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Stomaching modern-day ills

NOT many people are aware of it, but the stomach is the root of many modern-day ills. A healthy gastrointestinal tract is essential for overall wellbeing – a fact Bion3 went all out to reinforce during its health-focused roadshows in Selangor, Kuala Lumpur and Penang recently.

Bion3 is said to be the first-ever complete multivitamin with minerals and probiotics in Malaysia. This revolutionary three-in-one health supplement was recently introduced at several megamalls including 1 Utama and Sunway Pyramid in the Klang Valley and Gurney Plaza in Penang.

Bion3 is unique in that it comes in the form of an innovative patented gastro-protective-coated tablet. This makes sure that its sensitive probiotics content does not get destroyed by strong stomach acids (bile or gastric acids) on the way from the mouth to the intestines.

Bion3 is also the only three-layer complete multivitamin supplement in the market that contains the optimal goodness of the following:

- » 12 essential vitamins that are crucial for metabolic activities, bodily functions, growth and development;
- » 12 essential minerals which are indispensable for the development, function and maintenance of the body; and
- » 10 million live probiotics, or friendly bacteria

that inhabit our intestinal walls to keep us fit and healthy. Probiotics are the gut's best allies. Studies have shown that probiotics provide protection against gastrointestinal diseases such as irritable bowel syndrome, Crohn's disease, colitis ulcers and food allergies.

The recent Life's OK with Bion3 Challenge roadshows offered the upwardly-mobile a chance to pause, take stock of their current lifestyles and have fun learning about good health.

Aside from discovering more about Bion3, the public also had a healthy workout at the roadshows, as the main events included fun and games for adults and children alike.

Among the activities lined up for the day were demonstrations by fitness professionals (*pix*), telematches as well as Bion3's very own wind tunnel, to name a few.

There were also question-and-answer sessions with plenty of prizes and vouchers up for grabs, as well as a talk by Assoc Prof Dr Zaitun Yassin, a lecturer at the Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, and head of the Medical Gerontology Laboratory at University Putra Malaysia, Serdang.

Bion3 is currently available at all leading pharmacies nationwide in bottles of 30 and 90 tablets respectively. – **Prakash Jayakumar**