Words from

Over the past year, ILSI Southeast Asia Region has enabled important progress across our broad range of issues, from food safety to biotechnology, from infant nutrition to the science of natural and non-nutritive sweeteners, and important activities in capacity building. We have also strengthened our platform for future significant contributions to improved public health based on better data and understanding. Our branch and members supported work on micronutrient status data in the region, which is resulting in a number of published papers this year. We continue our fundamental tripartite approach to involve the key stakeholders, with a clear focus on scientific issues relevant to public health.

Our strategic review has resulted in an update of our scientific clusters, with new focus on methodologies and data for nutrition, the importance of risk assessment in food safety issues, and the recognition of the critical necessity of Sustainable Food Systems.

We have taken steps to strengthen our Country Committees to encourage a more strategic approach at the local level, while ensuring integration with our regional and global priorities. Our work on the ONE ILSI global project on healthy aging should result in a number of published papers this year.

The Global Food Safety Partnership (GFSP) project with the World Bank to pilot their training module for risk assessment of chemical contaminants in food will now be done in 2016, and we are working to strengthen our ILSI Fellowship in Risk Assessment program to increase the number of participating scientists and to expand the network of expertise in the region.

In the following pages of our annual report, you can see some of the many activities that we have completed over the past year. We have continued to advance scientific knowledge, and helped to transform scientific learnings into effective actions and practical solutions. We would like to thank our tripartite partners from academia and governments, as well as ILSI SEA Region’s members, directors and advisors for their important contributions.

In 2015, ILSI SEA Region completed a two-year strategic planning to strengthen our organization and scientific engagement at regional and country levels. A series of meetings were held with our respective Country Committees within ASEAN, identifying priority issues to be addressed and stakeholder outreach to be initiated over the next two years.

In April, we held our Annual Meeting in Bangkok, Thailand, the first time this event was hosted outside of Singapore where our Regional Office is based. In the coming years, we will adopt this new approach more frequently to increase our visibility and network, as well as participation from local stakeholders in the various countries where ILSI SEA Region operates.

With increasing concern among international and local health authorities on the problem of obesity, we conducted a series of seminars on sugar and sweeteners, to review the latest science, product innovations and consumer attitudes in the region. This is in addition to our research project to examine intake levels of sugar and sweeteners in several countries. We also initiated a collaboration with ASEANFOODS to expand currently available Food Composition Data, and to improve the quality of the data. This forms part our work with key institutions in the region to generate better national food and nutrients intake data, along with better analytical and interpretation capability for appropriate food guidance by the authorities.

With the establishment of the ASEAN Community in December 2015, we see increased opportunities to deepen our partnership and engagement with the various working groups and task forces under ASEAN health, food safety and food security frameworks. We will continue our role as a knowledge partner, provide training and capacity building, and assist with data generation and harmonization of methodologies and standards.

Once again, we thank all our members, advisors and collaborators who support and contribute to ILSI SEA Region in our scientific journey, and in making a difference through the work we undertake.
The International Life Sciences Institute (ILSI) is a nonprofit, worldwide organization whose mission is to provide science that improves human health and well-being, and safeguards the environment.

Collaboration
Since ILSI was established in 1978, we have achieved this mission by fostering collaboration among experts from public and private sectors of society on conducting, gathering, summarizing, and disseminating science.

Shared Values
ILSI believes leading scientists from industry, government, and academia and other civil society organizations can and should work together to identify and address concerns of common interest.

Prominent researchers from industry and academia jointly lead the organization, guiding its work to conduct research, harmonize the use of science, and encourage scientific dialogue.

Public – Private Leadership
ILSI is governed by its Board of Trustees, at least half of which is composed of public sector representatives (primarily academic scientists) and representatives of ILSI members. This public-private balance ensures that the funds provided by our industry members are used to conduct and disseminate science that is important and useful to many stakeholders.

ILSI SEA Region
Established in 1993, ILSI Southeast Asia Region (ILSI SEA Region) is a regional branch of ILSI that initiates and coordinates scientific programs, research, and information dissemination among the 10 ASEAN countries (Brunei, Cambodia, Indonesia, Lao PDR, Malaysia, Myanmar, Philippines, Thailand, Singapore and Vietnam), Australia and New Zealand.

Our activities focus primarily on nutrition and health promotion; food and water safety; risk science and toxicology; and sustainable agriculture and nutrition security.

With our Regional Office located in Singapore, ILSI SEA Region oversees a Country Office in Australia, as well as Country Committees in Indonesia, Malaysia, Philippines and Thailand.

ILSI SEA Region also serves as coordinator for collaborative programs among ILSI’s Asian branches, including ILSI Focal Point in China, ILSI India, ILSI Japan, ILSI Korea, and ILSI Taiwan.

ILSI SEA Region’s Activities

- Sharing of Scientific Knowledge
  We organize and facilitate scientific meetings including workshops, seminars, symposia and conferences for local, regional and international audiences. Through these events, ILSI SEA Region is able to provide a credible and neutral platform for the sharing of the latest scientific knowledge and regulatory updates, as well as facilitate the productive exchange of ideas and dialogue among our tripartite stakeholders – industry, academia, and government.

  Important outcomes of ILSI SEA Region’s activities and programs are disseminated to our stakeholders and the wider public through our scientific publications, as well as published articles in scientific journals. We also disseminate regular updates of our organization’s news and activities through our website, monthly NewsFlash, and Science InSight – our biannual ILSI SEA Region newsletter.

- Community Programs and Capacity Building
  In a diverse region with varying levels of socio-economic development, many population groups remain vulnerable to critical problems such as inadequate nutrition, food safety and food security issues. ILSI SEA Region aims to translate science and technology into sustainable solutions, and maximize our impact on improving public health in the region through collaborative projects that bring direct benefits to communities and populations.

  To enhance the long-term success and sustainability of such initiatives, we also conduct capability development programs and activities for key stakeholders including local health professionals, educators, and government officials.

- Research
  ILSI SEA Region seeks to enhance scientific resources and support scientific research in the region through private-public partnerships between industry, government, academia, research and scientific institutions, as well as nonprofit organizations and foundations. Overall, our research projects aim to identify gaps and potential for future research, investigate and estimate prevalence and determinants of various conditions relevant to each Science Cluster. We also aim to harmonize data and methodologies, collate and improve quality of data and methodologies as well as develop standard databases. Such collaborations are based on strict principles of scientific integrity, ethics and transparency.
ILSI SEA Region is governed by a Board of Directors, which comprises an equal number of invited individuals from the public sector (Scientific Directors) and ILSI SEA Region member representatives (Member Directors), to ensure a balance of scientific perspectives.

A Scientific Advisory Committee and a Panel of Scientific Advisors provide the latest scientific knowledge and expertise, as well as general oversight and guidance for our scientific programs.

Board of Directors 2015-2016

Executive Committee
President
Mr. Geoffrey Smith
Chief Executive Officer, Nutrition Strategies International, Singapore

Vice President
Dr. Lionel Buratti
Regional Manager, Nestle Quality Assurance Centre Nestle R & D Center (Pte) Ltd, Singapore

Co-Vice President
Prof. Sushila Chang
Dean (Academic) Science, Environment, Engineering and Technology Group, Griffith University, Brisbane, Australia

Honorary Secretary
Dr. Harvey Glick
Senior Director of Scientific Affairs for Asia, Monsanto Singapore, Singapore

Honorary Treasurer
Dr. Akarat Suksomcheep
ASEAN Scientific & Regulatory Affairs Manager, Coca-Cola Southeast Asia Services Ltd, Thailand

Member-at-large
Dr. Yoko Ogiwara
Regulatory and Scientific Affairs Director, Ajinomoto Co. Inc, ASEAN Headquarters, Thailand

Member-at-large
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Emeritus Professor, Institute of Human Nutrition and Food, College of Human Ecology, University of Philippines Los Banos, Philippines

Member-at-large
Prof. Emorn Udombesmalee
Senior Advisor and Past President, Institute of Nutrition, Mahidol University, Thailand

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Emeritus Professor, Department of Microbiology, Yong Loo Lin School of Medicine, National University of Singapore, Singapore

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Prof. Christiani Jeyakumar Henry
Director, Clinical Nutrition Research Centre, Singapore

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Nutrition Science Director for Asia Pacific Research & Development, Mead Johnson Nutrition, Singapore

Dr. Yu Li
Asia Pacific Director of Scientific and Regulatory Affairs, Mars Foods (China) Co., Ltd, China

Dr. Widjaja Lukito
Advisor, SEAMEO Regional Center for Food and Nutrition, Indonesia

Dr. E-Siong Tee
Nutrition Consultant, TES NutriHealth Strategic Consultancy, Malaysia

Prof. Aman Wirakartakusumah
Professor of Food Science and Technology, Bogor Agricultural University, Indonesia

Assembly of Members
Regional Board of Directors
Executive Committee
Scientific Advisory Committee (SAC)
Branch Development and Communications Committee
Regional Office
Panel of Scientific Advisors
Science Clusters

Governance and Leadership

Branch Management and Staff

ILSI SEA Region’s Regional Office based in Singapore is managed by the Singapore-registered consultancy firm, Food & Nutrition Specialists Pte Ltd. The Regional Office oversees and carries out ILSI SEA Region’s day-to-day activities, including coordination and implementation of the Branch’s scientific programs across ASEAN and Australasia. It also oversees ILSI SEA Region’s Country Office in Australia, and its Country Committees in Indonesia, Malaysia, Philippines and Thailand.

The Regional Office, together with the Board of Directors, also charts ILSI SEA Region’s growth, the organizational development, supports its resource development and forges partnerships with local, regional and international stakeholders.

Regional Office
Executive Director
Director, Scientific Programs
Deputy Director, Scientific Programs/ Director, Research (Nutrition)
Senior Manager, Scientific Programs
Assistant Manager, Scientific Programs
Executive, Scientific Programs
Executive, Scientific Programs
Director, Development and Communications
Senior Manager, Branch Administration
Assistant Manager, Branch Administration

Mrs. Boon Yee Yeong
Ms. Pauline Chan
Dr. Sofia Amarra
Mr. Keng Ngee Teoh
Ms. Jocelyn Wong
Mr. Malcolm Tan
Ms. Yee Sin See
Ms. Li Yuin Yeong
Ms. Amy Kok
Ms. Joyceelyn Seah

Country Office / Committees
Australasia
Indonesia
Malaysia
Philippines
Thailand

Ms. Christine Dowdall
Dr. Siti Muslimatun
Dr. E-Siong Tee
Prof. Rodolfo Fiorentino
Prof. Anadi Nitithamrong
In 2014 - 2015, ILSI SEA Region carried out its Strategic Planning exercise and one of the key priorities identified was the review and renovation of its existing Science Clusters structure. The existing Science Clusters structure was established in 2007, and it was recognized that a review was needed to address changing and new emerging issues in public health, nutrition and food safety.

At the same time, ILSI Global initiated the ONE ILSI approach, with 4 thematic areas covering the key areas of focus for ILSI as a global scientific organization. A reorganization of ILSI SEA Region’s Science Clusters structure would allow the branch to better align its scientific programs and activities with ONE ILSI thematic areas.

Reorganization of ILSI SEA Region’s Science Clusters structure was completed in 2015, and implementation of the new structure commenced from January 2016.

The new structure comprises 4 Science Clusters:

**FOOD AND NUTRIENTS IN HEALTH AND DISEASE**

This Science Cluster will focus on the biological and physiological aspects of nutritional science. The objectives of this Science Cluster are to examine nutritional issues that impact the health of populations, and generate scientific information regarding local dietary intakes and disease risk in the region. These objectives are achieved by conducting collaborative primary and secondary research in the different regional countries, and by organizing conferences, workshops and expert consultations to share latest science and specific topics on diet and health issues.

Topics that fall within this Cluster include:
- Diet, Health Impacts and Disease Risks
- Macronutrients and Micronutrients Needs and Status
- Physical Activity and Energy Balance
- Biomarkers and “omics” Sciences

**NUTRITION AND FOOD GUIDANCE FOR PUBLIC HEALTH**

This Science Cluster has been reorganized from the previous Food Innovations Science Cluster. A key objective of this new Cluster is to promote the development of sound dietary guidance for populations. To achieve this, sound methodologies and tools are required for dietary assessment in order to identify key sources of nutrients as well as potential deficiencies and excesses, and to monitor the effects of nutrition interventions.

Topics that fall within this Science Cluster include:
- Methodologies and Tools for Dietary Assessment
- Dietary Guidelines
- Nutrition Labeling and Claims
- Functional Foods
- Food Fortification
- Science of Consumer Behavior

**SUSTAINABLE FOOD SYSTEMS**

This new Science Cluster will facilitate ILSI SEA Region’s engagement in a broader range of increasingly relevant topics related to agriculture, food and the environment.

The objectives of this new Science Cluster includes facilitating knowledge sharing on sustainable food production technologies, including storage, processing, food safety treatments and packaging; addressing emerging scientific issues on agricultural sustainability and nutrition security in the region; establishing metrics for sustainable nutrition security (SNS) suitable for the region; promoting an enabling regional environment for the safe use of new agri-food production technologies that may address food and nutrition security concerns; and raising awareness and share information on impacts of climate change and other risks to the agri-food production and supply system.

Topics that fall within this new Science Cluster include:
- Sustainable Agriculture and Food Systems
- Sustainable Nutrition Security (SNS)
- Climate Change and Other Risks to the Agri-Food Supply System
Highlights of 2015 Activities

Scientific Meetings and Conferences

FOOD ALLERGENS

Food allergies are becoming an increasingly important public health issue in Southeast Asia. In response, many ASEAN food safety authorities are starting to require mandatory allergen labeling of food products to help protect consumers that may be suffering from food allergies.

Recognizing the need for a collective approach in addressing the issue of food allergies, ILSI SEA Region had organized a one-day Seminar on Food Allergens – Science and Challenges for Southeast Asia & a half-day closed-door Workshop on Risk Assessment of Allergens: Data Needs for the Southeast Asia Region. This seminar and workshop, held on April 7-8, 2015 in Bangkok, Thailand, was co-organized with the Food and Drug Administration, Thailand, in collaboration with ILSI HESI, ILSI Japan, and Allergen Bureau.

Outcomes of the Seminar:
The seminar provided an overview of the various food allergy and allergen issues to facilitate the understanding of the underlying science of food allergies and allergens. It also covered the basic concepts for the risk assessment of allergens and how these risk assessment outcomes can be translated into guidance for risk-based allergen labeling for the food industry. Over 120 participants from Southeast Asia and other Asian countries, representing government food safety authorities, the food industry, clinical practitioners, academics researchers, as well as food allergen analytical solution providers had attended the workshop, and the summary report have been prepared and uploaded on ILSI SEA Region’s website.

Outcomes of the Workshop:
At the end of the workshop, it was recommended that ILSI SEA Region facilitate the development of a harmonized protocol for oral food challenge studies. It was agreed that it would be beneficial to initiate a network of food allergists and research institutions, who could be engaged to undertake such food challenge studies in their respective countries. Future data collection should start with shrimp as the basis among Southeast Asian populations. In addition, further capacity building is needed to disseminate relevant information and raise awareness among the food industry, particularly small and medium enterprises on the importance of complying with food allergen labelling regulations, to ensure consumers are protected.

SUGAR AND SWEETENERS

A series of 4 scientific events were organized and held in Singapore, Australia, Thailand and Vietnam, covering the science and health related issues on sugar and sweeteners. Experts addressed their usage, safety concerns, consumer perceptions and best practices to promote products renovation and public education and guidance.

Singapore

Sugar serves an important role in imparting sweetness in food. In the form of glucose, it further serves important functional and physiological roles in the body. However, in light of increasing caloric intake and declining energy expenditure, sugar is increasingly seen as one of the main contributors to rising obesity rates in Asia. Concerned international agencies and regional health authorities are therefore recommending measures to substantially lower sugar intake, albeit recognizing the lack of adequate intake data in Southeast Asia. Low-calorie and non-caloric sweeteners are alternatives to sugar that have the potential to reduce the caloric content of foods. Nevertheless, despite numerous scientific studies and safety evidence, controversies on the use of certain sweeteners remain.

Hence, ILSI SEA Region had organized a 1½-day Symposium on Sugar and Sweeteners: Science, Innovations, and Consumer Guidance in collaboration with the Clinical Nutrition Research Center, Agency for Science & Technology Singapore on October 27-28, 2015 in Singapore. This symposium was attended by more than 120 relevant health professionals from government departments and agencies, academia, research organizations and food industries.

In this symposium, the role and current scientific evidence on the health effects of sugar and sweeteners were discussed. The trends, levels, and sources of intakes of added sugar and sweeteners in Southeast Asia were also examined. The symposium also discussed the dietary guidelines on sugar consumptions and consumer perceptions of sweeteners in Southeast Asia and other countries. Proceedings of the symposium have been initiated.

Australia

There is currently significant public health concern about the consumption of sugar. Professionals in the field of nutrition and public health will need to provide sound advice to consumers on appropriate intake of sugars. A 1-day Symposium on Sugar in the Diet: Is There a Sweet Spot, was organized by the ILSI SEA Region Australasia Country Committee, on October 30, 2015 in Sydney, Australia.

The symposium reviewed the role of sugars in the diet, current consumption trends in Australia and New Zealand, as well as the perceptions, attitudes, and behavior of consumers about sugar. It also identified potential scientific research gaps.
Thailand

Due to the rising risks of non-communicable diseases in Thailand, the government and the food industry have been actively sourcing for ways to promote healthier diets to consumers. The food industry in particular are working hard to innovate and renovate food products to reduce fat, sugar, and salt content to make healthier food choices available. The ILSI SEA Region Thailand Country Committee organized a 1-day Seminar on Food Innovation/Renovation for Promoting Healthy Diets on October 30, 2015 in Bangkok, Thailand.

The seminar was co-organized by the Food Science and Technology Association Thailand. Food innovation and renovation strategies and technologies in promoting healthy diets was discussed, including the science behind these technologies, and the challenges faced in promoting healthier products to consumers.

Vietnam

A ½-day Seminar on Sweeteners: Uses and Safety held on December 14, 2015 in Hanoi, Vietnam, was organized by ILSI SEA Region, co-organized by Vietnam Food Administration and in collaboration with National Institute of Nutrition, Vietnam.

The seminar covered key issues related to sweeteners including its technological uses and functions, consumer perception of sweeteners, as well as risk assessment and safety aspects.

Food Fortification, Nutrition Labelling and Claims Regulations

This 1-day Training Workshop on Food Fortification, Nutrition Labelling and Claims Regulations, held in Hanoi, Vietnam in April 23, 2015, updated nutrition labeling and claims regulations in Southeast Asia and provided an understanding of the status of food fortification programs and regulations in Southeast Asia. It also provided insights on process and key learnings related to health claims and scientific substantiation in Southeast Asia, and gave an overview on the validation of the analyses of nutritional and functional food ingredients.

Food Composition Database

The Association of Southeast Asian Network of Food Data Systems (ASEANFOODS) was established in 1986 with 10 member countries in ASEAN. The main objective of the Network is to promote and support the development of national and regional food composition databases (FCDBs), and to ensure that they are maintained at a high standard and are accessible to users in ASEAN and other regions. The Network is dedicated to the ongoing contribution of knowledge and information towards improving food and nutritional security and achieving sustainable diets.

On December 17-19, 2015, a Roundtable Discussion on Food Composition Database was organized by ILSI SEA Region and co-organized by Institute of Nutrition, Mahidol University. The discussion focused on the development of quality evaluation system to assess the quality of published food composition tables (FCTs) and FCDBs in the region, and use of the system to evaluate the quality of current FCTs. Countries who participated in these activities were Thailand, Malaysia, Indonesia, Philippines, and Vietnam.

On March 30-31, 2016, the ASEANFOODS – ILSI SEA Region Workshop on Food Composition Database provided a platform for ASEANFOODS to work towards the overall goal of developing quality and comprehensive FCDBs. The workshop also followed-up the recommendations of the December 2015 meeting. The workshop was attended by Food Composition Database (FCD) developers, FCD users, and key representatives from government and industry from all 10 ASEAN countries. The workshop reviewed the proposed strategies for updating of ASEAN FCTs/FCDBs and how stakeholders can contribute to it; harmonized protocols for compiling FCD and developing FCDB from the borrowed data for the nutritional evaluation of foods; and also discussed the feasibility of incorporating nutrient content of pre-packaged foods (branded food products database) available in the region into national FCDBs.
Highlights of 2015 Activities

Research

Status Reviews of Existing Food Composition Database and Food Consumption Data in ASEAN Countries

ILSI SEA Region is currently conducting two Status Reviews, reporting on 1) Existing Food Composition Database and 2) Food Consumption Data in the 10 ASEAN Countries.

Food Composition Database (FCD) review

This project envisions the eventual development of a high quality ASEAN food composition database, which can be incorporated into a software program for regional use, to allow for rapid and efficient nutrient analysis of food consumption data in the ASEAN countries. In this review, information was collected on food composition data available for use in countries in the ASEAN Region. The quality of FC data obtained from the review was assessed using a set of criteria developed by ASEANFOODS/INMU, Mahidol University, Thailand, under the INFOODS guidelines. Following the review, subsequent steps will consist of regional workshops to discuss how FC data quality can be improved and expanded to include further nutrients identified as priorities to help address key nutrition challenges within the region.

Food Consumption Data review

The overall objective of this review is to provide information regarding dietary assessment in order to improve the quality of data in the region, leading to a more accurate picture of each country’s food consumption pattern and nutrient intake. This review documented the types of dietary assessment methods used in ASEAN countries, their sample size and sampling methods, and frequency of data collection. Limitations in terms of accuracy of data obtained from different methods and recommendations to reduce measurement error will be further discussed in a series of regional workshops starting from April 2016.

Upon completion, ILSI SEA Region will publish these two status reviews into monographs in 2016.

Compliance with WHO IYCF Indicators and Dietary Adequacy in 6-23 months of age: a Cross-Sectional Study in Malaysia

Culture- and age-appropriate infant and young child feeding (IYCF) practices are well recognized as imperative for child health and survival. In 2008, the World Health Organization (WHO) recommended a set of population-level breast feeding practices and food-related aspects of child feeding practices appropriate for children aged 6 to 23 months. The questionnaire comprises eight core indicators and seven optional indicators of feeding practices, and offers the advantage of inter-country comparisons of IYCF practices.

The ILSI SEA Region Expert Panel on Infant and Young Child Nutrition highlighted the importance for the region to undertake country-specific assessment of the IYCF indicators in association with measured dietary intakes and nutritional status of infants and young children at its meeting in 2012. Hence, this study was undertaken in Malaysia as the WHO IYCF indicators have yet to be used to assess feeding practices in Malaysia.

This study aimed to estimate the prevalence of compliance with WHO IYCF indicators in an overall sample of subjects aged 6.0-23.9 months; determine the dietary adequacy of a sub-sample of subjects using a 2-day weighed food record and computed in terms of Nutrient Adequacy Ratio (NAR) and Mean Adequacy Ratio (MAR); and to determine the extent of compliance with WHO core indicators for complementary feeding predicts dietary adequacy of the sub-sample, using multinomial logistic regression.

The study was conducted via a WHO IYCF indicators questionnaire of 300 subjects. A 2-day weighed food records was further conducted on a sub sample of 120 subjects. This study provided a measure of assessing dietary adequacy of the core complementary feeding indicators to augment the utility of WHO IYCF indicators. The study has been completed and the publication is under preparation.
Resource Allocation 2015

Overall Income/Expenses 2015

Members 2015

Abbott Manufacturing Singapore Pte Ltd
Ajinomoto Co, Inc, ASEAN Regional Headquarters
BASF East Asia Regional Headquarters Limited
BENEO Asia Pacific Pte Ltd
Campbell Arnotts
Coca-Cola Southeast Asia Services Co Ltd
Danone Asia Pacific Holdings Pte Ltd
DSM Nutritional Products Asia Pacific Pte Ltd
DuPont Nutrition and Health
F&N Interflavine Pte Ltd
Fonterra Co-Operative Group Ltd
FrieslandCampina
General Mills
GlaxoSmithKline Consumer Healthcare Pte Ltd
Kellogg Asia Pacific Pte Ltd
MARS Incorporated
Mead Johnson Nutrition (Asia Pacific) Pte Ltd
Mondelez Asia Pacific Pte Ltd

Monsanto Company
Nagase & Co Ltd
Nestle R&D Center (Pte) Ltd
Nutrition Strategies International
PepsiCo International - Asia Services Ltd
PT Nutrifood Indonesia
Simplot Australia Pty Ltd
Suntory Beverage & Food Company Japan
Unilever GCEA-NZ
U.S. Dairy Export Council
Yakult Honsha Co., Ltd
Yeo Hiap Seng Ltd
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Country Committees:
• Indonesia
• Malaysia
• Philippines
• Thailand

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