

Fight high cholesterol and diabetes

MANY natural health remedies that claim to help reduce cholesterol and blood glucose levels such as red yeast rice and plant sterol/stanol supplements are available for purchase in drug stores.

A study published in the *European Heart Journal* in 2009 reported the controversial roles of these supplements in cholesterol management as they could potentially cause undesirable side effects if consumed in large amounts and/or over a long term.

Therefore, consumers should be cautious when consuming products containing plant sterols or red yeast rice and should obtain a doctor's medical advice before taking any of these supplements for self-treatment of unhealthy cholesterol or blood glucose levels.

Recent studies suggest that we not only need to keep our cholesterol levels in check for a healthy heart, but also a stable blood glucose level throughout our life.

According to International Diabetes Federation, people with elevated blood glucose levels are two to six times more likely to develop cardiovascular disease.

The National Health and Morbidity Survey 2015 reported that, in Malaysia, there are 9.6 million people with high cholesterol and 3.5 million people living with diabetes.

Oats, oat bran powder and crispy oat cereals are naturally rich



in the heart-healthy soluble fibre – oat beta-glucan.

The cholesterol-lowering and blood glucose-regulating effects of oat beta-glucan depend highly on the molecular weight and bioactivity of the oat beta-glucans. The latter is often destroyed by poor processing control.

Therefore, more than just consuming the recommended 3g of oat beta-glucan per day, we require clinically researched oat beta-glucans to achieve the desired health benefits.

Compared to the average breakfast cereal and instant oatmeal, Biogrow Oat BG22 Oat Bran Powder and Biogrow Oat BG22 Crispy Cereal provide

two-in-one health benefits in a small and easy-to-consume serving size.

The advantages of Biogrow Oat BG22 products are as follows:

- Contain only clinically researched, bioactive oat beta-glucans with more than 20 published human studies on cholesterol-lowering and blood glucose-regulating effects worldwide
- Small, easy-to-serve daily portion of only two scoops (= 18g) of oat bran powder or one packet (30g) of crispy oat cereal offers the recommended 3g bioactive oat beta-glucan
- Low in calories, high in total fibre and lactose-free

● Laboratory tested to be low in glycaemic index (< 55), making them suitable for pre-diabetics and diabetics.

As a trusted brand that provides clinically proven effects on blood cholesterol reduction and blood glucose management, Biogrow Oat BG22 provides a natural and easy way to obtain bioactive oat beta-glucans from our daily diet.

This article is brought to you by Legosan (Malaysia) Sdn Bhd.

■ For more information, e-mail info@biogrow.com.my or visit www.biogrow.com.my.

Benefits of oat beta-glucans

Health claims for oat beta-glucans approved by European Food Safety Authority and the Malaysian Health Ministry:

- Three grammes of oat beta-glucans daily help lower cholesterol.
- Oat soluble fibre (beta-glucan) helps curb the rise of blood glucose level, provided it is not consumed with other food.
- The consumption of beta-glucans from oats helps keep glucose level after a meal in check.

BIOGROW
Oat BG22™
National Health & Morbidity Survey (NHMS) 2015
9.6 MILLION Malaysians HAVE HIGH BLOOD CHOLESTEROL
3.5 MILLION Malaysians HAVE DIABETES

CHOLESTEROL-LOWERING & BLOOD GLUCOSE-REGULATING EFFECTS WITH OVER 20 CLINICAL STUDIES*.

5 REASONS Why You Should Choose Biogrow Oat BG22™

1. Made from all natural, Swedish oat bran. Free from artificial ingredients, thickeners & fillers.
2. Provide at least **3g bioactive oat beta-glucan**² per daily serving.
3. **Very rich in Fiber & High in Protein.**
4. Lab-tested ****low in Glycemic Index (GI < 55)**³ and suitable for diabetics.
5. **Good solubility.** The powder dissolves readily in cold or lukewarm water without the use of a shaker.

* Bioactive oat beta-glucans are high in molecular weight and have been scientifically shown to produce good viscosity effect in the gut for optimal cholesterol-lowering effect - *EFSA Journal*.

** Oats that are of low glycaemic index and high in dietary fibre are protective - *WHO Europe Diabetes*.

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



Take 3g of beta-glucan (soluble fibre) from **Biogrow Oat BG22™** daily, as part of your low fat and low cholesterol diet to help **Reduce Cholesterol!**



Oat Bran Powder Canister (480 g)

Crispy Cereal Made in Germany



Crispy Cereal (30 g x 12's + 2's) & (30 g x 28's + 4's)



Oat Bran Powder Travel Pack (9 g x 30's)



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Available at all leading pharmacies nationwide.
Legosan (Malaysia) Sdn. Bhd. (084196-16)
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Website: www.biogrow.com.my

References:
1. EFSA Journal 2010;12(1):1805-2011-2009-2007.
2. Watzl et al. *Am J Clin Nutr*. 2016.
3. Brummer et al. *Clinical Chemistry* 2012; 58(2):255-261.