

# Govt eyes full vaping ban in 2026

## Minister says action is consistent with existing health policies and procedures

By MOHD FARHAAN SHAH  
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**JOHOR BARU:** Malaysia is moving towards a full vaping ban by the end of 2026, says Health Minister Datuk Seri Dr Dzulkefly Ahmad (pic).

He said the ministry aimed to finalise the policy amid growing concerns over vaping's impact on public health, especially mental health.

"It is not about whether we ban vape or not, but when," he told reporters after visiting Hospital Permai here yesterday.

Dzulkefly said the ministry would target an implementation of the ban by mid-2026 or the end of the year at the latest, subject to completing necessary regulatory and legislative processes.

He said the ministry missed tabling the matter at a recent Cabinet meeting.

"We are looking at early 2026 to bring this back to the Cabinet," he said.

He added that the Cabinet had earlier agreed in principle on banning vape products nationwide.

Dzulkefly cited rising concerns over the use of adulterated vape liquids and synthetic substances, which have been linked to drug-induced psychosis and other mental health conditions.

The issue, he said, is being monitored by a special committee led by the ministry's public health division in collaboration with



medical experts.

He said lifestyle factors, including substance abuse, are major contributors to mental health challenges, describing the matter as multifactorial but increasingly worrying.

"These are recognised medical realities and they strengthen the case for firm policy action," he added.

Dzulkefly stressed that the move towards banning vape products is consistent with existing health policies and is not a sudden shift in direction.

"This is not a knee-jerk reaction. The policies and standard operating procedures are already in place and have been ongoing.

"What we are doing now is moving towards a decisive end point," he said.

He also said the ministry is aligned with recommendations made by medical bodies, including the Malaysian Medical Association, on the need for stricter control and eventual prohibition of vape products.

During the visit, Dzulkefly toured Hospital Permai, one of the country's four psychiatric hospitals.

He praised its "no wrong door" policy, which allows patients to receive specialist mental health care even without formal referrals.

He said the approach reflected the urgency of addressing mental health issues holistically, alongside preventive measures such as

curbing substance abuse.

"Everything is interconnected – lifestyle, substance use, and mental health. Addressing one without the other will not be effective," he noted.

Separately, Dzulkefly said the Johor government has been asked to submit a formal proposal to develop affordable housing on 145ha of land in Kempas which belongs to the ministry.

He said the ministry had received a formal request on Dec 4 from the Johor Land and Mines Department to consider the site for housing projects.

"The Johor government can now proceed with a formal proposal. We are on the same page and supportive of efforts to provide affordable housing for the community," he added.

ENFORCEMENT NEXT YEAR

# 'VAPE BAN ON TRACK'

Urgency due to 'disturbing reports' of mental health risks, says Dzulkefly

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**A**FULL nationwide vape ban is now firmly on the government's agenda, with the Health Ministry targeting next year for full enforcement amid rising concerns over drug abuse and mental health risks.

Health Minister Datuk Seri Dr Dzulkefly Ahmad said the question was no longer whether vape products would be banned, but when, adding that the policy direction had already been set.

"We are actually ready. This is no longer about 'if' we ban vapes, but 'when' we do so," he said after a working visit to Permai Hospital here yesterday.

He said the ministry was targeting enforcement of the ban by mid-2026, or at the latest by the end of the year, subject to cabinet deliberation early next year.

Although the proposal was not tabled at the most recent cabinet meeting, Dzulkefly said

he was confident it would be brought forward again for consideration.

Explaining the urgency, he cited growing evidence of vape liquids being mixed with synthetic substances and illegal drugs, which have been linked to drug-induced psychosis and severe mental health disorders.

"We are hearing far too many disturbing reports about vape use.

"Just today, I was informed of patients referred here suffering from psychosis linked to synthetic cannabis and other prohibited substances, some of which were consumed through vape devices," he said.

Present were Johor Health and Environment Committee chairman Ling Tian Soon and Johor Health Department director Dr Mohtar Pungut @ Ahmad.

Dzulkefly said the proposed ban formed part of broader efforts to protect public health, particularly among young people, as authorities tackled the evolving risks posed by vaping and unregulated substances.

## JOHOR

# 'Access to counsellors vital to mental wellness'

Johor rep wants such services on-site to help constituents

By YEE XIANG YUN  
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STATIONING mental health counsellors at Johor assemblymen's offices will help the public get easier access to support amid rising cases of stress, anxiety and depression.

Johor Jaya assemblyman Liow Cai Tung said this would allow professional services to be provided to constituents grappling with complex personal and family issues.

"Sometimes we meet constituents who are clearly under immense pressure.

"Having counsellors on-site allows us to support them professionally, not just offer sympathy," she told *StarMetro*.

She said the initiative has been implemented in Selangor under the Selangor Mental Sihat programme where members of the public could walk into several assemblymen's offices for help.

She noted that in Johor Budget 2026, Menteri Besar Datuk Onn Hafiz Ghazali announced an allocation of RM774,000 for a counselling clinic programme aimed at enhancing mental health awareness among civil servants.

She said more efforts were needed as mental health issues were increasingly affecting adults and youth across communities.

"Bullying at the workplace, in school or within a community, as well as stress, depression, anxiety, sleep problems and burnout are becoming more common.

"These are not personal weaknesses but the result of various external pressures, and this calls for better intervention efforts."

Liow said stable mental well-being had far-reaching benefits for people.

These included better decision-making, healthier relationships, reduced risk of drug use and social problems, improved work performance and stronger family and community ties.

To address rising mental health concerns, she urged the state government to expand access to services through a more comprehensive and progressive approach such as setting up a health hub and



Liow: Stress, depression, anxiety becoming more common and the public should be able to seek help at assemblymen's offices (left).

round-the-clock hotline.

"This can also help raise awareness and support individuals in need of assistance," she said, adding that she raised the matter during the November state assembly sitting.

Liow also suggested free counselling services for the public, building on existing services such as those offered by National Population and Family Development Board.

These services could be further expanded through state agencies like Darul Ta'zim Family Development

Foundation, she said.

"Subsidised psychiatric and psychological treatment, systematic training and placement of counselling teachers in schools and certified mental health courses for volunteers, community leaders and frontline personnel are also vital.

"Collaboration between the state, private sector and non-governmental organisations is essential to equip communities with the knowledge to identify early signs of distress and encourage individuals to seek help," she added.

Those facing psychological and

emotional distress can call these Befrienders branches: Johor Baru (07-267 0707), Muar (06-225 0792), Melaka (06-225 0791) and Seremban (06-632 1772/3).

For a full list of numbers as well as operating hours, visit [www.befrienders.org.my/centre-in-malaysia](http://www.befrienders.org.my/centre-in-malaysia) or call 03-7627 2929.

Alternatively, Mental Illness Awareness and Support Association Malaysia also offers a 24-hour crisis helpline at 1-800-180-066 and WhatsApp support line at 03-9765 6088 manned by trained volunteers.



# Bahaya MEROKOK PASIF

## Risiko Kesihatan Terhadap Kanak-Kanak & Wanita Hamil

**MEROKOK** merupakan salah satu tabiat yang semakin membimbangkan dalam kalangan masyarakat moden. Tidak hanya membahayakan perokok itu sendiri, asap rokok juga menyumbangkan ancaman serius kepada individu yang tidak merokok, terutama kanak-kanak dan wanita hamil. Fenomena ini dikenali sebagai merokok pasif, iaitu keadaan di mana seseorang terdedah kepada asap rokok yang dihembuskan oleh orang lain.

Bahaya merokok pasif ini sering diabaikan, walaupun kesannya boleh memberi impak jangka panjang terhadap kesihatan generasi akan datang.

Kanak-kanak merupakan golongan yang paling terdedah kepada kesan negatif merokok pasif. Sistem imun dan paru-paru mereka masih dalam proses perkembangan, menjadikan mereka lebih mudah dijangkiti penyakit. Kanak-kanak yang terdedah kepada asap rokok berisiko tinggi mengalami masalah pernafasan seperti asma, bronkitis, dan radang paru-paru. Kehadiran asap rokok di persekitaran rumah atau sekolah bukan sahaja menyebabkan kesihatan fizikal, malah boleh mengganggu perkembangan mental dan konsentrasi kanak-kanak, seterusnya memberi kesan kepada prestasi akademik mereka.

Bagi wanita hamil, merokok pasif juga memberi kesan yang sangat serius terhadap kesihatan diri dan bayi yang dikandung. Asap rokok mengandungi pelbagai bahan toksik seperti nikotin dan karbon monoksida yang boleh menghalang penghantaran oksigen kepada janin. Keadaan ini boleh menyebabkan bayi lahir prematang, berat badan rendah, atau mengalami komplikasi kesihatan yang lain selepas dilahirkan. Malah, wanita hamil yang terdedah kepada merokok pasif mempunyai risiko lebih tinggi untuk mengalami keguguran dan masalah pertumbuhan janin dalam kandungan. Ini menunjukkan bahawa tindakan merokok di sekitar wanita hamil bukan sahaja membahayakan diri perokok, tetapi juga boleh menyebabkan nyawa orang lain.

Bagi menangani masalah ini, pelbagai langkah boleh diambil. Kesedaran mengenai bahaya merokok pasif perlu ditingkatkan melalui kempen kesihatan dan pendidikan awam. Perokok digalakkan untuk mengurangkan tabiat merokok di rumah atau kawasan tertutup, dan lebih baik merokok di tempat terbuka jauh daripada kanak-kanak dan wanita hamil. Undang-undang yang lebih tegar mengenai larangan merokok di tempat awam, sekolah, dan hospital perlu diperkuat untuk melindungi golongan berisiko tinggi. Selain itu, ibu bapa dan penjaga perlu menjadi contoh yang baik dengan mengamalkan gaya hidup sihat dan menghindari rokok dalam persekitaran anak-anak mereka.

Kesimpulannya, merokok pasif adalah satu ancaman serius yang boleh menyebabkan kesihatan kanak-kanak dan wanita hamil. Bahaya asap rokok tidak mengenal usia atau status perokok, oleh itu tindakan pencegahan dan kesedaran masyarakat sangat penting. Dengan usaha bersama, termasuk pendidikan, pengawalsuaan undang-undang, dan pengamalan gaya hidup sihat, kita dapat melindungi generasi akan datang daripada risiko kesihatan yang berbahaya akibat merokok pasif. Kesedaran dan tanggungjawab setiap individu adalah kunci untuk memastikan persekitaran yang lebih selamat dan sihat bagi semua.

# PRA-DIABETES

## Kenali Gejalanya Sebelum Terlambat

**PRA-DIABETES** merupakan satu keadaan kesihatan di mana paras gula dalam darah seseorang lebih tinggi daripada paras normal, namun belum cukup tinggi untuk dikategorikan sebagai diabetes jenis 2.

Ia merupakan amaran awal bahawa tubuh sedang mengalami gangguan dalam cara memproses glukosa, dan jika tidak dikawal dengan segera, ia boleh berkembang menjadi diabetes sebenar. Walaupun pra-diabetes sering tidak menunjukkan tanda-tanda yang jelas, mengenali gejala dan faktor risikonya amat penting bagi mencegah penyakit ini daripada menjadi lebih serius.

Antara gejala utama pra-diabetes ialah rasa tetek yang berpanjangan tanpa sebab yang jelas. Ini berlaku kerana badan tidak dapat menggunakan gula dengan berkesan sebagai sumber tenaga aktifit dari pada ketahanan insulin. Selain itu, seseorang yang mengalami pra-diabetes mungkin akan berasa haus secara berlebihan dan kerap membuang air kecil. Keadaan ini berlaku apabila paras gula dalam darah meningkat, menyebabkan buah pinggang bekerja lebih keras untuk menyaringkan lebihan glukosa melalui air kencing.

Gejala lain yang juga sering diaibaikan ialah peningkatan selera makan walaupun baru sahaja makan. Selain itu, sesetengah individu mungkin akan mengalami penurunan berat badan tanpa sebab, kulit menjadi gelap di bahagian tertentu seperti leher, ketiak, dan belakang leher. Keadaan ini dikenali sebagai acanthosis nigricans dan sering dikaitkan dengan ketahanan insulin.

Seseorang juga perlu berhati-hati jika mengalami penglihatan kabur, kerana kadar gula yang tinggi boleh mempengaruhi cecair di dalam kanta mata. Walaupun gejala ini mungkin bersifat sementara, ia merupakan tanda bahawa paras gula dalam darah tidak stabil. Tambahan pula, luka yang lambat sembuh atau sering mengalami jangkitan kulit juga boleh menjadi petunjuk awal pra-diabetes.

Selain mengenal gejala, penting untuk memahami faktor risiko pra-diabetes. Antara faktor yang paling ketara ialah berat badan berlebihan, terutama jika lemak banyak terkumpul di bahagian perut. Gaya hidup yang tidak aktif, tabiat pemakanan yang tinggi gula dan lemak, serta sejarah keluarga yang menghidap diabetes turut meningkatkan risiko seseorang. Individu berumur lebih 40 tahun atau yang mempunyai tekanan darah tinggi dan kolesterol tidak seimbang juga berada dalam kumpulan



berisiko tinggi.

Untuk mengelakkan pra-diabetes



berkembang menjadi diabetes, langkah

pencegahan awal amat penting. Antara

cara terbaik ialah mengubah gaya

hidup ke arah yang lebih sihat, seperti

mengamalkan pemakanan seimbang,

mengurangkan pengambilan gula dan

makanan berproses, serta melakukan

aktiviti fizikal secara berkala sekurang-

kurangnya 30 minit sehari. Pemeriksaan

kesihatan secara berkala juga tidak

boleh diabaikan, terutamanya ujian

darah untuk memantau paras glukosa

dan hemoglobin.

Kesimpulannya, pra-diabetes

bukanlah satu hukuman, tetapi satu

peluang untuk berubah sebelum

keadaan menjadi lebih serius. Dengan

kesedaran, disiplin, dan tindakan

yang proaktif, seseorang boleh

mengembalikan paras gula darah ke

tahap normal dan mencegah diabetes

daripada berlaku. Oleh itu, mengenali

gejala pra-diabetes adalah langkah

pertama ke arah kehidupan yang lebih

sihat dan seimbang.



TIKUS berkeliaran di kawasan penyediaan makanan di sebuah restoran ketika serbuan MPHS di Jalan Telipot dan Jalan Seruja, Bukit Sentosa, Hulu Selangor

## 2 premis diarah tutup tikus, lipas berkeliaran

**Shah Alam:** Dua premis di Jalan Telipot dan Jalan Seruja, Bukit Sentosa, Hulu Selangor diarah tutup sejak 14 hari kerana didapati ada tikus serta lipas berkeliaran di kawasan penyediaan makanan.

Majlis Perbandaran Hulu Selangor (MPHS) berkata, penutupan itu dibuat selepas pemeriksaan dari anggota Jabatan Pengurusan Sisa Pepejal & Pembersihan Awam (JPSPA).

"Hasil pemeriksaan mendapati pelbagai ketidakpatuhan kritikal termasuk premis beroperasi tanpa lesen, najis tikus dan lipas, pengendali makanan

tanpa suntikan anti-tifoid dan kursus pengendalian makanan.

"Selain itu peti sejuk tanpa kawalan suhu, peralatan memasak dan tandas yang tidak bersih, lantai dapur licin dan menangkung air, perangkap sisa tidak disenggara sehingga sisa mengalir ke longkang awam, serta amalan berisiko pencemaran silang," katanya dalam satu kenyataan, semalam.

MPHS berkata, pihaknya mengambil tindakan dengan mengeluarkan 19 kompaun mengikut Undang-Undang Kecil (UUK) Establisemen Makanan

2007 dan UUK Pengendali Makanan 2007.

Dalam operasi sama, beliau juga menegaskan penggunaan bekas polisterina yang dilarang selaras ketetapan Kerajaan Selangor.

"Kami komited melaksanakan penguatkuasaan berterusan dan konsisten terhadap larangan polisterina kerana implikasinya terhadap kesihatan awam dan alam sekitar, selain memastikan pengusaha mematuhi peraturan yang sudah ditetapkan.

"Kesalahan penggunaan polisterina turut dikenakan kompaun sebagai langkah

mendidik dan menghalang pengulangan," katanya.

Jelas MPHS, penutupan dua premis ini dibuat berikutan kegagalan mencapai piawaian kebersihan dan hanya akan dibersihkan beroperasi semula selepas pembersihan menyeluruh serta lulus pemeriksaan susulan.

"Kami menegaskan tindakan penguatkuasaan ini bagi melindungi kesihatan pengguna, memperkuuh pematuhan undang-undang kecil, dan memastikan persekitaran perniagaan makanan di Hulu Selangor kekal selamat, bersih dan teratur," katanya.

## LETTERS letters@thesundaily.com

## Strengthen support to retain doctors

**THE** Education Ministry's recent efforts to reduce teachers' workloads are a positive reminder that staff well-being is closely linked to the quality of public services.

A similar focus can be beneficial for the public healthcare system, where many doctors are experiencing increasing pressure. There are growing concerns that prolonged workloads and limited institutional support may contribute to fatigue among medical professionals.

In some cases, experienced specialists are choosing to leave public institutions in search of more manageable working environments, a trend that warrants attention.

Budgetary constraints and efficiency targets, while important, may at times place additional strain on already stretched teams.

Reports of critical staff managing workloads well above standard levels suggest the need to reassess whether

current staffing and resource allocations are adequate to meet service demands safely.

When performance expectations rise without a corresponding increase in resources, both staff and patients may be affected. Ensuring realistic workloads is therefore not only an issue but also a matter of maintaining care quality and reducing errors.

Proactive measures to support medical staff can help prevent further attrition to the private sector or overseas. In this regard, continued collaboration between the Health and Finance ministries to develop a clear, well-funded approach to workload management would be a constructive step forward.

Safeguarding the well-being of doctors will ultimately safeguard the sustainability of our healthcare system.

Desmond T.  
Petaling Jaya

## Fix RFID failures before they cause harm to drivers

**I AM** writing not merely to echo the widespread frustration that has been reported in the media but to urgently demand an implementable solution to a problem that has dangerously undermined our highway system: the reliability of the RFID toll collection system.

The situation presents clear risks: when an RFID system fails to detect the tag, the leading vehicle may be forced to stop or reverse.

This can prompt impatience among following drivers, who may change lanes abruptly, creating dangerous 'near-miss' situations. What was once an inconvenience has evolved into a significant contributor to road safety risks and heightened driver aggression.

I understand that highway concessionaires must balance investment decisions during the transition to the Multi-Lane Free Flow system, scheduled to begin in 2027 and that financial prudence is necessary.

However, I believe we cannot trade human life and safety with cost.

Allocating investment to fix this issue is a matter of priority, not the scale of capital. The period between now and 2027 is still a long time for road users to endure these daily safety risks.

Operator data would show that the problem is not uniform. A small number of lanes – what may be described as "chronic failure points" (CFP) – consistently record high failure rates and are disproportionate sources of congestion and safety risks, regardless of traffic volume.

Many toll operators emphasise their commitment to corporate social responsibility (CSR).

This situation offers a clear and practical opportunity to demonstrate that commitment in a meaningful way.

To leave these dangerous CFP unaddressed is in stark contrast to any claim of prioritising public welfare.

I call upon all highway concessionaires and the RFID system operator to demonstrate their CSR by adopting this targeted, cost-effective

mitigation strategy:

> **Identify and isolate CFP:** Use existing operational data to transparently pinpoint lanes that consistently show the highest failure rates.

> **Invest in redundant sensors:** Rather than waiting for a full nationwide retrofit, allocate immediate resources to install additional and replace redundant RFID sensors at proven CFP.

I believe the operator's technical team has the capability to implement this solution; what is needed is clear direction from leadership to proceed.

This is a feasible, low-technology interim solution that will quickly restore reliability and reduce the safety risks where it is most needed.

I urge the operators to act now. Prioritise the safety and well-being of Malaysian road users instead of waiting for long-term solutions.

Chin Yew Sin  
Shah Alam

# PM announces modest Cabinet line-up

► Reshuffle to ensure appointed ministers work as team and focus on reinvigorating economic growth, says Anwar

■ BY QIRANA NABILLA  
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**PETALING JAYA:** Prime Minister Datuk Seri Anwar Ibrahim yesterday reshuffled the Madani Cabinet, promoting six deputy ministers and bringing in one new face, injecting fresh energy into key government portfolios.

Among those appointed are Datuk Mustafa Saknud as Minister in the Prime Minister's Department in charge of Sabah and Sarawak Affairs; Dr Zulkifli Hasan as Minister for Religious Affairs; Akmal Nasrullah Mohd Nasir as Economy Minister; Datuk Seri Arthur Joseph Kurup; Datuk Seri Noraini Ahmad as Plantation and Commodities Minister; and Datuk Seri Ramanan Ramakrishnan as Human Resources Minister.

In a notable addition, Sungai Petani MP Dr Mohammed Taufiq Johari was named Youth and Sports Minister. All seven appointments mark their first entry in the Unity government.

In a special press conference, Anwar also announced that Hannah Yeoh has been shifted to a new role as Minister in the Prime Minister's Department (Federal Territories).

Datuk Seri Johari Abdul Ghani has been appointed Investment, Trade and Industry Minister, moving from his previous post as Plantation and Commodities minister. Sim Tze Tzin will assume the role of Investment, Trade and Industry deputy minister.

Former Human Resources Minister Steven Sim Chee Keong has been reassigned as Entrepreneur Development and Cooperatives Minister, overseeing micro, small and medium enterprises (SMEs), while Datuk Muhammad Alamin has been appointed deputy minister.

New deputy ministers include

Datuk Khairul Firdaus Akbar Khan (Human Resources), Datuk Indera Muhammad Syah Abdulrahman (Economy), and preacher Marhamah Rosli, who will serve in the Prime Minister's Department (Religious Affairs). Datuk Lo Su Fui takes up the post of Federal Territories deputy minister.

Chiew Choon Man and Yuneswaran Ramaraj were appointed Tourism, Arts and Culture and National Unity deputy ministers respectively.

Datuk Mohd Shahar Abdullah is named Economy deputy minister, while Syed Ibrahim Syed Noh is the deputy minister for the Natural Resources and Environmental Sustainability Ministry.

Several deputy ministers have

also been reassigned, including Datuk Chan Fung Hin (Agriculture and Food Security), Datuk Lukmanisman Awang Sauml (Foreign Affairs), Lim Hui Ying (Women, Family and Community Development), Adam Adli Abdul Halim (Higher Education), Datuk Hajah Hanifah Hajar Talib (Health),

Datuk Seri Abdul Rahman Muhammad (Energy Transition and AI Transformation) and Liew Chin Tong (Finance). Former Natural Resources and Environmental Sustainability deputy minister Datuk Seri Huang Tiong Sii is now Plantation and Commodities deputy minister.

Meanwhile, the reshuffle also saw two ministers and one deputy minister dropped from the Cabinet.

The ministers are Datuk Dr Mohd Na'im Mokhtar, who had served as Minister in the Prime Minister's Department (Religious Affairs) and Datuk Seri Dr Zalha Mustafa, formerly the Minister in the Prime Minister's Department (Federal Territories).

Mohd Na'im was recently reappointed as a senator for a second term.

Also dropped from the new

Madani government line-up is National Unity deputy minister K. Saraswathy.

The reshuffle comes after four portfolios were already vacant. The posts of Economy Minister, held by Datuk Seri Rafizi Ramli; Minister of Natural Resources and Environmental Sustainability, held by Nik Nazmi Nik Ahmad; and Minister of Entrepreneur Development and Cooperatives, held by Datuk Ewon Benedict, were left empty following their resignations.

Meanwhile, the position of Investment, Trade and Industry minister, held by Tengku Datuk Seri Zafrul Tengku Abdul Aziz, became vacant after his term as senator expired.

Overall, the reshuffle involved three ministerial portfolio changes, 10 deputy ministerial portfolio changes, seven new ministerial appointments and eight new deputy ministerial appointments, bringing the total to 28 ministers and deputy ministers.

Earlier, Anwar said the adjustments were necessary to fill vacancies in the Cabinet.

"This is to ensure the Cabinet works as a team and focuses on reinvigorating economic growth while addressing the people's concerns."

Anwar said the swearing-in ceremony, with the consent of His Majesty Sultan Ibrahim the King of Malaysia, will be held at 10am today at Istana Negara, followed by a Cabinet meeting at 2.30pm.

He expressed gratitude to ministers and deputy ministers who had previously served, adding that the reshuffle would ensure a more cohesive and effective Cabinet.

"The changes focus on strengthening teamwork within the Cabinet, sharpening its focus on economic growth, and addressing public concerns," Anwar said.

## Lang Bragman Probiotic Series enters Malaysia Book of Records

**PETALING JAYA:** Lang Bragman Probiotic Series by Pharm-D Health Science Sdn Bhd has been recognised by the Malaysia Book of Records as the "Largest Range of Home-Grown Probiotic Products in Malaysia".

The recognition was presented to Pharm-D Health Science for developing more than 34 probiotic formulations catering to various health needs.

Built on a foundation of science, safety, and innovation, Lang Bragman's products utilise science-backed and patented probiotic strains, and are manufactured in GMP-certified and halal-compliant facilities.

Today, Lang Bragman's products are available in more than 800 pharmacies and medical centers across Malaysia and Singapore, including major pharmacies such as those under the BIG Caring Group - BIG Pharmacy, Caring Pharmacy, Georgetown Pharmacy, Ting Pharmacy and Wellings Pharmacy.

"This recognition is meaningful because it reflects the depth of expertise we have built in probiotics," said Pharm-D Health Science Group managing director, Wong Chin Cheang.



Wong (centre) Malaysia Book of Records COO Jwan Heah with management representatives from Big Caring Group, from Pharm-D Health Science Group and Attivo Healthcare, a member of the Pharm-D group at the recognition ceremony.

He added that Lang Bragman has grown into a comprehensive portfolio developed through years of careful research and quality standards. "It shows that Malaysia is capable of producing reliable, science-based

probiotic products that meet the needs of both local and regional communities," said Wong.

Founded in 2001, Pharm-D Health Science began as a specialty healthcare company addressing rare

diseases and advanced therapeutic needs. In 2021, the company expanded its scope through strategic mergers, including its integration with Attivo Healthcare, the founding company of Lang Bragman.

Attivo Healthcare, founded in 2014, initially focused on medical devices and nutritional supplements before identifying probiotics as the next frontier in preventive health. By 2016, it transitioned into a probiotic-specialised company, launching the Lang Bragman brand that would soon become a household name in the Malaysian wellness market.

Following the merger, Pharm-D Health Science has since strengthened its R&D foundation with a dedicated manufacturing arm and research collaborations with research institutions and universities such as Universiti Sains Malaysia and Universiti Putra Malaysia, as well as Jiangnan University in China for international collaborations, in driving innovative developments such as locally patented postbiotic ingredients and psychobiotic formulations.

The Malaysia Book of Records recognition establishes Lang Bragman as a national benchmark for homegrown excellence in probiotics and microbiome science. It signifies a rare synthesis of research-driven innovation, ethical manufacturing, and nation-building ambition.