



REGAL Times

A newsletter by Regal Pharmaceuticals Limited

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

Vol. 9: 2012

EDITORIAL

Dear Valued Readers,

Hello and welcome to the Regal Times Issue 9.

I would first and foremost like to thank all of you readers who have supported Regal Times, something that has contributed to its success and continuous growth. We hope and anticipate that this will continue into the future even as we continue improving and enhancing it in order to meet everyone's needs.

In this edition, we commemorate 6 years since the passing on of our founder Dr. Mahendra K.V. Shah.

Am also proud to let all our readers know that Regal's new refurbished Administrative Block is ready and we have now moved into the new offices!!

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

Lastly, may I take this opportunity to wish all my readers a fantastic 2012!!

Toral Vora - Editor

6th Anniversary Memorial of the passing on of Dr. Mahendra K.V. Shah

Fr. John Bosco of Kariobangi Catholic Parish was invited to commemorate the 6th anniversary of Dr. M.K.V. Shah on the company grounds.

"My dear friends we are using simple but meaningful signs to relive the memories of the life of Dr. Shah, reading the Holy Scriptures, tree planting, observing silence, lighting a candle, singing sweet melodies, saying a prayer and distributing gifts that make this event actual and remarkable. We appreciate the life of Dr. Shah on this 6th anniversary of passing on to the great God."

The family and friends of Dr. Shah and Regal Pharmaceuticals as an entity work hand in hand to carry on the dreams and vision made real by Dr. Shah to promote good health, support the less fortunate people in our society,

offer jobs and livelihood to Kenyans, and be of help to all beneficiaries past, present and future.

Dr. Shah may God rest your soul in eternal happiness! Amen."

Fr. John Bosco, Kariobangi Catholic Parish



EXPANSION:

Our Refurbished Administrative Block!

We desperately needed a re-vamp, so the decision was finally made – in August 2010 we temporarily moved to one of our Finished Goods Store Warehouse to allow the refurbishment to start. This in itself was a mission - to get ourselves organized, get telephone connections, network connections, etc all took some time. We all settled in, and in a way was fun working together with various departments including our directors in one large room!

We all know how contractors work...don't we!!! We patiently waited while the contractors took one year to re-do our old admin block to a fantastic state-of-the-art admin block.

Today after a long awaited one year, we have moved into our new offices and are well proud of it!



Regal's Marketing Team visits Kampala



The Regal Pharmaceuticals Sales and Marketing team regularly hold Annual General Meetings during which the team undergoes a continuous training on aspects relevant to their work as well as exchanging notes on their various experiences.

This year, the team, comprising of staff from Kenya, Tanzania, Zambia, Uganda and Burundi converged in Kampala for the same purpose.

Besides the rigorous training conducted by experts from Human Resource and Management Agency Ltd, Uganda, the team also availed time

to visit several locations and venues which included the magnificent Munyonyo Resort in Kampala as well as the breath taking source of River Nile at Jinja.

The team also used the duration to launch their latest detail – aid as well as pay a visit to the warehouse and factory of Abacus Pharma (A) Ltd, who are the distributors of Regal products in Uganda, Rwanda and Burundi.

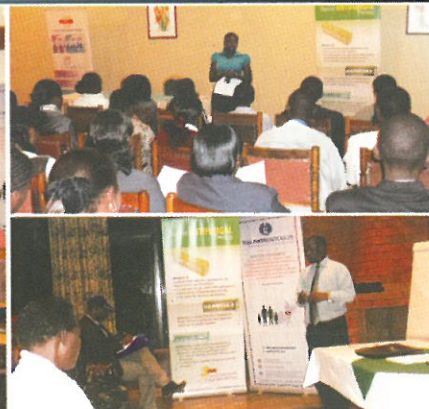
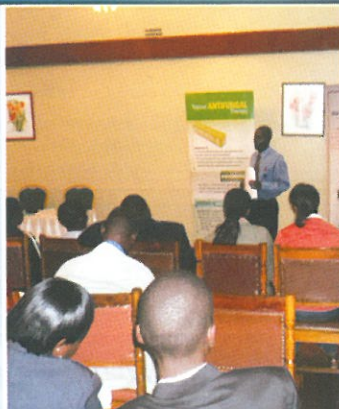
...What a Great Experience!!!



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 conducted for Pharmacy Personnel Seminar in Nakuru at Midlands Hotel on 14th September 2011.
- CME conducted for Pharmacy Personnel Seminar in Eldoret at Eldoret Wagon Hotel on 19th September 2011.
- CME conducted for Doctors & Clinical Officers at Malindi District Hospital on



CMEs held.

20th September 2011.

- CME conducted for Pharmacy Personnel Seminar in Kisumu at Kisumu Hotel (Maseno University) on 21st September 2011.
- CME conducted for Doctors & Clinical Officers at Coast Provincial General Hospital on 22nd September 2011.
- CME conducted for Pharmacy Personnel at Royal Court Hotel on 24th September 2011.
- CME conducted for Pharmacy Personnel Seminar in Nairobi at the Tin Tin Restaurant on 6th October 2011.

Apple Cider Vinegar...

...the wonder 'Drug' of yesterday and today

What is Apple Cider Vinegar?

Apple Cider Vinegar (ACV) is an effective natural bacteria-fighting agent that contains many vital minerals and trace elements such as potassium, calcium, magnesium, phosphorous, chlorine, sodium, sulfur, copper, iron, silicon and fluorine that are vital for a healthy body.

Natural Apple Cider Vinegar is made by crushing fresh, organically grown apples and allowing them to mature in wooden barrels. This boosts the natural fermentation qualities of the crushed apples, which differs from the refined and distilled vinegars found in supermarkets. When the vinegar

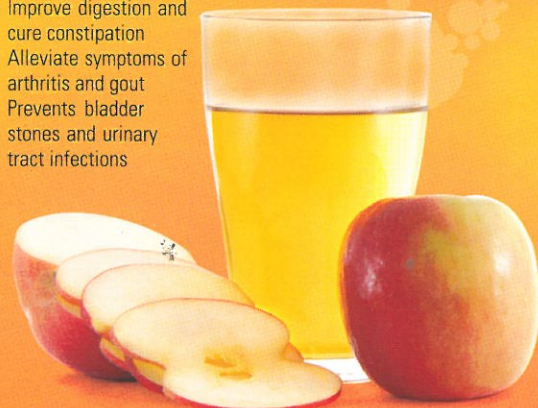
is mature, it contains a dark, cloudy, web-like bacterial foam called mother, which becomes visible when the rich brownish liquid is held to the light. The mother can be used to add to other vinegar to hasten maturity for making more Apple Cider Vinegar. Natural vinegars that contain the mother have enzymes and minerals that other vinegars in grocery stores may not have due to over-processing, over-heating, and filtration. For this reason, it is recommended that you purchase only unpasteurized Apple Cider Vinegar, with an ideal acidity (pH) level of 5 to 7, this health drink is a natural probiotic.

What are the Benefits of Apple Cider Vinegar?

Natural Apple Cider Vinegar is a wonderful natural cure for a number of ailments which usually require antibiotics and other medications that have a number of side effects. In particular, Apple Cider Vinegar has been known to:

- Reduce sinus infections and sore throats
- Balance high cholesterol
- Cure skin conditions such as acne
- Protect against food poisoning

- Fight allergies in both humans and animals
- Prevent muscle fatigue after exercise
- Strengthen the immune system
- Increase stamina
- Increase metabolism which promotes weight loss
- Improve digestion and cure constipation
- Alleviate symptoms of arthritis and gout
- Prevents bladder stones and urinary tract infections



Recent observation in Pharmaceutical Development in Kenya & the Region

In 2005, a number of companies - 6 in Kenya and 1 in Tanzania participated in the Begeca/GIZ PPP project. Regal Pharmaceuticals Ltd was one of the successful companies and has since renewed their GMP Certification status based on independent European accredited GMP inspectors. The writing on the wall is clear; YES KENYA CAN ACHIEVE WORLD CLASS GMP Standards. The UNIDO Global project on strengthening local manufacturing of essential medicines is primarily to improve access to quality medicines. I have seen the serious commitment on Pharmaceutical Plan for Africa a continental initiative by Africa Union Commission and a regional approach by the East African Community-GIZ project. The world around us is espousing the quality we know and above it the quality certifications

A clear and shared vision is the starting point to achieving GMP Standards. A technical team decides on the limitations and



From left to right: **Dr. Sinha, Dr. James Owuor (PPB), Dr. W.O. Wanyanga (PharmaQ), Dr. Rohin, Dr. Gabriele Wanninger (PIC/S), Ms Namrata and Dr. Atebe** during the inspection at Regal Pharmaceuticals Ltd.

means of overcoming them and shares with the management. All staff in a way must be involved in thought and deed in other words GMP must be "alive". This must be entrenched with QA/GMP training, application of CAPA from various inspections and self-confidence. The requirements are ever growing, new regimens being developed. There has been movement from Quality control to quality assurance regimens in the past. Today risk management takes centre stage from the basis of Qualifications/validations, in the final analysis top management and staff must take cue to eliminate any risks along the road of achieving quality.

Dr W.O. Wanyanga

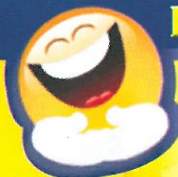
National Pharmaceutical Expert
UNIDO Global project: Strengthening the Local Production of Generic Pharmaceuticals in DCs and LDCs: Kenya and winner of Health Workforce & Excellence Award 2011

Our Contribution to the Society

Some recent drug donations to various organizations:

- Drugs donated to NUPSA-IPSF, at the I.P.S.F 1st African Pharmaceutical Convention on 17th July 2011.
- Drugs donated to the Victory Hospital Ltd, at the New Life SDA Church on 26th July 2011.
- Drugs donated to the Ministry Of Medical Services, at Kaloleni through Hon. Samuel Kazungu Kambi MP on 26th July 2011.
- Drugs donated to the Karen Community Church, at the Lamu District & Embulbul in Kajiado District on 2nd August 2011.
- Drugs donated to the Provide International, at the Korogocho Slums on 2nd August 2011.
- Drugs donated to the Kalimoni Mission Hospital, on 3rd August 2011.
- Drugs donated to the Sonu Students Organization University, Nairobi, on 3rd August 2011.
- Drugs donated to the Nairobi Central S.D.A. Church, on 4th August 2011.
- Drugs donated to Dr.J.S. Bhangra, at Makindu on 12th September 2011.
- Drugs donated to the Kenya Methodist University, School of Medicine & Health Sciences at Isiolo and Kithoka in Meru on 14th September 2011.
- Drugs donated to the Action In Focus Sarit Centre, at Athi river on 29th September 2011.
- Drugs donated to the Rotary Club, at the Lunga Lunga Slums on 10th October 2011.
- Drugs donated to Shifachem Ltd, at the St.Luke's Mission Hospital Kaloleni on 11th October 2011.

HUMOUR CORNER



You said I should spend more time with our children, so I turned their faces into icons.



"Not tonight. Didn't you receive my email?"



MEDI QUOTE

Knowledge is a process of piling up facts; wisdom lies in their simplification.

Martin H. Fischer



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