



REGAL Times

A newsletter by Regal Pharmaceuticals Limited

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

Vol. 8: 2011

EDITORIAL

Dear Valued Readers,

Hello and welcome to *Regal Times* Issue 8. We feel proud to let all our readers know that Regal continues to serve the community better. In April, Regal launched Fluconazole 150mg Capsules by the name "CANDIZOLE".

In addition, Regal continues to keep up with being committed and compliant to Health & Safety. Our "FIRE MARSHALS" received an intensive 5 day re-fresher course on prevention and managing fire outbreaks.

Your most interesting section, health benefits of different natural fruits and your favourite section, MEDI-LAUGH, will continue to feature the latest updates for your benefit.

We would appreciate to receive your input and opinions at info@regalpharmaceuticals.com regarding our products, services, and the REGAL TIMES.

Thanking you

Toral Vora - Editor

The REGAL "FIRE MARSHALS" get a Re-Fresher Course

At Regal Pharmaceuticals Ltd the health and safety of all our employees, visitors, customers and the general public is of paramount importance. In line with this commitment and compliance with Safety Regulations, the company organized a re-fresher Fire Training Course for our "FIRE MARSHALS". The Fire Marshals were given an intensive 5 day training (20th-26th April 2011) on how to prevent and manage fire outbreak within the



company so as to ensure safety and prevent loss of life and damage to property in case of the unfortunate event of a fire outbreak.

REGAL Participates in Various Seminars

1. Participation in a product exhibition held for the Kenya Paediatric Association Annual Conference in Mombasa from the 14th to 16th April 2011.
2. Participation in a product exhibition held for the Kenya Medical Association Conference in Nakuru from the 27th to 30th April 2011.
3. Participation in a product exhibition held for the Kenya Pharmaceutical Association Conference (Nairobi Branch) on 21st May 2011



EXPANSION:

REGAL launches *Candizole*

Regal Pharmaceuticals Ltd takes immense pride in introducing Fluconazole 150mg capsules by the name of "Candizole". Fluconazole 150mg is a triazole antifungal for systemic and topical fungal infections. Fluconazole has more than 90% bioavailability, peak plasma concentration and a high concentration in body fluids.

Candizole 150 is packed in 1's in an attractive pack which enhances its shelf impact. Candizole 150 is cost effective at a trade price of Ksh 36. It is readily available in all drug outlets and distributors.



Candizole-150
Fluconazole Capsule 150mg

Awards



On the 4th November 2010 Regal Pharmaceuticals presented an award for Excellence in Pharmaceutics to Mr. Daniel Muli Muema of University of Nairobi, Faculty of Pharmacy.

Dr Imran Nawaz Manji received the "Regal Excellence Award" in Pharmaceutics during the 2005/2006 Academic Year, University of Nairobi from Samuel Macharia of Regal.



Dr. Daniel Muli Muema receiving an award for excellence.



Dr. Imran Nawaz Manji receiving an award from Samuel Macharia of Regal.

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 for Doctors and Clinical Officers at Coast Provincial General Hospital on the 8th April 2011.
- CME held for Pharmacy Personnel in Nairobi at the Tin Tin Restaurant on 17th April 2011.
- CME held for Doctors and Clinical Officers in Nyeri on 13th June 2011.
- CME held for Doctors and Clinical Officers in Karatina on 14th June 2011.
- CME held for Doctors and Clinical Officers in Kerugoya on 15th June 2011.



CMEs held at Tin Tin Restaurant in Nairobi.

Peach is one of the most common and popular fruit. It is well-liked because of its easy availability all year round, dense nutrition, and it tastes good.

Nutritional Benefits

- Vitamin A - 880 IU
- Vitamin B - 02 mg
- Riboflavin - 0.05 mg
- Niacin - 0.9 mg
- Vitamin C - 8 mg
- Calcium - 8 mg
- Iron - 0.6 mg
- Phosphorus - 22 mg
- Potassium - 310 mg
- Fats - 0.1 gm
- Carbohydrates - 12 gm
- Protein - 0.5 gm
- Dietary Fiber - 0.6 gm
- Sugars - 9 gm
- Calories - 46

Health Benefits

- Peaches help make the skin healthy and also add color to the complexion.
- It has been seen that consumption of peaches helps in the removal of worms from the intestinal tract.
- Being rich in Vitamin A, peaches might help prevent cancer in organs and glands with epithelial tissue.
- Peaches comprise of more than 80 percent water and are a good source of dietary fiber, making them good for those trying to lose weight.
- Consumption of peaches, on a regular basis, can keep your bowel movements regular and even prevent straining.
- Researches have suggested that peaches have good to excellent antioxidant activity, some antimicrobial activity and good to excellent tumor growth inhibition activity.
- Peaches have a small laxative effect and a powerful diuretic effect and thus, are recommended to people suffering from rheumatism and gout.
- Peach flowers have sedative properties and are good for children who are restless, especially when boiled in water with sugar and honey.

Peaches have been found to be beneficial for individuals suffering from the following ailments:

- Acidosis
- Anemia
- Asthma
- Bladder and Kidney Stones
- Bronchitis
- Constipation
- Dry Cough
- Gastritis
- High Blood Pressure
- Nephritis
- Poor Digestion



Meet our Distributors - ABACUS PHARMA (Africa) Ltd

Abacus Pharma (Africa) Limited was incorporated as a private limited company in year 1995 under the flagship of Kiboko Group of Companies. It started commercial activities from the date of its inception. Within this short time span the company has grown to a giant importer and distributor of varied pharmaceuticals and surgical equipment.

The aim of the company is "importation and distribution of quality medicines that are acceptable, affordable and available to one and all". Adhering to this aim Abacus imports high quality pharmaceutical drugs and surgical equipment from world reputed companies that comply with WHO - GMP standards or have obtained ISO quality certification. Among the drugs imported includes varied pharmaceutical items to combat diseases like Diabetes, TB, Malaria,

Hepatitis B, AIDS /HIV and other chronic diseases. The company keeps ample stocks of the medicines to meet the emergency requirements.

Abacus Pharma exhibits corporate social responsibility by hosting free medical camps and regularly supplies free medicines to orphanages and institutions among others.

Regal Pharmaceuticals Ltd has been a strategic partner with M/s. Abacus Pharma (A) Ltd. The excellent mutual understanding between Regal & Abacus has helped Regal -Abacus to become a number one company in Uganda in terms of value. Moreover the able support of Abacus Pharma (A) Ltd, has helped Regal products reach in every corner of Uganda.

Regal Pharmaceuticals Ltd is proud to be associated with Abacus Pharma (A) Ltd.



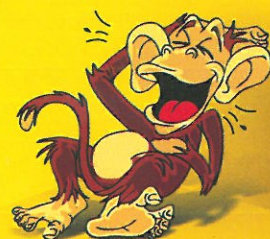
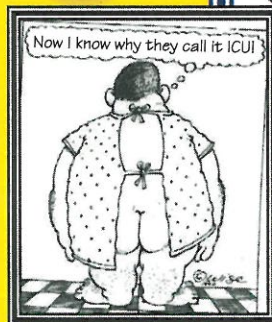
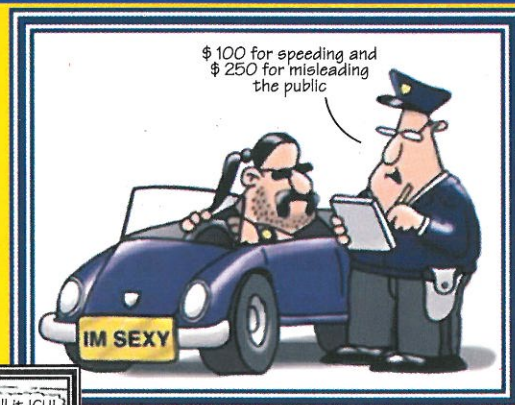
From left to right: **Mr. Alex Chelimo** (Med. Rep - Regal), **Mr. Milind Sawant** (GM-Abacus), **Ms. Rukmini Bonthala** (Ex. Director), **Mr. B.S. Ramesh Babu** (MD), **Mr. Rasik Shah** (Director), **Mr. Nilesh Brahmabhatt** (Regal Country Manager), **Mr. Enotu Paul** (Med. Rep - Regal), **Mr. B. Rajesh** (Sales Manager-Abacus)

Our Contribution to the Society

- Drugs donated to Seventh Day Adventist Church - Nairobi Central in Samburu and West Pokot on 15th March 2011.
- Drugs donated to The Holy Temple Church - Thika in Kabati Town on 26th March 2011.
- Drugs donated to Action in Focus in Eorr Ekule on 16th April 2011.
- Drugs donated to Istigama Muslim Self Help Group - through shifachem Ltd. on 16th April 2011.
- Drugs donated to Social Service League - through Uzuri Exporters Ltd. at the Dinshaw Byramjee Dispensary/Dental Unit on 17th April 2011.
- Drugs donated to Seventh Day Adventist Church - Umoja II in the Church Compound on 24th April 2011.
- Drugs donated to Zinduka Africa in Madogo Garissa District on 21st May 2011.
- Drugs donated to Tigania West District - through Hon. Dr. Kilemi Mwiria, M.P. at Kianjai Primary School in Tigania West District on 28th May 2011.
- Drugs donated to Redeemed Gospel Church - City Victory Temple in Landmawe on 4th June 2011.
- Drugs donated to Ronkai Central SDA Church - through Elder Jones A Ouko on 9th June 2011.
- Drugs donated to Bomu Medical Centre - Kikambala Medical Camp on 13th June 2011.
- Drugs donated to Oyani Health Net Inc - Kolwal Dispensary, Uriri District Nyanza through Dr Jude Onunga on 22nd June 2011.



HUMOUR CORNER



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