

MEET THE CHAMPIONS:

Ng Chow Seng & Biogrow Oat BG22

Most men at 77 years old have either retired, in a wheel chair or pushing up daisies. Ng Chow Seng on the other hand, has won the World Men's Masters Weightlifting title for the second consecutive year. In 2011, Chow Seng defeated a Belarusian champion to capture the title for the first time in Limassol, Cyprus. His total achievement in the snatch, clean and jerk events was 124kg. In 2012, Chow Seng smashed his own record with a total lift of 130kg. Ever since winning the gold medals, the vibrant septuagenarian has his sights set on making the nation proud again with a third gold in 2013.

The Malaysian Hercules, who resides in Bukit Mertajam is a man with an iron discipline. He wakes up at 5:30am to begin his daily routine and retires for the night at 9:30pm. Despite his excellent form and consistent regimen, Chow Seng had undergone a heart bypass several years ago and was diagnosed with high cholesterol last October. This was a realisation that only exercising isn't enough to ensure good health. At the time of his diagnosis, Chow Seng's total cholesterol level registered him as a high risk candidate for heart disease, with a reading of 7.9 mmol/L.

"The results of my blood test were shocking, and I knew I had to do something to get my cholesterol levels under control. My cardiologist had warned me to take extra care of my heart because I cannot afford to have a second bypass," he admits.

"I have also heard that cholesterol-lowering medication can sometimes have unpleasant side effects on my muscle, and I wanted a natural solution for my health problems."

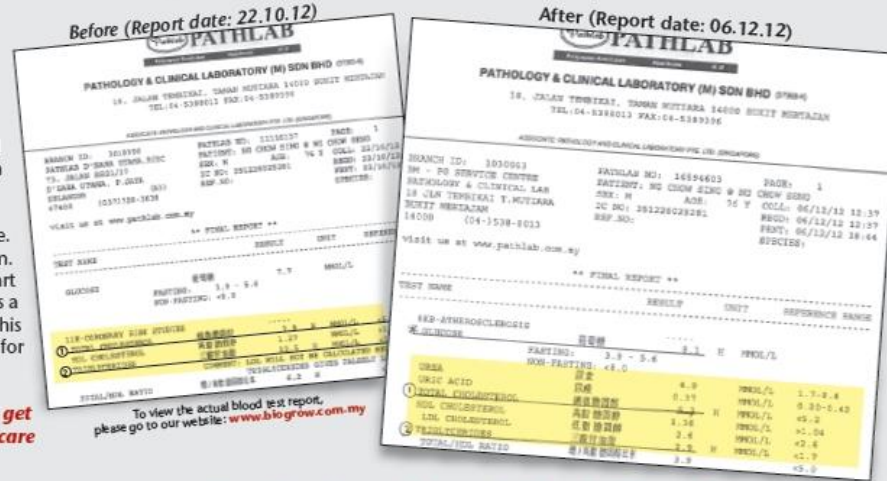
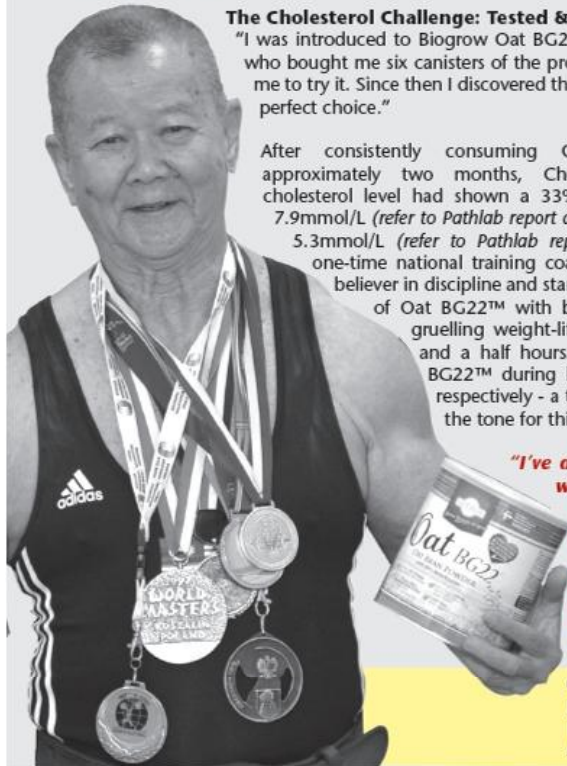
The Cholesterol Challenge: Tested & Proven

"I was introduced to Biogrow Oat BG22™ through a friend who bought me six canisters of the product and convinced me to try it. Since then I discovered that this product is the perfect choice."

After consistently consuming Oat BG22™ for approximately two months, Chow Seng's total cholesterol level had shown a 33% reduction from 7.9mmol/L (refer to Pathlab report dated 22.10.12) to

5.3mmol/L (refer to Pathlab report dated 06.12.12). The one-time national training coach and army veteran is a firm believer in discipline and starts his mornings with two scoops of Oat BG22™ with breakfast before commencing a gruelling weight-lifting session for the next three and a half hours. Two follow-up scoops of Oat BG22™ during lunch time and in the evening respectively - a total of six scoops a day have set the tone for this go-getter's new lease on life.

"I've always believed that health is wealth. Oat BG22™ is the best 'fuel' I can give my body to push it to perform better as it is not only high in soluble fibre which is good for lowering cholesterol, but also high in protein to help build and repair body tissues. After



taking it for a few months, I can feel that I'm lighter and stronger. I am fully convinced that regular consumption of this product will see me living a quarter of a century more."

The Power of Oat Beta-Glucan

Age is often positively correlated with an increased risk of developing cardiac problems and other metabolic disorders. Blood cholesterol begins to rise around age 20 and continues to go up until about age 60. Women's LDL (bad) cholesterol levels often rise after menopause. Having regular physical activity and a diet rich in oat beta-glucan can go a long way in staving off the worst of the ageing process. Whether you are getting on in years or just want to take the right steps to look good or feel better than your age, consuming quality oat beta-glucan supplement is half the battle won. The Ministry of Health Malaysia (MOH), European Food Safety Authority (EFSA) and US Food Drug Administration (US FDA) have approved the health claim based on the daily intake of 3g beta-glucan to help reduce cholesterol. In addition, oat beta-glucan also helps maintain healthy blood sugar levels in individuals with diabetes, providing it is not consumed together with other foods.

Biogrow Oat BG22 - The Key Towards A Healthy Heart

Oat BG22 employs exclusive Swedish technology to preserve the integrity of its beta-glucan content which ranks at 20%. Furthermore, Oat BG22 also maintains its highest molecular weight, ensuring optimal viscosity effect produced in the gut in order to facilitate cholesterol-lowering benefits. Taking 2 scoops (18g) of Oat BG22 will give you more than 3g of beta-glucan, much higher than the amount recommended by the MOH for cholesterol-lowering effect which is 3g per day.

"Passion, patience and perseverance are essential to success, no matter what the endeavour," says Ng, National sportsman and now-devoted Biogrow Oat BG22 consumer. "Respect your body, feed it the best, and safeguard the health of your heart. Then trust that the rest will fall into place."

CHAMPION IN WEIGHTLIFTING

Malaysian Hercules

INFO : NG CHOW SENG
 ACHIEVEMENTS : Wins gold medal in World Men's Masters Weightlifting Championship in Limassol, Cyprus at 77 in the year 2011.

CHAMPION IN OATS

Biogrow Oat BG22

INFO : 100% Oat Bran Powder imported from Sweden
 MOH APPROVED : Amount of beta-glucan recommended for
 HEALTH CLAIM : cholesterol-lowering effect is 3g per day
 (2 scoops of Oat BG22 (18g) provide more than 3g of beta-glucan)