



EDITORIAL

Dear Valued Readers,

Hello and welcome to the Regal Times Issue 10.

It has been a great achievement to have come this far, It is with great pleasure that we present Volume 10 of *Regal Times*. Allow me to introduce myself, Ephantus Kamau, Business Development Manager at Regal Pharmaceuticals and the new editor. I thank you all for your continued feedback and reactions and look forward to even better articles in future volumes.

In this issue we will highlight a milestone covered by Regal in the effort of developing a world class workforce that is motivated, purposeful and empowered. This will be achieved through better HR systems and communication by engaging through a HR committee that has been set up.

We will also in this issue feature a customer get together that was done for our customers in Kampala Uganda as well as introduce you to one of our distributors.

We will also continue giving you health benefits of different fruits as well as your favourite humour corner

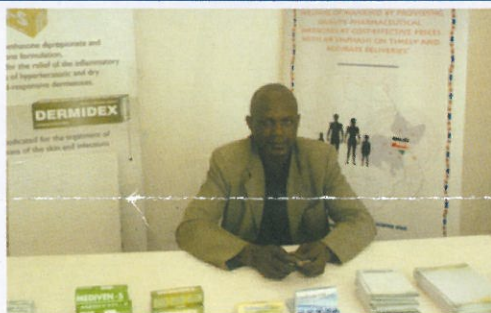
We would appreciate your feedback, inputs and opinions at info@regalpharmaceuticals.com regarding our products, services and any contributions on the *Regal Times*.

Ephantus Kamau - Editor

Regal participates in various conferences.

Regal Pharmaceuticals has continuously supported the medical fraternity including during various conferences.

1. Participation in a product exhibition held for the Kenya Paediatric Association annual scientific conference held in Mombasa on 18th -21st April 2012.
2. Participation in a product exhibition at the Kenya Association of Dermatologists Bi-annual scientific conference held at Enashapai Resort Spa in Naivasha on 27th-29th April 2012.



Barrack Okong'o our Sales Manager mans our exhibition stand at the Kenya Association of Dermatologists Bi-annual scientific conference held at Enashapai Resort & Spa in Naivasha.

MKENYA DAIMA Campaign

Regal Pharmaceuticals joined the rest of the country to mark the campaign of MY KENYA-Mkenya Daima Campaign on 26th April 2012. This was marked by a gathering of the staff at 1300Hrs and singing the first stanza of the National Anthem in Kiswahili and a key note address by the Executive Director.

"We have gathered here today to participate and be part of the 'My Kenya Mkenya Daima Campaign' by singing the first stanza of the National Anthem in Kiswahili.

The primary purpose of the campaign is to inspire us all Kenyans towards peaceful elections and a better Kenya for all".



Members of the Regal Pharmaceuticals family stand at attention singing the National Anthem as a show of patriotism to mark the *Mkenya Daima* Campaign.

Get-together for Uganda local Customers in Kampala.

The marketing team in Uganda took time to organise a get together for their local customers in conjunction with Abacus Pharmaceuticals who is our main distributor in Uganda.

The objective was to give a platform to customers to share their views / thoughts / experiences about Regal and Abacus in an informal atmosphere; this went a long way in strengthening their association with Regal /Abacus.



Mr Nilesh the Country Manager-Uganda introduces the Regal Pharmaceuticals-Uganda staff to the guests.



A display stand put together by Regal Pharmaceuticals to display our brands at the event.



Abacus Director Mr Rasik Shah (Kiboko) addresses the guests at the event.

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 organised manner by holding continued medical education (CME). We invite eminent medical personnel to deliver and share medical updates to all participants.

- A CME was held in March 2012 for Doctors, Clinical Officers and Pharmacists in Jinja Uganda.
- A CME was held in March 2012 for Doctors, Clinical Officers in Soroti Uganda.
- A CME was held in April 2012 for Doctors, Clinical Officers and Pharmacists in Packwach Uganda.

- A CME was held in April 2012 for Doctors, Clinical Officers in Kabale Uganda.
- A CME was held for Pharmacy personnel in Nairobi at the Tin Tin Restaurant on 6th May 2012.



Watermelon is thought to have originated in southern Africa, where it is found growing wild, because it reaches maximum genetic diversity there, resulting in sweet, bland and bitter forms.

A watermelon contains about 6% sugar and 92% water by weight.

Watermelon is an excellent source of vitamin C and a very good source of vitamin A,

notably through its concentration of beta-carotene. Pink watermelon is also a source of the potent carotenoid antioxidant, lycopene. These powerful antioxidants travel through the body neutralizing free radicals. Free radicals are substances in the body that can cause

a great deal of damage. They are able to oxidize cholesterol, making it stick to blood vessel walls, where it can lead to heart attack or stroke. They can add to the severity of asthma attacks by causing airways to clamp down and close. They can increase the inflammation that occurs in osteoarthritis and rheumatoid arthritis and cause most of the joint damage that occurs in these conditions, and they can damage cells lining the colon, turning them into cancer cells. Fortunately, vitamin C and beta-carotene are very good at getting rid of these harmful molecules and can therefore prevent the damage they would otherwise cause. As a matter of fact, high intakes of vitamin C and

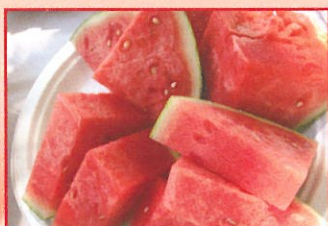
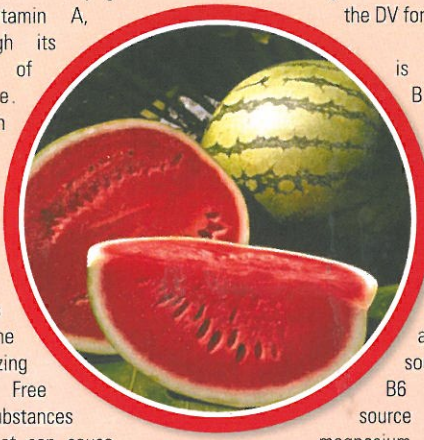
beta-carotene have been shown in a number of scientific studies to reduce the risk of heart disease, reduce the airway spasm that occurs in asthma, reduce the risk of colon cancer, and alleviate some of the symptoms of osteoarthritis and rheumatoid arthritis. A cup of watermelon provides 21% of the daily value for vitamin C, and, through its carotenoids, 17% of the DV for vitamin A.

Watermelon is rich in the B vitamins

necessary for energy production. Our food ranking system also qualified watermelon as a very good source of vitamin

B6 and a good source of vitamin B1, magnesium, and potassium.

Part of this high ranking was due to the higher nutrient richness of watermelon. Because this fruit has higher water content and lower calorie content than many other fruits (a whole cup of watermelon contains only 48 calories), it delivers more nutrients per calorie—an outstanding health benefit!



REGAL PHARMACEUTICALS INVESTS IN ITS PEOPLE!

Regal Pharmaceutical recognizes that its biggest asset is its people. Their development, motivation and performance are what drive the success of the company. With the help of Lucy Fernie (a Human Resource Consultant with over 10 year's experience) Regal is focusing on the development of a world class workforce that is motivated, purposeful and empowered.

We have set up an HR committee with members of staff from right across the company to help us develop better communication with employees. The Directors, HR team and committee have identified a number of areas for us to focus on over the coming months".

"I have been impressed with the enthusiasm and commitment I have found in the people I have met at Regal Pharmaceuticals Ltd. There is a real sense of purpose in the HR Committee, the directors and the HR team, who all want to make positive changes in the way people work at Regal Pharmaceuticals".

Lucy Fernie

"With better HR systems and communication, Regal can achieve its vision "TO BE THE MARKET LEADER IN THE PROVISION OF QUALITY PHARMACEUTICAL PRODUCTS IN AFRICA, AND BE THE PARTNER OF CHOICE FOR HEALTHCARE SERVICE PROVIDERS".



Standing 2nd from left **Lucy Fernie**, a Human Resource consultant with members of the HR committee.

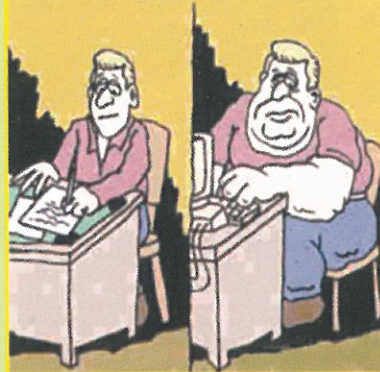
Our Contribution to the Society

Some recent drug donations to various organizations:

- Drugs donated to Nairobi Central Seventh-day Adventist Church-medical camp at Kamiti medium prison on 18th March 2012.
- Drugs donated to Action in Focus-medical camp in Kamasian Division in Kipkelion District on 25th February 2012.
- Drugs donated to Nairobi Utumishi Rotary Club-Medical camp at Lunga-Lunga City council clinic 18th December 2011
- Drugs donated to Action in focus-medical camp at Athi River on 8th October 2011.
- Drugs donated to Fountain Gate church-Medical camp on 26 November 2011.
- Drugs donated to African initiatives for food and economic securities) (AIFES)-medical camp at Kyuso District on 6th -7th April 2012.
- Drugs donated to Kenya Red cross Bungoma branch-for a medical camp in Bumula constituency on 19th May 2012.

HUMOUR CORNER

HOW THE INTERNET CHANGED MY LIFE



Ever notice, the older we get, the more we're like computers?



We start out with lots of MEMORY and DRIVE then we become outdated, and eventually have to get our parts replaced...)

MEDI QUOTE

Some people say "Behind every successful man there is a woman". But, nobody knows the fact that "women choose only successful men"



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