



Editorial

Dear Valued Customers,

We take great pleasure to introduce to you, our inaugural issue of REGAL TIMES. We, at Regal Pharmaceuticals Ltd, believe in providing quality products and services to our customers. With the help of this issue, we share the latest happenings at Regal Pharmaceuticals Ltd and also MEDI-LAUGH to relax you from your busy schedule.

Please feel free to approach us for queries, if any, regarding our products. Hoping to have an everlasting relationship and continue to be partners in healthcare.

Thanking you.

Sanjeev Sarkar (BPharm; MBA)
Editor

Some Recent Sponsorships...

- Pharmaceutical Society of Kenya (PSK) monthly meeting held at KICC on 18th March 2009. Our General Manager - Factory, Dr Rogers Atebe, presented papers on "Good Storage Practices".
- The Annual Scientific Conference of Kenya Association of Physicians held at Hotel Cathay, Nakuru from 18th to 21st March 2009.
- The East Africa Health & Scientific Conference held at KICC, Nairobi from 25th to 28th March 2009.
- The Annual Scientific Conference of Kenya Paediatric Association held at Hotel White Sands, Mombasa from 22nd to 25th April 2009.
- The Annual Scientific Conference of Kenya Medical Association held at Hotel Sportsman arm, Nanyuki from 22nd to 25th April 2009.

EXPANSION

Regal adds New Manufacturing lines for Quality Health

Regal Pharmaceuticals has commissioned two new manufacturing lines to match the market demands and continue to provide quality health to all, within the region. A new dry syrup filling line was installed in the Penicillin unit and a new oral liquid filling line was installed in the General (non Penicillin) unit. Both the lines were commissioned in the month of March 2009. All the machineries are, as per the latest standards & norms of current Goods Manufacturing Practices (cGMP).



The new Dry Syrup line in Penicillin unit.

"The capacity has been increased in the dry syrup line for Penicillin unit and also, in the liquid oral line as well as the dry syrup line, for our Non-Penicillin unit", explains Dr A Sinha, Technical Director of Regal Pharmaceuticals.



The new Liquid line in General (non-Penicillin) unit.

Continued Medical Education (CME) – Our support to the health fraternity

We, at Regal, support the health fraternity in providing latest medical news and updates in an organized manner by holding Continued Medical Education (CME). We invite eminent medical personnel to deliver & share medical updates to all participants. Some of the recently concluded CMEs are enlisted below:-

- Pharmaceutical Technologists at KICC, Nairobi on 29th March 2009.
- Clinical Officers at Meru Safari Hotel, Meru on 1st April 2009
- All health personnel at Kilifi District Hospital, Kilifi on 22nd April 2009.
- Doctors and Medical staff at Nsambya Hospital, Kampala (Uganda) on 22nd April 2009.

Fruit of the Season - Guava



Many of you might have tasted this mouth-watering treat. Guava is a tropical fruit that is like the shape of pear, with green rind and pinkish or white flesh and small seeds. This attractive fruit is a real storehouse of nutrients. If it is "An apple a day keeps the doctor away" in Europe and Americas, it must be "A few guavas in the season keeps the doctor away for the whole year" in the Tropical places where guavas grow. Its scientific name is *Psidium guajava*.

Guava Contains	Nutritive Values of Guava: Per 100 gm.
<ul style="list-style-type: none"> Vitamin C (the skin of guava contains more than 5 times Vit C than that of an orange.) Vitamin A and B Calcium Nicotinic Acid Phosphorus Potassium Iron Folic acid Fiber 	<ul style="list-style-type: none"> Vitamin A : 250 I.U. Vitamin B : Thiamine .07 mg.; Niacin : 1.2 mg. Vitamin C : 302 mg. Calcium : 30 mg. Phosphorus : 29 mg. Carbohydrates : 17.1 gm. Protein : 1.0 gm. Calories : 70

Some of its brilliant health benefits are:

- Diarrhoea & Dysentery:** Guava is very rich in astringents, which binds up loose bowels in diarrhea. These astringents are alkaline in nature and have disinfectant and anti-bacterial properties, thus help cure dysentery by inhibiting microbial growth and removing extra mucus from the intestines.
- Constipation:** Guava is one of the richest sources of dietary fiber. Its seeds, if ingested whole or chewed, serve as excellent laxatives. These two properties of guava help forming bowels, retaining water and clean your intestines and excretory system thoroughly.
- Cough & Cold:** Juice of raw and immature guavas or decoction of guava-leaves is very helpful in giving relief in cough and cold by

loosening cough, reducing mucus, disinfecting the respiratory tract, throat and lungs and inhibiting microbial activity due to its astringent properties. Guava is one of richest in vitamin-C and iron which are proven to be preventive against cold and viral infections.

- Skin Care:** Guavas can help improve your skin texture and avoid skin problems more than the best of beauty creams or skin toner gels can do. This is chiefly due to the abundance of astringents in its fruits (more in immature ones) and in leaves.

- High Blood Pressure:** Guava helps reduce cholesterol in blood and prevents it from thickening, thereby maintaining fluidity of blood and reducing blood pressure.

- Weight Loss:** Guava is very helpful for those who want to lose weight without compromising with their intake of proteins, vitamins and fiber. Guava, being very high in roughage and very rich in vitamins, proteins and minerals, but with no cholesterol and less digestible carbohydrates, is very filling and satisfies appetite very easily. Just have a medium sized guava for lunch and you will not feel hungry.

- Scurvy:** Guava can outdo many other fruits, including orange and other citrus fruits, when it comes to concentration of vitamin-C, whose deficiency causes scurvy and which is the only remedy to it. It contains five times the vitamin-C in oranges.

- Other Benefits:** Guava helps control diabetes, protects prostate, its Lycopene reduces the risk of cancer, the juice of the leaves cures toothache, swollen gums & oral ulcers, heals wounds when applied externally, convulsions, epilepsy, bacterial infections and many other benefits.



adapted from www.hubpages.com

Readers, Enjoy eating Guavas, this season!!

Recent Plant Audits and approvals

- Our plant was audited by International Community of Red Cross (ICRC) on 13th February 2009. The auditors included were Mr. Jean-Dennis Mallet and Ms. Patricia Foulgocq (both from ICRC-Geneva) & Dr. Dorothy Wafula (ICRC- Kenya).
- Our Plant was audited, jointly by delegates of different NGOs on 29th & 30th April 2009. The auditors included were Ms. Christine Liedtke - *Project Manager* (Action Medeor, Germany), Ms. Jean Zikusooka - *Procurement Audit Team member* (Joint Medical Stores - Uganda), Mr. Langton Mukura - *Pharmacy Manager* (Christian Health Association of Malawi), Dr. Wycliffe Nandama - *Senior Operations Manager* and Mr. Patric Wachira - *Operations manager* (Mission for Essential Drugs Supplies - MEDS) Dr. Urs Giger - *Senior Auditor* (Pharma Quality Systems support, Switzerland) & Dr. Karl Weihgold - *Senior Auditor* (Germany).

MEDI-LAUGH

Patient: It's been one month since my last visit and I still feel miserable.

Doctor: Did you follow the instructions on the medicine I gave you?

Patient: I sure did. The bottle said "keep tightly closed."



Nurse: How old are you?

Patient: None of your business.

Nurse: But the doctor must know your age for his records.

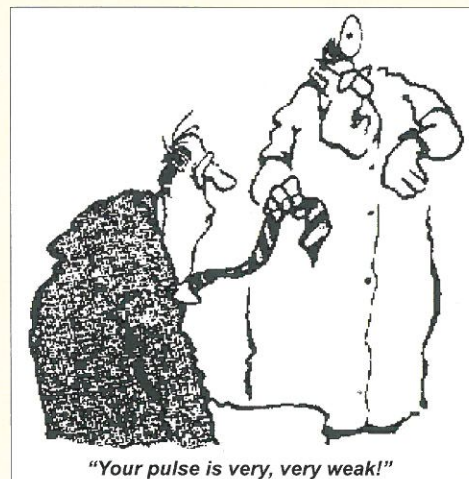
Patient: Well, first, multiply twenty by two, then add ten. Got that?

Nurse: Yes. Fifty.

Patient: All right, now subtract fifty, and tell me, what do you get?

Nurse: Zero.

Patient: Right. And that's exactly the chance of me telling you, my age.



MEDI-QUOTE

"He's the best physician that knows the worthlessness of the most medicines."

Benjamin Franklin

Our Contribution to our Society - Corporate Social Responsibilities

- Donated various stationeries for free Diabetic medical camp at Nyayo stadium, Nairobi, organized by Rotary Club of Nairobi Industrial Area on 31st January 2009.
- Distributed exercise books and pens at M.M. Chandaria Primary School, during the prize giving day on 27th February 2009.
- Provided free medicines during free medical camp at Kiandutu Slums (Thika), organized by Mt Kenya University Pharmacy students association on 7th March 2009.
- Provided free medicines during free medical camp at Raimu Primary School, Gichigu, organized by local leaders & doctors on 7th March 2009.
- Provided raffle prize to the Parents Teachers Association - Montessori Learning Centre, Nairobi on 8th March 2009.
- Provided free medicines during free medical camp at Usare Primary School, Mbita, organized by National Council of Children Services & Helping Hands for Livelihood Organization on 21st & 22nd March 2009.
- Provided free medicines during free medical camp on World TB day 24th March 2009, organized by Ministry of Public health & Sanitation.
- Provided free medicines for free medical camp at Rwaka Primary School, Limuru, organized by Limuru Professionals Association on 25th April 2009.
- Provided free medicines during free medical camp at Mtiva Clinic, organized by local leaders & doctors on 25th & 26th April 2009.



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