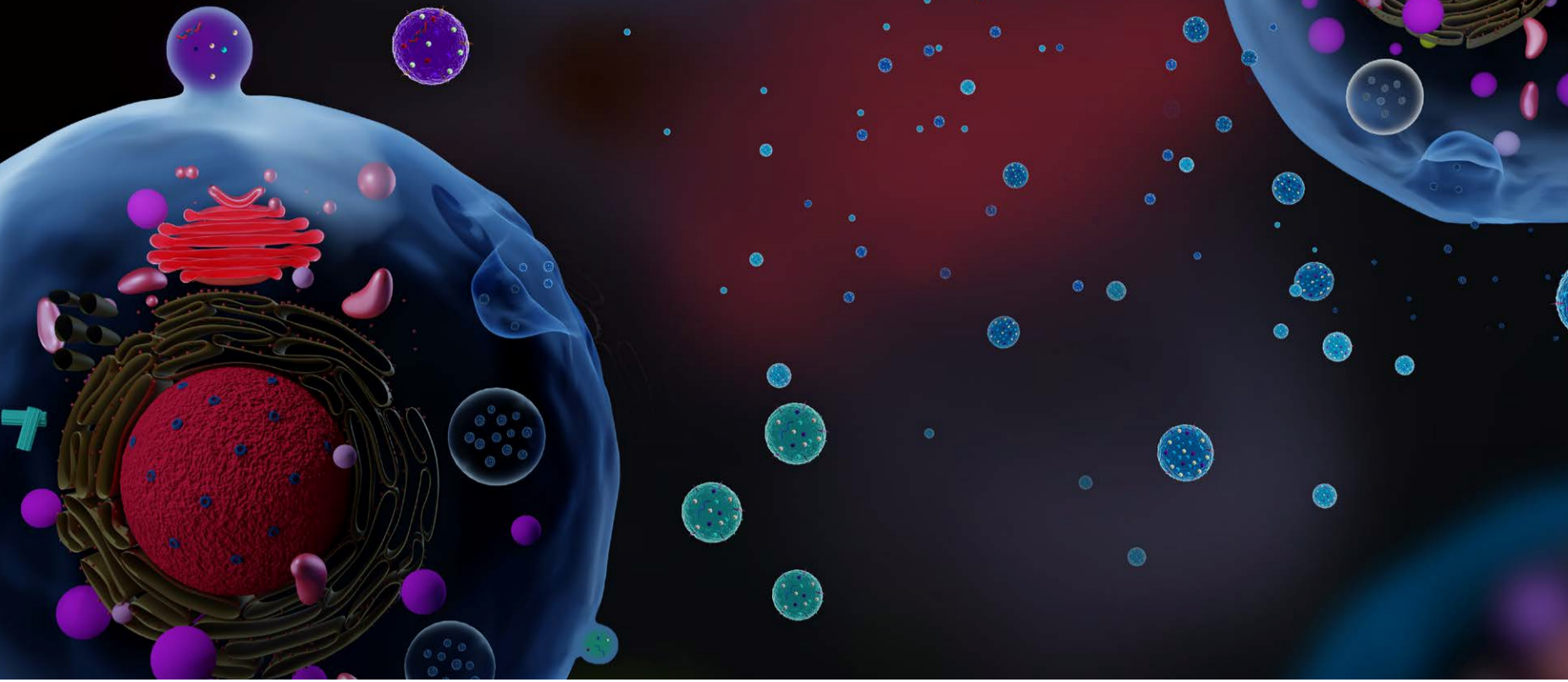


# Celebration

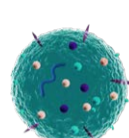
celebrating life together



## Exploring the Microscopic Giants : Small Extracellular Vesicles (sEV)

sEV (small extracellular vesicles) are membrane particles derived from umbilical cord mesenchymal stem cells, which consist of exosomes, exomeres and microvesicles. Size of sEV varies from 30 nm - 220 nm, which is approximately 20x smaller than mesenchymal stem cells.

**Microvesicles**  
100 – 1000 nm



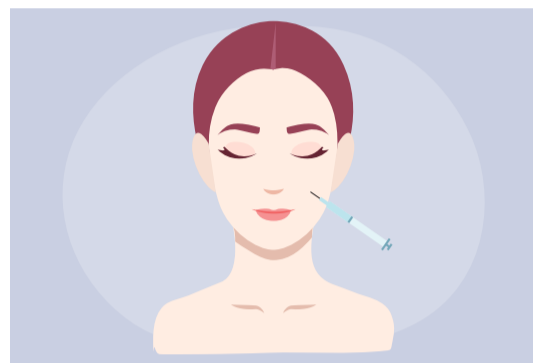
**Exosomes**  
50 – 150 nm



**Exomeres**  
30 – 50 nm



Initially, sEV were considered as 'garbage bags' to throw their metabolic waste out but their diverse roles and functions make them far more sophisticated than mere waste carriers. sEV is packaged with different kinds of bio-molecules, such as proteins, lipids, and genetic information like DNA and RNA where they act as messengers between cells in your body<sup>1,2</sup>. These communications are crucial for tasks like telling cells when to grow, how to respond to threats like infections, and even helping with healing when you get injured.



Today, sEV are mainly used for facial aesthetics in skin rejuvenation and treating orthopaedic related conditions in promoting tissue repair, regeneration, and pain management<sup>3,4</sup>. Continued research and development in these areas may lead to innovative therapeutic strategies and treatments benefiting patients seeking aesthetic improvements or orthopaedic interventions<sup>5</sup>.

For further information, please contact us at 1 800 88 3300. You can also click the link below to access this information in Chinese.

[> For more information](#)

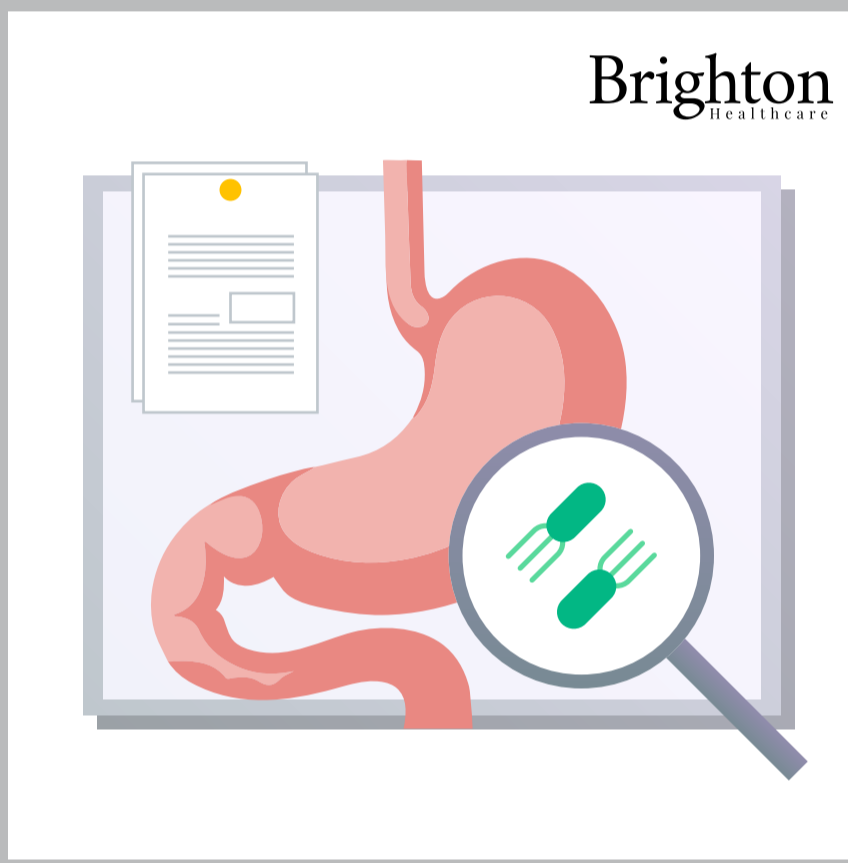


## "Elderberry's Immune-Boosting Potential: Exploring Supplemental Benefits"

Elderberry has been consistently touted as the supplement of choice by those who want to boost their immune response during allergy and flu season. Its amazing health benefits are a result of the high content of polyphenols and antioxidants in elderberry extracts.

Anthocyanins, particularly cyanidins, have been proven to improve metabolism, immunity, viral resistance, neuroprotection, and anti-aging. Quercetin has also shown its ability to control allergies, cancer, and diabetes. Instead of getting your elderberry extract supplement from foreign supplier with dubious values, support local business by getting your elderberry extract specially compounded for your needs.

[> For more information](#)



## "Screening for Helicobacter Pylori: A Vital Step in Digestive Health Maintenance"

Helicobacter pylori (H. pylori) is a type of bacteria that infects the stomach lining and it is an important cause of ulcers. Many infected people have mild or no symptoms initially.

Detecting the infection early through health screening enables timely intervention and treatment to prevent these potentially serious complications. Screening and treating individuals with H. pylori infection can help reduce the spread of the bacterium to others, particularly in close contact settings such as families or institutions.

Diagnosis of H. pylori infection typically involves a combination of tests, including blood tests, breath test and endoscopic biopsy. Contact Brighton Healthcare now to get your H. pylori screening done.

[> For more information](#)

# DOUBLE-UP

## REFERRAL REWARDS PROGRAMME

(Exclusive for CryoCord clients only)

worth up to

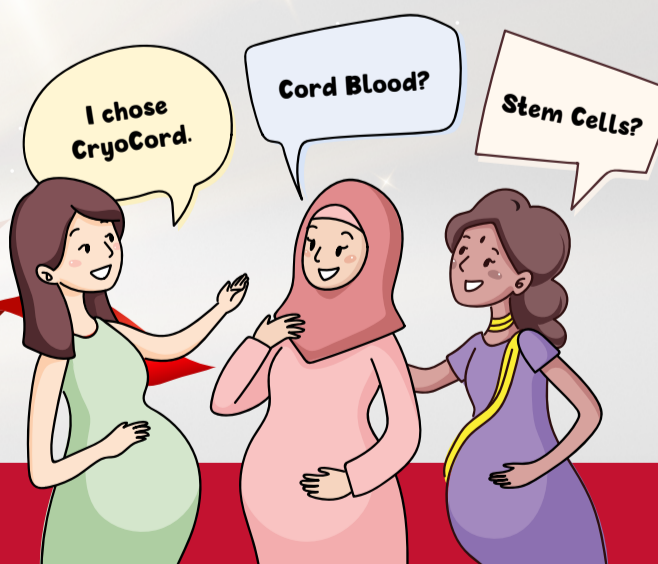
**RM2,300\***

\* Terms and conditions apply.

Valid from 1 - 30 April 2024

**IS YOUR FRIEND PREGNANT NOW?**

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