



EDITORIAL

Dear Valued Readers,

Hello and welcome to the *Regal Times* Issue 11.

It is with great pleasure and gratitude that we bring the 11th edition of the *Regal Times* to you, our cherished readers. It gives us joy to be able to share with you various achievements and changes at Regal Pharmaceuticals. We thank you all for your continued support, contribution, feedback and reactions and look forward to even better and improved articles in future volumes.

In this issue we will highlight a development that has been made to improve production through installation of a new capsule production line, show success in Human Resource improvement through training, share success in Kaizen implementation with June 2012 winners, introduce you to one of our customers-Njimiia Pharmaceuticals and share some of our corporate social responsibility activities.

As we continue to give you health benefits of different fruits we will feature 'the paw paw' as well as present your favourite humour corner.

We seek your feedback, suggestions and opinions at info@regalpharmaceuticals.com regarding our products, services and any contributions to the *Regal Times*.

Ephantus Kamau - Editor

EXPANSION:

REGAL INVESTS IN NEW CAPSULE PRODUCTION LINE.

Regal Pharmaceuticals has yet again added a state of the art machine to its ever improving manufacturing facility.

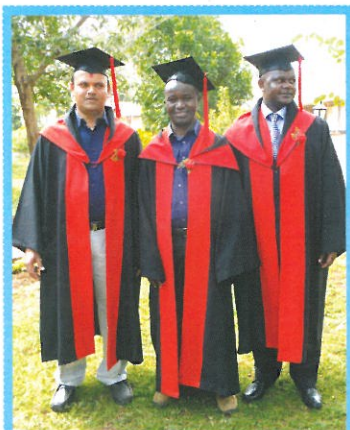
Enhancing product quality attributes and our output capacity, the new capsule filling and polishing assembly line will no doubt enhance customer satisfaction for Regal's highly sought after Penicillin products.

This is only but one more step towards ensuring sufficiency in local production of essential medicines for the domestic and export markets.



The new automatic Capsule filling machine installed at Regal Pharmaceuticals.

REGAL develops its staff through Training



(From left) Vipul Patel, Fredrick Barasa and Lawrence Jumble in their graduation gown during their graduation at SLF-Moshi KSP.

Regal Pharmaceuticals has continued to improve its Human Resource through training. Three members of Regal Pharmaceuticals joined Professionals in the Pharmaceutical field and regulators from 8 African countries to undergo a post graduate diploma course in industrial pharmacy advanced training held at Saint Luke Foundation Moshi Tanzania-Kilimanjaro School of Pharmacy.

The Course is conducted by eminent scholars from USA. The course covers the latest advances in areas of drug discovery, regulatory and compliance, drug manufacturing process and manufacturing lab, regulatory documents and generic submissions.

Congratulations Vipul Patel, Fredrick Barasa and Lawrence Jumble.

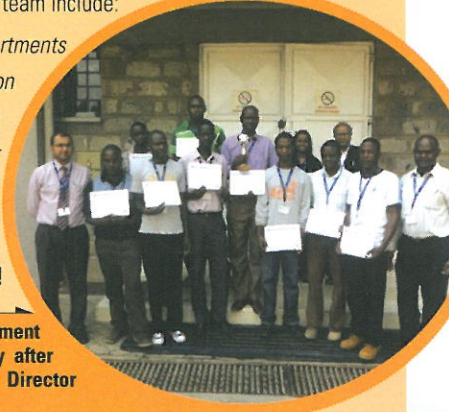
Capsulation Department wins Kaizen Award for the month of June 2012

The capsulation department at Regal Pharmaceuticals Limited was feted in the month of June 2012 as the Kaizen award winners. The team was able to achieve its objective of making materials move at optimum rate through the Regal Pharmaceuticals Limited system and considering current Good Manufacturing Practices (cGMP). Members of the team include:

- **Namrata** - Head of QA/QC departments
- **Fredrick** - Supervisor Granulation
- **Martin** - Supervisor Capsulation
- **Ndamwe** - Line Incharge Blister Packing line

Salute capsulation department!
Salute Kaizen!
Salute Regal Pharmaceuticals!

Members of the Capsulation Department show their certificates and trophy after receiving them from the Executive Director Dr. Rohin Vora (front row left)



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

We at Regal Pharmaceuticals have continued to support the health fraternity by providing latest medical news and updates through holding Continuous Medical Education (C.M.E) forums. We invite eminent medical personnel to deliver talks and presentations on medical topics and share medical updates with all participants. Some of the recently held C.M.E's include:

- A CME was held on 4th May 2012 for Doctors, Clinical officers and Pharmacists at Kampala Uganda.

CME held for the pharmacy personnel on 17th August 2012 at Kericho-Kenya.

- A CME was held on 25th May 2012 for Doctors, Clinical officers and Pharmacists at Mbale Uganda.
- A CME was held on 6th June 2012 for Pharmacy personnel at Bungoma Kenya.
- A CME was held on 9th June 2012 for Doctors, Clinical officers and Pharmacists at Gulu Uganda.
- A CME was held on 23rd June 2012 for Doctors, Clinical officers and Pharmacists at Isaka-Busenyei Uganda.
- A CME was held on 11th August 2012 for Doctors, Clinical officers and Pharmacists at Lira Uganda.
- A CME was held on 17th August 2012 for Pharmacy personnel at Kericho Kenya.
- A CME was held on 29th August 2012 for Pharmacy personnel at Nyeri Kenya.

Pawpaw

Paw paw is rich in enzymes called papain and chymopapain which helps with the digestion, particularly it breaks down the proteins from the food we eat into amino acids. The latest research shows that amino acids are responsible for all what is happening in our organism, basically for what is happening in every chemical reaction as well as our mental and physical health. As we age we produce less of the digestive enzymes in our stomach and pancreas, which leads to ineffective digestion of proteins. Due to this we end up with excess amount of undigested protein, which leads to overgrowth of the bad bacteria in our gastrointestinal system and not enough of amino acids to perform all important chemical reactions. We can say that good quality protein is absolutely essential for our healthy being. This is where the papaya enzymes can be very beneficial.

Summary of Healing Properties of Papaya

- Increases quality of proteins in whole organism.
- Revitalize the human body and maintain energy and vitality.
- Encourages the renewal of muscle tissue.
- Supports cardiovascular system.

- Boosts up the immune system.
- Helps with the digestive system, by breaking down the proteins and supporting production of digestive enzymes.
- Papaya can be use also externally as a treatment for skin wounds that don't heal quickly, for this you can use papaya peel or ointments made out of papaya.
- Prevents the cataract formation.
- Due to high vitamin A, it lowers the risk of emphysema in smokers and passive smokers.
- Alleviates inflammation.
- Helps with the nausea and constipation.
- Can benefit people suffering colon cancer and other forms of cancers and ailments of cardiovascular and gastrointestinal systems.



Meet our Customer, NJIMIA PHARMACEUTICALS Ltd.

"Njimia Pharmaceuticals Limited began its operations in 1996 as a small retail outlet in Eastleigh. It was a sole proprietorship then; however, it steadily grew and was registered as a private limited liability company in 1999. It has since grown to be one of the largest and leading distributors of pharmaceutical and surgical products in Kenya. With six branches in Nairobi and its suburbia, Njimia is able to have a solid grasp of its market share. There are also affiliated companies which serve customers farther out of Nairobi; in Nyeri, Thika and Mombasa. This expansion and growth can be attributed to the tireless efforts of the management team. Strong

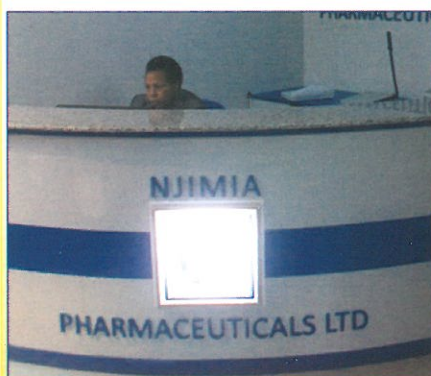
professional ethics, teamwork and innovation have enabled the team to steer Njimia to where it is now.

Njimia's core business is to provide affordable quality healthcare products for all in the most customer focused manner. In this regard, it has over the years enjoyed a cordial business relationship. Njimia has been distributing Regal products which are of high quality and affordable in the market all through.

In order to show commitment to its customers, it embarked on a journey to streamline its policies, procedures and operations to ISO 9001:2008 quality standard. The company is now ISO certified and has moved to a new premise to further prove to customers that it is committed to better service delivery. Njimia Pharmaceuticals Limited is now located at Landmark Plaza 2nd Floor, on Argwings Kodhek Road, directly opposite The Nairobi Hospital.

Njimia Pharmaceuticals Ltd is proud to be associated with Regal Pharmaceuticals."

Tom Chore - Njimia Pharmaceuticals Ltd.



Njimia's new office Reception at Landmark Plaza

Our Contribution to the Society

Partners in serving the needy in the Society

"ACTION IN FOCUS is a non-profit, non-governmental organization based in Kenya, with a mission of serving the poor, the needy & the suffering, while strengthening children, their families, & their communities. (www.action-in-focus.org)

Action in Focus has a project of organizing free medical camps for the disadvantaged in rural areas and slum areas. We try to organize from 8 to 12 of these projects in a year, and since 1998, Regal Pharmaceuticals has been an integral partner in these projects.

Donating valuable and useful medicine 3-4 times a year, ranging from De-wormers, to Antibiotics, Ear/Nose drops, Vitamins, Analgesics. Regal Pharmaceuticals has helped Action in Focus to further the cause of relieving suffering in these far-reaching and remote areas.

Action in Focus would like to thank Regal Pharmaceuticals for their long-term faithful and generous support and partnership, without which, we would not have been able to accomplish all that we have. We'd like to wish the management and staff all the best success in the years to come."

Martin McNally
Action in Focus.

Other contributions to the society include:

- Drugs donated to Nairobi Utumishi Rotary club for their annual medical camp held at Agoro Sare High School on 24th May 2012.
- Drugs donated through Aga Khan

Hospital Nairobi for the Bombolulu De-worming project in May 2012.

- Drugs donated to Dr J.S.Bhangra for a medical camp held at Makindu on 7th July 2012.
- Drugs donated to AAR for a joint medical camp with Runda Community Church held at Karura on 14th July 2012.
- Drugs donated to Parklands Baptist Church for a Medical camp held at Khwisero on 23rd to 29th July 2012.
- Drugs donated to Medical Society For Action(MEFSa) in support of Faraja Childrens Home in Ngong.
- Drugs donated to Lavington SDA Church for a medical camp during their Evangelistic Campaign on 7th July to 28th July 2012.
- Drugs donated to Umoja 2 SDA Church through Buruburu Health Centre for a medical camp held for the Eastlands area on 26th August 2012.
- Drugs donated to Mount Kenya University in support of their Annual Medical Camp held in Kiambu County on 17th August 2012.



Members of the public who attended a medical camp conducted by Action in Focus at Tigania west.

HUMOUR CORNER

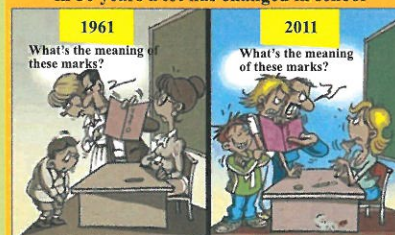


Career Growth Meter...



Check where you stand

in 50 years a lot has changed in school



MEDI QUOTE

"To argue with a person who has renounced the use of reason is like administering medicine to the dead."

Thomas Paine, The Crisis



REGAL PHARMACEUTICALS LTD
Manufacturers of Quality Pharmaceutical Products

Off Baba Dogo Road, Ruaraka | P.O. BOX 44421-00100, Nairobi, Kenya
Tel: 8564211/2/3/4, 8560947/8 Fax: 8564093, 8560946
Mobile Nos.: 0722 202 389, 0734 600 375, 0772 414 082 / 3 Telkom Wireless: 020 3577 554
Email: info@regalpharmaceuticals.com | www.regalpharmaceuticals.com