



Editorial

Dear Valued Customers,

We hope that you have liked our inaugural issue of REGAL TIMES. We, at Regal, believe in providing quality products and services to our customers. With the help of this issue, we share the latest happenings at Regal Pharmaceuticals and also MEDLAUGH to relax you from your busy schedule.

Through our issues, we are also updating you with the health benefits of different natural fruits, which we enjoy eating. In our inaugural issue, we shared health benefits of Guava fruit. In this issue, we are updating you with the health benefits of Grape fruit. Hope the same will be informative and useful to you.

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

Yet another FIRST from the maker of Coldcap...

Regal Pharmaceuticals launched yet another FIRST and strengthen the popular Coldcap range in the month of August 2009. Regal has been synonymous and associated with the brand Coldcap since 1988.

New Coldcap Day time - Night time Co-Pack was introduced in the Kenyan market on 17th August 2009. This unique formulation combines 18 orange capsules of Coldcap Day time & 6 blue capsules of Coldcap night time in a single pack. The new Co-pack brings dosage convenience, patient compliance and pocket friendly approach to people suffering with cold & flu and cannot afford to compromise their busy schedule.



Sales & Marketing team displaying the New Coldcap Day time - Night time Co-Pack at the time of launch.



EXPANSION

Regal expand Product Quality Studies

Regal Pharmaceuticals Limited has commissioned a new high capacity walk-in type stability chamber.

The new chamber will accommodate the large number of samples to be placed under stability studies to ascertain product quality before the products are launched into the market.

"The expanded stability program aims to assure the quality of the product throughout its shelf life once the product has been released for sale and subsequent use," explains Dr. A. S. Sinha, Technical Director of Regal Pharmaceuticals.



The new walk-in stability Chamber.

Coffee with Consultants

The Regal technical team got a unique opportunity to have an interaction with Dr Ali, Consultant from GTZ, Germany, who recently visited Nairobi. He was accompanied by Dr W. O. Wanyanga, Consultant & Trainer of PharmaQ. Dr Ali & Dr Wanyanga shared many new updates on cGMP & stability program with the Regal technical team.

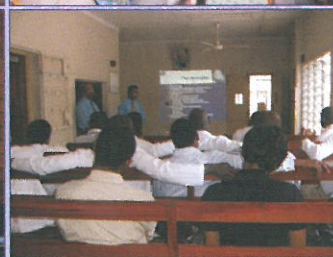


Regal technical team with guests, Dr Ali (6th from right) & Dr Wanyanga (4th from right).

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) seminars. We invite eminent medical personnel to deliver & share medical updates to all participants. Some of the recently concluded CMEs are enlisted below:-

- Health personnel of Jinja town at Bellevue Hotel, Jinja, Uganda on 22nd May 2009.
- Pharmacy Assistants at Midland Hotel, Nakuru, Kenya on 27th May 2009
- Health personnel of Mwanza city at Vizano Hotel, Mwanza, Tanzania on 28th May 2009.
- Doctors and Medical staff at Mulago Hospital, Kampala, Uganda on 17th June 2009.
- Health personnel at Old Kampala Hill Club, Kampala, Uganda on 19th June 2009
- Doctors and Medical staff at Bombo Hospital, Tanga, Tanzania on 24th June 2009
- Members of Pharmaceutical Society of Kenya, Coast Branch at Castle Hotel, Mombasa, Kenya on 9th July 2009.
- Pharmacy Assistants at Royal Court Hotel, Mombasa, Kenya on 11th July 2009
- Doctors and Medical staff at Sekou-toure Regional Hospital, Mwanza, Tanzania on 28th July 2009.
- Doctors and Medical staff at Mwananyamala Hospital, Dar es Salaam, Tanzania on 30th July 2009.



View of different CMEs at (Clockwise from top left) Mombasa & Nakuru - Kenya, Dar es Salaam & Mwanza - Tanzania, Kampala - Uganda.



Grapes

The Queen of fruits



Grapes are small round or oval fruit, some grapes are seedless. Grapes are rich sources of vitamins A, C, B6 and folate in addition to essential minerals like potassium, calcium, iron, phosphorus, magnesium and selenium. Grapes contain flavonoids that are very powerful antioxidants, which can reduce the damage caused by free radicals and slacken ageing. These flavonoids gives the vibrant purplish color to grapes. This alkaline fruit also called "the queen of fruits" Grape juice is easily assimilated and called the "nectar of the gods".

Some of the health benefits of grapes include the following:

- **Asthma:** Due to its eminent therapeutic value, grapes can be used for cure of asthma. It increases the moisture present in lungs.
- **Heart diseases:** Grapes increase the nitric oxide levels in the blood, which prevents blood clots thereby reducing the chances of heart attacks. In addition the antioxidant present in grapes prevents the oxidation of LDL cholesterol, which blocks the blood vessels.
- **Migraine:** Ripe grape juice is an important home remedy for curing migraine. It should be taken early in the morning, without mixing additional water.
- **Constipation:** Grapes are very effective in overcoming constipation. They are considered as a laxative food, as they contain organic acid, sugar and cellulose. They also relieve chronic constipation by toning up intestine and stomach.
- **Indigestion:** Grapes play an important role in dyspepsia. They relieve heat and cure indigestion and irritation of the stomach. They are also preferred as they constitute a light food.
- **Fatigue:** Light and white grape juice replenishes the iron content present in the body and prevents fatigue. Drinking grape juice also provides you with instant

energy. The anti-oxidants present in grapes also provide the needed boost to your immune system.

- **Kidney disorders:** Grapes can substantially reduce the acidity of the uric acid and helps in the elimination of the acid from the system, thereby reducing the work pressure of kidneys.
- **Anticancer properties:** Grapes are found to have strong anti cancer properties due to the anti-inflammatory effect of resveratrol present in grapes. It is particularly effective in colorectal cancer and breast cancer
- **Alzheimer's disease:** Resveratrol, a beneficial polyphenol present in grapes reduces the levels of amyloid-beta peptides in patients with Alzheimer's disease. Studies suggest that grapes can enhance brain health and stall the onset of neurodegenerative diseases.
- **Macular degeneration:** Grapes can prevent the age related loss of vision or muscular degeneration.
- **Prevents cataract:** Flavonoids present in grapes have antioxidants, which can reduce and fight the damage caused by free radicals such as cataract apart from cardiovascular diseases, cancer, and age related problems.
- **Blood cholesterol:** Grapes contain a compound called pterostilbene, which has the capacity to bring down cholesterol level. Saponins present in grape skin can also prevent the absorption of cholesterol by binding with it.
- **Antibacterial activity:** Red grapes have strong antibacterial and antiviral properties and can protect you from infections. They have a strong antiviral property against poliovirus and herpes simplex virus.

Thus, grapes play a pivotal role in preventing innumerable health disorders and can be used as home based remedies for several ailments.

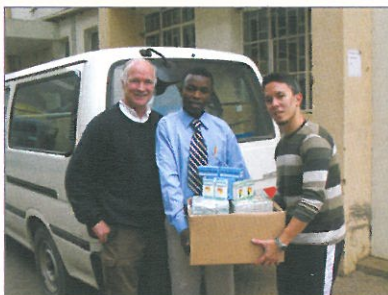
Readers, enjoy Grapes, including juices, this autumn!

adapted from www.organicfacts.net & www.hubpages.com

Our Contribution to our Society—Corporate Social Responsibilities

Some recent drug donations to various organizations:

- Free medical camp at Dandora, Nairobi, organized by Community Development Initiative Kenya (CODIK) on 15th May 2009.
- Free medical camp at Kiundwani, Ngumo location, Makindu on 6th June 2009, organized by The Nairobi Hospital.
- Free medical camp for street children in Meru town, supported by Chuka Homes Pharmaceuticals / Eastend Pharmacy on 23rd June 2009.
- Free medical camp at Ndunyu chege, Thika district, organized by Medical students Against AIDS (MESA) of The University of Nairobi in collaboration with local doctors on 27th & 28th June 2009.
- Free medical camp at Huruma slums, Nairobi, organized by AAR Health Services on 11th July 2009.
- Free medical camp at Makindu, organized by Dr J S Bhanga on July 2009.
- Free medical camp at Meru town, organized by PSK, Meru Branch & KPA on 8th August 2009.
- Free medical camp at Kenyatta Market area, organized by Economic Projects Trust Fund (EPTF) on 15th August 2009.
- Free medical camp at Talek, Narok District, organized by Parklands Baptist Church on 22nd August 2009.
- Free medical camp at Stima club, organized by Redeemed Evangelistic Fellowship & Rapha Mission Clinic & Optics on 22nd & 23rd August 2009.
- Free medical camp at Meru town, organized by Action-in-focus with support from local Doctors on 28th August 2009.
- Free medical camp at Patte, Shanga & Siu Islands, organized by Ibusina Medical Clinic, Lamu, Kenya in August 2009.
- Free medical camp at Church ground, organized by Seventh Day Adventist Church, Nakuru, Kenya in August 2009.



Representative of Seventh Day Adventist Church, Nakuru (top) and Representative of Action-in-Focus (above) receiving free medicines from Regal personnel for free medical camp.

Industrial visit by Students

Our Plant was visited by the 4th year students studying Industrial Chemistry course at College of Biological & Physical Sciences, University of Nairobi on 8th July 2009. The students were accompanied by Prof. Raphael M. Munavu, Professor of Chemistry at the University.

The students were taken round the manufacturing plant where they were exposed to the automatic procedures of the manufacturing processes in a pharmaceutical facility such as mixing, blending, tableting, capsulation, liquid filling, packaging.

The students expressed that they just completed the second part of the course which covered fine chemicals and pharmaceuticals, therefore exposure to actual processes inside the world-class plant will definitely help in the long run in their career.

Some recent Sponsorships...

- Annual scientific conference of Pharmaceutical Society of Kenya (PSK) held at Whitesands Hotel, Mombasa on 29th May to 1st June 2009.
- Annual scientific conference of Kenya Pharmaceutical Association held at The Reef Hotel, Mombasa on 20th to 23rd August 2009.

MEDI-LAUGH

Lethal Food

A dietitian was once addressing a large audience in Chicago. "The material we put into our stomachs is enough to have killed most of us sitting here, years ago. Red meat is awful. Vegetables can be disastrous, and none of us realizes the germs in our drinking water. But there is one thing that is the most dangerous of all and we all eat it. Can anyone here, tell me, what lethal product I'm referring to?"

He continued, "You, sir, in the first row, please give us your idea."

The man lowered his head and said, "Wedding cake."

Dentist Visit

The Smiths were shown into the dentist's office, where Mr. Smith made it clear he was in a big hurry.

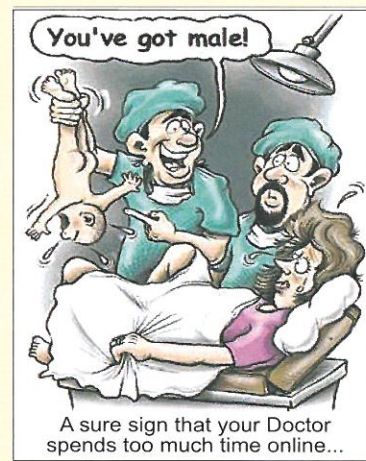
"No fancy stuff, Doctor," he ordered, "No gas or needles or any of that stuff. Just pull the tooth and get it over with."

"I wish more of my patients were as stoic as you," said the dentist admiringly. "Now, which tooth is it?"

Mr. Smith turned to his wife. "Show him, honey."

At the Pharmacy

Customer gets a topical cream. Direction: apply locally two times a day. Customer says to the pharmacist: "I can't apply locally, I'm going overseas."



MEDI-QUOTE

"The art of medicine consists in amusing the patient while nature cures the disease."

Voltaire



REGAL PHARMACEUTICALS LTD

Manufacturers of Quality Pharmaceutical Products

Off Baba Dogo Road, Ruaraka | P.O. BOX 44421-00100, Nairobi, Kenya
Tel:- +254-20-8564211/2/3/4; 8560947/8 | Fax:- +254-20-8560946 / 8564093
Email:- info@regalpharmaceuticals.com | www.regalpharmaceuticals.com