



REGAL Times

A newsletter by Regal Pharmaceuticals Limited

Events • Fruity Tips • Social Responsibilities • Updates • Medi Laugh

Vol. 12: 2013

EDITORIAL

Dear Esteemed Readers,

Hello and welcome to the Regal Times Vol. 12.

We wish to express our gratitude for the support you have given us in the just concluded year, 2012. We take great pleasure in presenting to you the 12th edition of the Regal Times. We are glad to share with you the various achievements and changes at Regal Pharmaceuticals towards the end of the year 2012. 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 pay tribute to the founder of Regal Pharmaceuticals Ltd Dr. M.K.V Shah, carry a story on one of our distributors anniversary, share success in Kaizen implementation with October 2012 winners, as well as share some of our corporate social responsibility activities.

As we continue to give you health benefits of different fruits we will feature 'the pear' 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:

OUR NEW BLISTER PACKING MACHINE

As part of our facility modernization program, we have just installed and commissioned a new double track blister packing machine replacing an old single track one. The new entrant is the latest model in the market with superior operator MMI control panel features and, most importantly, producing elegant blisters that match the product quality. The GMP compliant machine constructed with SS316 in all product contact areas and SS304 in non-contact areas has its front side covered with acrylic guard as a key operator safety attribute. Moreover,



The new double track blister packing machine installed at Regal Pharmaceuticals Ltd.

the machine speed capability meets the ever increasing market demand for our penicillin products and further enhances customer satisfaction.

REGAL remembers founder Dr. M.K.V. Shah

A brief history of how Dr. M.K.V. Shah started the company and how it has grown to the current status highlighting his contribution and vision.

Dr. Mahendra K.V. Shah started Regal Pharmaceuticals Ltd from very humble beginnings in 1981, with a total staff of eight in rented premises in the industrial area of Nairobi.

He laid the foundation of company on quality, having himself worked in a pharmaceutical multinational corporation of international repute. Aiming to establish a Kenyan firm reputed for quality, he set out to construct a custom built factory in Ruaraka to which the operations moved in 1986, in what is now the administration block that also houses the Penicillin production unit. The penicillin plant was fully refurbished in 2006 making it comply with the latest GMP requirements.

Further advancement was achieved in 2002 when the Non-betalactam

manufacturing and packaging operations were commissioned in the newly built GMP compliant facility.

Philanthropic activities had always been part and parcel of Regal Pharmaceuticals Ltd under Dr. M.K.V Shah's leadership since the company's inception. He contacted the Kariobangi Cheshire Home under the Kariobangi Catholic Parish meeting some of the needs of the home.

After the passing of the founder in 2005 the management decided to continue with what the founder had started by giving donations to the Church for the needy during his memorial service.

This relationship with the community and the church has created a beneficial partnership in CSR.

Regal Pharmaceuticals held the 7th service in memory of the founder, the late Dr. M.K.V Shah on 26th October 2012, led by Fr. Paul

Nyahanga of Kariobangi Parish.

In addition to the Maize flour donated to each member of staff, the management gave blankets to the Parish to be donated to the poor.

We fondly remember our founder by carrying forward the positive work he started.

In this way we re-live his vision.



1



2

1. Father Paul Nyahanga from the Kariobangi Parish receives donations from Dr. Rohin Vora the Executive Director at Regal Pharmaceuticals.

2. Members of staff receiving maize flour donation from Regal Pharmaceuticals Limited management.

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:

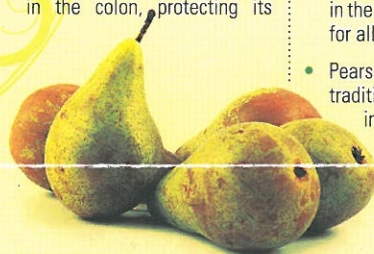
- A CME was held on 18th November 2012 for Pharmacy personnel at Marble Arc hotel Nairobi Kenya.

Pharmacy personnel from Nairobi attending a CME held at the Marble Arc Hotel on 18th November 2012.

Pears are an impressive source of fibre, and they also contain a wealth of vitamins and minerals that keep you healthy. Pears come in a range of colors and they're inexpensive, making them a smart addition to your healthy eating plan.

Health benefits of pears

- Pears fruit is packed with health benefiting nutrients such as dietary fibre, antioxidants, minerals and vitamins, which are necessary for optimum health. Total measured antioxidant strength (ORAC value) in the fruit is 2941 µmol TE/100 g.
- Pears are a good source of dietary fibre. 100 g fruit provides 3.1 g or 8% of fibre per 100g. Regular eating of this fruit may offer protection against colon cancer. Most of the fibre in them is non soluble polysaccharide (NSP), which functions as a good bulk laxative in the gut. Additionally, the gritty fibre content binds to cancer-causing toxins and chemicals in the colon, protecting its mucous membrane from contact with these compounds.
- In addition, pear fruit is one of the very low calorie fruits, provides 58 calories per 100g. Just a few sections a day in the diet can bring significant reduction in weight and blood LDL cholesterol levels.
- They contain good quantities of vitamin C. Fresh fruits provide about 7% of RDA per 100 g.
- They are moderate sources of antioxidant flavonoids phytonutrients such as beta-carotene, lutein and zeaxanthin. These compounds, along with vitamin C and A, help the body protected from harmful free radicals.
- The fruit is a good source of minerals such as copper, iron, potassium, manganese and magnesium as well as B-complex vitamins such as folates, riboflavin and pyridoxine (vitamin B-6).
- Although not well documented, pears are among the least allergenic of all fruits and are therefore recommended by health practitioners as a safe alternative in the preparation of food products for allergy sufferers.
- Pears have suggested in various traditional medicines being useful in treating colitis, chronic gallbladder disorders, arthritis and gout.



Warehouse Department (Packaging Material Store) Wins Kaizen Award For October 2012

The Warehouse department (packaging material store) at Regal Pharmaceuticals Limited was feted in October 2012 as the Kaizen award winners. The team managed to do this through a Kaizen project named 'orderly workplace' whose objective was achieved through scientific calculation of stock levels, proper arrangement of materials and putting in place new ordering/delivery systems geared towards customer satisfaction.



The members of the team include:

Bindi - Chief procurement Officer
Toral - Administrative Executive
Emma - Head of Human Resource
Chandrika - Head of Warehouse
Alfred - Supervisor Warehouse - PMS
Edward - Store Assistant
Steven - Store Attendant

Warehouse Department (packaging material store) display their Kaizen Award certificates and trophy which they won during the month of October 2012. From left: Alfred, Toral, Chandrika, Steven, Bindi, Edward and Emma.

ABACUS PHARMA (A) LTD Celebrates its 20 Years

Kiboko [Abacus Pharma (A) Ltd.], our main distributor in Uganda, celebrated its 20th year Anniversary in Uganda on 28th of Sept 2012. As a part of its 20th Anniversary celebration, the Group launched a countrywide Health Campaign by creating the World's largest Soap Carpet, with 350,000 bars of soap. All these bars of soap were donated to various children through their respective schools across Uganda. The initiative was endorsed by the Rt. Hon Speaker of the Parliament of Uganda, and judged by a representative from Limca book of records.

Directors and CEOs of the prominent companies, Financial Institutions, NGOs, UN bodies & Heads of various National & International Schools.

Regal Pharmaceuticals Ltd, is a strategic partner of Abacus Pharmaceuticals (A) Ltd., was a Platinum Sponsor of this events.

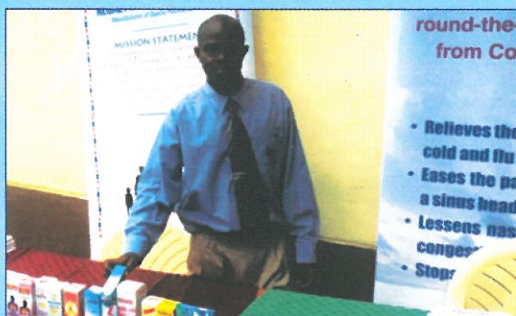


Regal Pharmaceuticals Medical representatives from Uganda invite visitors to our exhibition stand mounted during the 20th Anniversary celebrations in Kampala Uganda.

REGAL PARTICIPATES IN CONFERENCES

Regal Pharmaceuticals has continued to support the medical fraternity through participation in conferences and events organised by various professional bodies.

- Our representatives attended the Kenya Pharmaceutical Association's Annual Scientific Conference held on 26th July 2012 to 28th July 2012 at Bontana Hotel in Nakuru.
- Regal Pharmaceuticals Uganda team attended the Uganda Paediatric Association's 8th Annual Scientific Conference held at Hotel Africana on 30th & 31st of August.



Above, Samuel Macharia a Medical Representative from Regal Pharmaceuticals Ltd invites participants to our stand at the Kenya Pharmaceutical Association's Annual scientific conference held at Bontana Hotel on 26th July 2012 to 28th July 2012.

Our Contribution to the Society

Our contributions to the society include:

- Drugs donated to The Pharmaceutical Society of Kenya in support of a medical camp held in Kendu-Bay on 30th September 2012.
- Drugs donated to Human Face Initiative in support of a medical camp held in Rwathia-Murang'a on 6th October 2012.
- Drugs donated to Maisha Mapya Initiative through Dr. Veronica Thuku of CHMP in support of a medical camp held in Kayole on 1st December 2012.
- Drugs donated to Giant Hearing Centre in support of a medical camp held in Nakuru on 2nd December 2012.

The event was witnessed by the various National and International personalities, Ministers, Members of Parliament from Uganda,



HUMOUR CORNER



The evolution of authority

Stupid Computer Keeps saying "you got mail"



MEDI QUOTE

"Gratitude is medicine for a heart devastated by tragedy. If you can only be thankful for the blue sky, then do so."

Richelle E. Goodrich



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