



## EDITORIAL

### Dear Valued Readers,

I welcome you to yet another *Regal Times*. In this issue I'd like to briefly update you on some recent developments. To keep up with the growing demand in the pharmaceutical industry, Regal has continued to invest in its infrastructure. We have recently added a Reverse Osmosis Plant, for treating borehole water into purified water, at our premises.

In this feature, you shall meet some of our long serving staff who have been with us since the inception of Regal, and would like to also mention that it has been five years since our founder the late Dr. Mahendra K.V. Shah left us.

Our fruity tips and medi-laugh still continue to feature.

We would appreciate to receive your input and opinions at [info@regalpharmaceuticals.com](mailto:info@regalpharmaceuticals.com) regarding our products, services, and the REGAL TIMES.

Regal remains committed to serving its customers and on behalf of our team, I look forward to have an everlasting relationship and continual support.

Thanking you

Toral Vora - Editor

## Remembrance

### Our Founder Dr. M. K. V. Shah

In October each year, the management and staff of the company come together to remember the company's founder. The Late Dr. Mahendra K. V. Shah was a respected pharmacist of his time who had been chairman of the Pharmaceutical Society of Kenya and co-founder and chairman of the Federation of Kenya Pharmaceutical Manufacturers.

In memory of this great architect

of the foundations upon which the company's quality image and reputation stand, the company's management invited Fr. John Bosco of Kariobangi Catholic Parish to conduct the memorial service. Regal gave some donations to be distributed by the church.

This is the fifth such memorial since Dr. M.K.V. Shah passed on in 2005.



Fr. John Bosco of Kariobangi Catholic Parish and Dr. Atebe (General Manager - Factory) of Regal at the Memorial Service

## EXPANSION:

# REVERSE OSMOSIS PLANT



During the prolonged drought in 2008 and 2009, Regal decided that a borehole should be drilled, so that there is no shortage of water for manufacturing purposes. Thus a borehole was drilled and commissioned in 2009.

However the borehole water requires treatment known as "REVERSE OSMOSIS" to produce water of an equivalent quality to the city council water.

"Reverse Osmosis" is a filtration process that removes dissolved salts and metallic ions from water by forcing it through a semi permeable membrane.

Regal commissioned a Reverse Osmosis Plant in 2010 capable of producing 4000 litres/hr of water to supplement the supply of city council water.

Regal Pharmaceuticals will now be able to manufacture pharmaceutical products and provide the necessary service in cases of most severe water shortages.

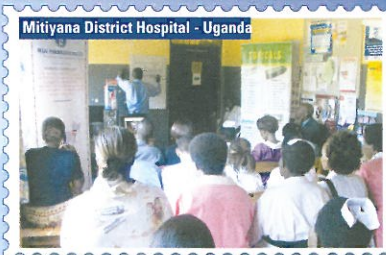
*"Reverse Osmosis" is a filtration process that removes dissolved salts and metallic ions from water by forcing it through a semi permeable membrane.*

## 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:-

- CME held at Batvalley Hotel, Kampala on 25<sup>th</sup> of June 2010. Doctors from Makerere University Hospital, Wandegaya, Gayaza, Makerere, Bombo Road, Mulago Hospitals & our customers from the same area attended this seminar.
- CME held for the Uganda Private Practitioners Association, held on 26<sup>th</sup> & 27<sup>th</sup> of June at Mbale Resort, Mbale, Uganda.
- CME held for Doctors, Clinical Officers and Pharmacists at Masindi – Taso (The Aids Supporting Organisation) on the 29<sup>th</sup> June, Uganda.
- Doctors and Clinical Officers at the Mitiyana District Hospital, Mitiyana, Uganda on the 21<sup>st</sup> July 2010.
- Doctors and Clinical Officers at the Malindi Garden Restaurant, Malindi on the 4<sup>th</sup> August 2010.
- Pharmacy Assistants at the Royal Court Hotel, Mombasa on the 7<sup>th</sup> August 2010.
- Doctors of Molo District Hospital, Molo on the 18<sup>th</sup> August 2010.

- Pharmacy Assistants at the Sunshine Hotel, Kericho on the 20<sup>th</sup> August 2010.
- CME held at Rubaga Hospital, Uganda on the 27<sup>th</sup> August 2010.
- Pharmacy Assistants at the Midlands Hotel, Nakuru on the 15<sup>th</sup> September 2010.
- CME and dinner held for Doctors in Burundi on the 28<sup>th</sup> September 2010.
- CME held in Kigali on the 1<sup>st</sup> October 2010.





# Avocado

Is This the World's Most Perfect Food?

## Did you know?...

...that the avocado has been called the world's most perfect food? It has achieved this distinction because many nutritionists claim it not only contains everything a person needs to survive - but it has also been found to contribute to the prevention and control of Alzheimer's, cancer, heart disease, diabetes and other health conditions.

The avocado (*Persea gratissima* or *P. americana*) originated in Puebla, Mexico and its earliest use dates back to 10,000 years B.C. Since AD 900, the avocado tree has been cultivated and grown in Central and South America. The avocado, also called the alligator pear, is a high-fiber, sodium- and cholesterol-free food that provides nearly 20 essential nutrients, including fiber, is rich in healthy monounsaturated and polyunsaturated fats (such as omega-3 fatty acids), vitamins A, C, D, E, K and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, vitamin B-12 and folate) - as well as potassium.

Foods naturally rich in omega-3 fatty acids, such as avocados, are widely acknowledged as the secret to a healthy heart, a brilliant brain and eagle eyes.

The virtues of the avocado are too numerous to mention, but here are just a few more health benefits that its nutritional profile provide:-

- **Monounsaturated Fats** - These types of fats help control triglycerides in the bloodstream, lower blood cholesterol and control diabetes.
- **Folate** - This water-soluble B vitamin promotes healthy cell and tissue development. According to the National Institute of Health's Office of Dietary Supplements, "This is especially important during periods of rapid cell division and growth such as infancy and pregnancy. Folate is also essential for metabolism of homocysteine and helps maintain normal levels of this amino acid."
- **Lutein** - This is a carotenoid (a natural pigment) that protects against cataracts and certain types of cancer, and reduces the risk of macular degeneration, the leading cause of blindness in adults 65 years of age and older. Avocados contain 3 or more times as much lutein as found in other common vegetables and fruits.
- **Oleic acid and Potassium** - Both of these nutrients also help in lowering cholesterol and reducing the risk of high blood pressure.

Before you indulge in avocados to your heart's content, however, remember that they have lots of calories because of their fat content. According to WebMD, "A medium-sized avocado contains 30 grams of fat, as much as a quarter-pound burger. But now nutritionists are taking another look. They're finding that most of the fat in an avocado is monounsaturated - the "good" kind that actually lowers cholesterol levels.



## Regal appreciates it's long serving staff

In line with the philosophy of most progressive multinational corporations worldwide, Regal Pharmaceuticals recognizes that the human capital is the most important resource for its growth and ultimate success, therefore demanding an effective staff retention strategy.

The recognition of long serving employees this year is evidence of the company's ability to retain good workers over time.

The company has been very fortunate to have a number of employees who have served the company for a long time. Some of these include....

The organization's Sales Manager, **Mr Barrack Okong'o**, who started off his long career journey with the company 25 years ago as a medical representative and has made steady progress with time.

**Lucas Ayieko**, one of our hard-working medical representatives is another long serving member of staff who started off initially in production in 1985.

Others who have also served the company for a long time are **Daniel Kimeu** in Dispensary, **Peter Kasiu** in Tablet Granulation and **Charles Kangaya** in Liquid Manufacturing.

We at Regal Pharmaceuticals would like to thank them for their commitment, loyalty and good service to the company.



**Barrack Okong'o**  
(since 1985)



**Lucas Ayieko**  
(since 1985)



**Daniel Kimeu**  
(since 1994)



**Peter Kasiu**  
(since 1994)



**Charles Kangaya**  
(since 1994)

## Regal at the 7<sup>th</sup> Annual Pharmaceutical Technologists Association Scientific Conference

27<sup>th</sup> and 28<sup>th</sup> August 2010 – Amani Conference Centre, Nairobi

REGAL Pharmaceuticals Ltd actively participated in the 7<sup>th</sup> Annual Scientific Conference which was held at the Amani Conference Centre, Nairobi on the 27<sup>th</sup> to 28<sup>th</sup> August 2010.

The theme was Ensuring Quality in Pharmaceutical Care. Some of the companies that actively participated were Regal Pharmaceuticals, Biodeal and Ray Pharmaceuticals.

The Regal's marketing team was on hand to display the products and explain their benefits to the more than one hundred participants who visited the REGAL stand.

The participants asked many different questions about Regal and its products and also appreciated the good products that Regal manufactures.

The participants through their chairman appreciated the continued support from Regal Pharmaceuticals.

## MEDI-LAUGH

SINCE I ONLY NEED GLASSES WHEN I DRIVE, A PRESCRIPTION WINDSHIELD SEEMED LIKE A PRETTY GOOD IDEA TO ME.



## Medi Quote

By working faithfully eight hours a day you may eventually get to be a boss and work 12 hours a day.

Robert Frost

## Our Contribution to the Society

Some recent drug donations to various organizations:

- Drugs donated to Montessori Learning Centre (MLC) on the 1<sup>st</sup> July 2010.
- Drugs donated to Nairobi Seventh Day Adventist Church for a free medical camp on the 27<sup>th</sup> July 2010.
- Drugs donated to Open Hand Group (Kenya) for a free medical camp on the 27<sup>th</sup> July 2010.
- Drugs donated to The Pharmaceutical Society of Kenya for the Pharmacy Awareness Month on the 10<sup>th</sup> August 2010.
- Drugs donated to the Redeemed Evangelist Fellowship on the 17<sup>th</sup> August 2010.
- Drugs donated to the University Of Nairobi on the 17<sup>th</sup> August 2010.
- Drugs donated to Action In Focus for a free medical camp on the 18<sup>th</sup> August 2010.
- Drugs donated to the Hindu Religious & Services Centre for a free medical camp on the 19<sup>th</sup> August 2010.
- Drugs donated to Gertrude's Children's Hospital for a free medical camp on the 1<sup>st</sup> September 2010.

## Meet our Customer - OMAERA PHARMACEUTICALS LIMITED

Omaera Pharmaceuticals Limited started in 1993 as a small retail outlet retailing medical and surgical materials to a small set of customers.

In 1994 Omaera took to wholesaling and distribution of various pharmaceutical and paramedical products to this market segment and more, saddled with a stable economy then, Omaera experienced rapid growth both in size and stature.

Today the distribution business has taken a commanding position in the Kenyan market. Omaera intend to increase their presence in the regional market with specific emphasis on Uganda, Tanzania, Democratic Republic of Congo, Ethiopia Rwanda, and Burundi. Investing in talented people and IT systems has guided their expansion strategy.

Omaera's clientele is made up of the Ministry of Health Government of Kenya, large commercial institutions providing healthcare services, government hospitals, nongovernmental organizations, health management organizations, private pharmacies and nursing homes.

We are proud to be associated with you since 1994!



The Directors (Dr. Njoroge 5th from left and Dr. Otundo extreme right) and some staff of Omaera Pharmaceuticals with our marketing team.



**REGAL PHARMACEUTICALS LTD**

Manufacturers of Quality Pharmaceutical Products

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