffness and joint pain. The combination of glucosamine and chondroitin has shown to help with cartilage formation and repair, along with joint pain relief. However, people who are allergic to shellfish or seafood might not be suitable to take this supplement as glucosamine is typically derived from shellfish.



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SIMPLE WAYS TO KEEP *Your Joints Healthy*

Aside from consuming the proper and sufficient nutrients to maintain healthy joints, protecting your knees with external support or exercise is also important in strengthening your joints. Here are some tips to protect your joints.

01 Maintain a healthy weight

According to the Center for Disease Control and Prevention, one in every three obese people will develop arthritis.

The figure above shows how common joint conditions are in obese people. For people who are overweight or obese, losing 1kg of body weight reduces joint stress by 4kg.

The extra body weight will put more stress on joints, particularly weight-bearing joints such as hips and knees. These two joints are the most commonly associated with pain and stiffness in overweight and obese people.

As a result, if your BMI is 25 and above, which are in the overweight and obese category, you should lose some weight by reducing calories intake or by increasing energy expenditure.



02 Exercises that strengthen your joints

When we talk about joint-strengthening exercises, we mean having sturdy bones and strong muscles around the joints, which can help to withstand the impact created by dynamic movements such as landing from a jump.

Hence, exercises such as squats and lunges are good for building lower body muscles. Cycling and swimming, on the other hand, work your entire body and help to burn fat. Swimming is a good sport for injury recovery because the water buoyancy reduces impact on your joints, making them more flexible and painless.

03 Knee brace

One of the most commonly injured joints is the knee, so getting a knee brace is extremely helpful.

Knee brace is a supporting tool that wraps around your knee to secure and stabilise your knee position, preventing injuries, reducing knee pain and aiding in injury recovery. This is a very useful tool if you are an extremely active person or have a joint condition such as osteoarthritis. Apart from getting a knee brace, wearing well-cushioned shoes also helps to reduce some stress on your weight-bearing joints. If your shoes lack cushioning, you should consider buying cushioned insoles.



04 Ditch the heels

Heels are fashionable but it might take a toll on your knees too.

According to experts, a 3 inches heel stresses your foot seven times more than a 1 inch heel. Other than that, wearing heels can increase the risk of osteoarthritis by putting extra stress on your knees. Thus, avoid wearing heels when your knees hurt and avoid wearing them for a long period of time.

05 Stretching to increase flexibility

In this era of globalization, many of us spend our days at work, sitting in front of our computers.

As a result, it is vital to avoid staying in one position for too long, especially if you are in a bad posture such as hunching over your laptop.

Having a good stretch every 30-60 minutes between tasks can loosen muscles around your shoulders and trapezius in order to prevent neck stiffness. You may even stand up and walk around to stretch your leg muscles.



WHAT IS HAPPENING IN WELLOUS

Wellous IN THE NEWS

01

Local health tech pioneers setting global standards



A homegrown health tech company thrives in the face of unprecedented challenges to set high global standards for the global functional food industry.



Published on 02/06/2022

02

Wellous Is Going To Celebrate Its Sixth Anniversary Come October This Year



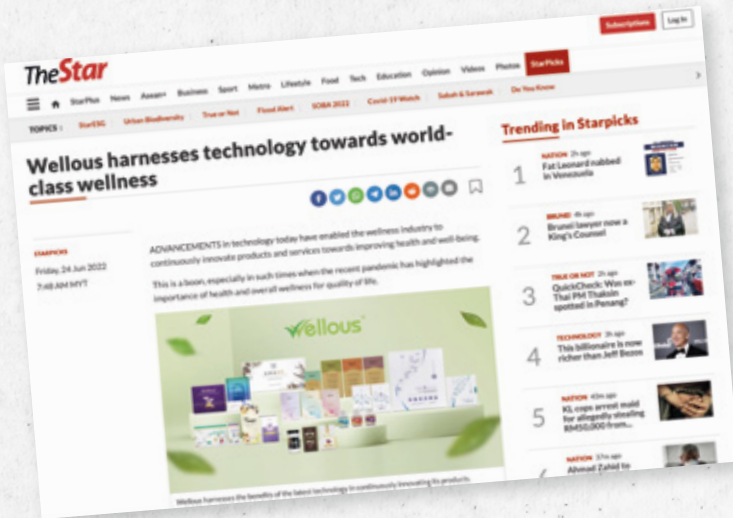
An exclusive interview by BusinessToday on the plans of Wellous moving forward as the company approaches its 6th year anniversary.



Published on 20/06/2022

03

Wellous harnesses technology towards world-class wellness



TheStar
people's paper

Technology meets functional food as Wellous utilises cutting edge advancements to set themselves apart from the competition.



Published on 24/06/2022

04

Functional food on the rise in Southeast Asia



Sticking to their 5 pillars when it comes to consumer experience – packaging, product quality, price, palatable, and product effectiveness – has been a key driver of their quick overseas expansion.

The company has more than a million active customers from the various markets worldwide, and is still growing rapidly, riding on the trend of high public awareness regarding healthy eating. Wellous CEO Rachel Tan told *FocusM*.

Further explaining, Tan said that the pandemic had great impact on consumer behaviour.

"Before 2019, many of our customers went for our beauty products, especially our tanning series. Once we went into lockdown, there was a big spike in orders from overseas, as well as a clear shift to our functional food series, especially the Tigres Tiger Milk King," she noted.

"We focus on both the product and packaging, as we want our consumers to have a complete and superior experience."

"A palatable product is important without compromising its benefits. For that, we use two or more patented or branded ingredients in all our products to ensure that our customers get the best results, while making them tasty for a pleasant experience. Even our packaging is very aesthetically pleasing."

The company uses a borderless e-commerce model to reach their customers, harnessing the power and reach of social media, while making personalised functional food more accessible to more people.

This has enabled Wellous to expand their overseas presence in a short time. The strategy has certainly paid off, with the company's overseas sales growing by more than 300% in four years.

Further establishing their overseas strategy, Wellous has set up a local management team in Indonesia, the most populous country in Southeast Asia.



FOCUS
MALAYSIA

An overview of the functional food trend taking over Southeast Asia with Malaysian health tech pioneers Wellous at the forefront.



Published on 22/08/2022

Nanyang Superb Brand Award Gala Dinner

7th July 2022

WELLOUS is honoured to have received the Professional Outstanding Healthcare Brand Award 2020 presented by Nanyang Superb Brand Award! Due to the pandemic, the award ceremony was postponed for a year and was finally held in July this year, with all winners receiving their long-awaited awards.

Nanyang Superb Brand Award aims to recognise and commend significant performance from companies in different industries. By sourcing the best ingredients from all around the world, Wellous is dedicated to formulating only the highest quality of functional food products that are suitable for today's lifestyle and habits.

Wellous would like to take this opportunity to express our heartfelt gratitude to all consumers



who have been supporting us along the way. We will adhere to and continue our efforts in exploiting the hidden gems found in nature to produce functional foods that have significant health benefits for the public!

<GO Travel with Wellous and Golden Destinations> Lucky Draw Contest

25th August 2022



In conjunction with Hari Merdeka and Malaysia day, Wellous is collaborating with the largest B2B travel agency in Malaysia, Golden Destinations to give away numerous attractive tour packages and premium merchandise worth more than RM65,000!

The travel packages include a 6D4N Da Nang trip, Genting Dream Cruise with a balcony cabin, and trips to Chiang Mai, Bangkok, and Semporna! To be entitled to the lucky draw, all you need to do is to purchase any Wellous product, scan the QR code on the packaging and fill up your details. To increase the chances of winning, you may also fill in a short questionnaire to get 5 extra lucky draw tickets.

The lucky draw entry period started on 25th August and ended on 30th September, and the ultimate lucky draw session will be done LIVE on Wellous official Facebook page on 9th October, so stay tuned!

Wellous Extends Support for Local Film 'Juang'

8th September 2022

Inspired by the unfortunate real-life story we have gone through, 'Juang' is Malaysia's biggest film production to honour the unforgettable fighting journey against COVID-19. It is also the first Malaysian film produced by 5 directors and over 130 artists. The film portrays various struggles faced by Malaysians and frontliners during the early days of the pandemic as people were forced to adapt to the new normal, including social distancing, mask-on measures, as well as stay-at-home policies.

After delaying for a year, the long-awaited movie was finally released on 8th September. We are glad to be able to extend our support for this local film, as well as express our gratitude and appreciation towards the front liners for their contribution.



ZENSO <Lose 2 Win> Weight Loss Challenge

21st September 2022



Wellous is organising a weight loss challenge open to all Malaysian citizens and PR aged 18 and above, giving away amazing prizes including cash prizes and makeover photoshoots!

Every customer who purchases at least one set of ZENSO Advance package is entitled to join the 30-day weight loss challenge. All participants who lose at least 5KG of body weight and 2% of body fat are eligible to claim Wellous products worth RM500, while the top 6 winners (3 winners from overweight category and 3 winners from obese category) who lose the most weight can win cash prizes and makeover photoshoots!

Join the contest today by signing up for an account on www.zensodiet.com. Shed off extra KG and show off your body with ZENSO <Lose 2 Win> challenge!

Wellous Bagged Top 20 Eminent Eagle Award

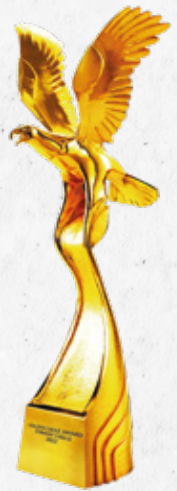
22nd August 2022



Wellous is thrilled to be named one of the Top 20 Eminent Eagles of the Golden Eagle Award 2022 by Nanyang Siang Pau. The Golden Eagle Award aims to provide the most credible and representative platform for benchmarking successful businesses and recognising them for their hard-earned success and outstanding achievements.

The eagle, the king of the sky, majestic and powerful, soaring in the sky and overlooking the earth, symbolises courage, strength, and immortality. Being recognised also represents the fortitude, wisdom, and agility of the Wellous team, and Wellous is committed to continuously creating sustainable competitiveness in the market.

Special thanks to the organiser, Nanyang Siang Pau, and the appointed auditor, Ernst & Young, for the interview and media coverage! Stay tuned for the announcement of Top 3 Eminent Eagles on 11 November 2022.



Welcoming The Iskanders as Aemis Co-founders!

22nd September 2022

Harith Iskander and Dr Jezamine Lim, the power duo of a nation's best-known stand-up comedian and a doctor, have officially launched the AEMIS series that they co-founded. AEMIS is a wellness brand focusing on work-health balance that targets busy and stressed-out working adults. The private event took place at Ruyi & Lyn, Bangsar with a cosmic galaxy-themed decoration.

In addition to that, photo-worthy corners and booths were set up meticulously for the esteemed guests to capture great memories, including exquisite product displays, detailed information on AEMIS's products (i.e. Relazz and Probiome) and an interactive vending machine where guests can redeem freebies during the event.

Another highlight of the event was undeniably a touching moment where the lovely co-founders' children handed their congratulatory letters to their parents on stage. The event ended gracefully with a violin performance and the co-founders mingling around with the guests.

AEMIS™
RELAZZ



On this edition of Faces behind Wellous...



**“NEVER GIVE UP
FOR WHERE
THERE’S A WILL
THERE’S A WAY”**

CHOI XIAO CHI
Regulatory Affairs Executive

Xiao Chi, the regulatory affairs executive in Wellous is undoubtedly one of the most excited employees to see the company products launched overseas. She said that her biggest sense of accomplishment comes from assisting the company products to penetrate into new international markets, because with that it allows more people to benefit from the products, “whenever I heard positive reviews from overseas consumers, I would feel extremely touched and I find a great sense of achievement in that”.

Studied in food science, Xiao Chi sparked interest when she came across product registration affairs by coincidence. “Every country has a different perception towards a similar ingredient, some of the commonly seen ingredients might require a more complex registration procedure in certain countries”. Language is one of the barriers while handling international affairs and it might somehow affect the workflow. Therefore, Xiao Chi has to put in extra effort to look for a solution to speed up the process. “If you ask me, is it hard to deal with these international regulatory affairs? I would say not really. To me, as long as you try your best to study and understand each of the rules and regulations in these countries, there is always a way out, although it could be a long journey sometimes.”

Xiao Chi said she never feels alone despite being the only regulatory affairs executive in Wellous because she has a very supportive superior and a bunch of friendly colleagues from various departments. “I think what makes Wellous stand out is the culture of extreme teamwork. Our superiors put their trust in the subordinates, giving us freedom and room to explore, this allows us to improve and unleash the hidden potential in us”. Xiao Chi also stressed that as a functional food company, Wellous cares about the physical and mental well-being of its employees and always ensures employees work in a decent and comfortable environment.

“Other than the Asian countries, I wish to bring our products to more regions!”. We wish Xiao Chi the best of luck, we can't wait to see her in the big picture of Wellous setting a benchmark in the international market!





**“ALWAYS BE
OPTIMISTIC AND
GOOD THINGS WILL
COME TO YOU.
DON'T OVERTHINK,
JUST CARRY ON!”**

FIFI CHEONG
Event & Branding Manager

When Fifi first joined the company, she was surprised by the happening atmosphere because she never anticipated a healthcare company to be so lively. Prior to each event, when she conducts a task briefing, she is impressed with how cooperative and supportive her co-workers are. She feels grateful for being able to work closely with them as a united team.

Graduated as a broadcasting major in mass communication, Fifi used to involve herself in TV productions, dramas and concerts. As for right now, with the freedom and resources given by the company, she is able to unleash her creativity to organise a variety of events such as awards nights, campaigns, roadshows and so forth. Fifi recalled, “I

am so impressed that our company can organise a massive concert at Sepang in this pandemic. Wellous made a brave decision and it was a huge success!”

Even though she is expert in hosting events, Fifi still encounters challenges and obstacles when finding resources, planning and executing the events. However, she faces them positively and believes in the law of attraction, she said, “Always be optimistic and good things will come to you. Don't overthink, just carry on!” Fifi also values learning and always seeks for improvement and this is how she stands out to be our star employee in this quarter. In future, she would like to keep up the momentum and explore more kinds of events in Wellous.

CEO COLUMN

FROM LOCAL TO GLOBAL

In 2016, we started off as a homegrown functional food company with only 6 employees. Since our establishment, we have aimed and envisioned to be No. 1 in the global functional food sector, and this goal hasn't changed until today. Over the course of our seven-year journey, we have grown into a multinational company that has over 300 employees with 27 star products that give the ultimate functions to the human body.

Being health enthusiasts ourselves, we believe that health comes first and should be prioritised because it could affect our life quality. Since everyone deserves to live a fulfilling life in the best possible physical and mental health, it is our responsibility to ensure that health is available to everyone. Advances in technology and transport made the world so much smaller, therefore, there is no reason why access to healthcare should be restricted geographically. For this reason, we utilise the internet and cross-border logistics for our business expansion. We are proud to say that we have successfully established our presence in 10 international markets, including Taiwan, Indonesia, Brunei, Singapore, and Thailand.

This journey has never been easy, it took us sweat and courage to overcome all the obstacles bravely as a united team. Along the way, we received multiple local and international awards, and all these recognitions and positive reviews have helped us advance. We are currently working on the research and development for more new products, including a more comprehensive series of products that safeguard you internally and externally from head-to-toe. As a proudly Malaysian homegrown company, we are also planning for broader market penetration into new countries as part of our strategy to conquer the online global market.

Racheal Tan

Chief Executive Officer of
Wellous Sdn Bhd

2020 南洋品牌奖
NANYANG SUPER BRAND AWARD





Wellous & SVO Charity Foundation is prepared to lend a helping hand

Upholding the principle of giving back to society, the establishment of Yayasan Wellous & SVO aims to lend a direct helping hand to those in need, rekindling their hope towards happiness and healthy life, exerting life-changing aids to them. The major underprivileged in society who will be benefited from this foundation includes ICU patients, the disabled, orphans, and the elderly.

In the past three years, Wellous and SVO have been actively involved in various kinds of charities and donated more than RM400,000 worth of goods and cash to more than 100 groups of people. Aside from direct donation, Wellous has also collaborated with non-profit organisations, educating the underprivileged in exchange for social viability through their surviving skills.



Meanwhile, Yayasan Wellous & SVO also focuses on youth empowerment. We believe that leaders aren't born, they're made. Through educating, mentoring and providing essential aids, we hope to nurture future leaders and unleash their full potential. During the pandemic, the foundation donated laptops to support students who needed online learning, and this had overcome their learning obstacles.

Spreading happiness serves as the ultimate goal of Yayasan Wellous & SVO. Currently, the foundation is ready to lend a helping hand for those in need, solving their problems, as well as bringing happiness and satisfaction to them.

If you need assistance or have cases that require attention, kindly share the information to info.yayasan@wellous.com



JUL-SEP 2022

