

KNOWING WHERE TO GO



Mamil® A Resource on Child Nutrition Whenever You Need It

Friendly Advice from a Trusted Source

Your child is experiencing constipation, and it is really causing you distress. As a mom, it's important to know who or where to go to for advice. This includes getting professional advice from your local paediatrician, seeking recommendations from your family and friends or doing your own research from reliable online resources that can be accessed 24 hours per day and 7 days a week.



From Mamil® with Love

The Mamil® website - www.mamil.com.my is full of easy-to-understand information and is accessible at any time of day or night. Find out what you need from these useful sections:

Tips for a Healthy Gut is a brand-new section that contains valuable information on the importance of gut health and the role it plays in your child's overall health and wellbeing. This section contains the tools you need to help manage gut health issues at your fingertips, as it features a Reading Corner with helpful articles, the Bristol Stool Chart as well as the Mamil® Expert Toolkits, just one click away!

Our Products gives you an overview of the range of growing-up milk that Mamil® offers. The range includes Mamil® Learning for 1-3 Years and Mamil® Active for 4-9 Years; each of the formulation contains the internationally patented prebiotics oligosaccharide mixture GOS/IcFOS (9:1), which helps maintain a good intestinal environment.

Real Mums Say is a special section where you can read up on stories from other moms who have gone through the "hard time" with their kids and find out how they have dealt with constipation and other digestive troubles.

Share Your Experience is where you get to contribute your personal stories of challenges and successes as a mother. You can also share your own tips with other mothers who are facing similar challenges, creating a caring network of moms!

Ask Your Doctor contains video interviews with paediatrician Dr Chin Wai Seong who takes you on a simple journey to have a better understanding on the importance of good gut health.

Redeem Your Trial Pack is exclusively for first-time users who would like their children* to try Mamil® for 7 days and see the difference**.

*For children 1 year old and above who is currently drinking growing up milk.
**Result may vary according to individual. Please consult your doctor for any medical concerns.

More Helpful Sites for You to Turn Hard Time to Good Time

There are other websites and resources available online and here are a few established sites that offer useful information for you:

www.mypositiveparenting.org

Positive Parenting
This website, developed by the Malaysian Paediatric Association, carries a wide assortment of articles written by specialists such as paediatricians and nutritionists.

www.who.int/nutrition/topics/en

World Health Organization, WHO
A global website with a panel of medical experts on board and which covers a wide range of health issues and topics, including information on specific Nutrition health topics.

<http://www.nutriweb.org.my/>

NutriWeb
This official website of Nutrition Society of Malaysia provides easy access to nutrition information appropriate for Malaysians and is an online platform for parents to interact with nutritionists.

<https://www.facebook.com/DumexMamil>

Mamil® Dumex Facebook Page
The Mamil® Facebook page is loaded with tips and insights on how to maintain a healthy gut. With more than 100k likes, this page is also a great platform to network with other mums.

Meet the Mamil® Careline Advisors

Welcoming mothers with a friendly response online and a caring voice on the phone, the Mamil® Careline Advisors are an experienced team that can help mothers turn hard time to good time.



Questions like these and many more are what the Careline Advisors handle every day – they receive over 3,000 questions every month through telephone calls, emails, Facebook messages and LiveChats.

Together, they pool their knowledge as experienced moms, midwives, nutritionists and dietitians to help reassure moms, share knowledge, advice and a much-needed listening ear.



Want To Know More?

Reach out to the Mamil Careline Advisors – a group of eight qualified and experienced individuals who understand what it means to be a loving, hands-on mom. Get in touch with them via email, telephone, Facebook message, or LiveChat.

Tel: 1800 38 1038
Website: www.mamil.com.my
Facebook: Dumex Mamil