



## EDITORIAL

Dear Esteemed Readers,

Hello and welcome to the *Regal Times* Vol. 13.

We wish to express our gratitude for the continued support and feedback in our previous issues of the *Regal Times*. We take great pleasure in presenting to you the 13th edition of the *Regal Times*. We are glad to share with you the various achievements and changes at Regal Pharmaceuticals Ltd in line with continuous improvement. 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 highlight the progress made in the Human Resource Committee even as the pioneer committee hands over the mantle to an incoming committee. Regal Pharmaceuticals Ltd is also in the process of making some improvements both in production and in its systems to ensure timely production and deliveries to enhance customer satisfaction. Even as we continue to make our contribution to the medical fraternity Regal pharmaceuticals Ltd continues to participate and sponsor several conferences as highlighted as well as carry out continuous medical education. As part of our Corporate Social Responsibility we have continued to partner with various charitable organisations to take medical care to the needy through donation of various medicines.

As we continue to give you health benefits of different fruits we will feature 'the kiwi fruit' and present your favourite humour corner.

We seek your feedback, suggestions and opinions at [info@regalpharmaceuticals.com](mailto:info@regalpharmaceuticals.com) regarding our products, services and any contributions to the *REGAL TIMES*.

*Ephantus Kamau - Editor*

## EXPANSION:

### NEW PRODUCTION MACHINERY COMMISSIONED

Regal Pharmaceuticals has recently improved the production capacity by installing state-of-the-art machinery in tablet production that employs the latest in tablet manufacturing technology.

The Fluid Bed Equipment is a one-step granules preparation process that eliminates several steps in the older process technologies such as wet mixing and milling. Processing through this equipment assures a uniform particle size distribution and most importantly even dispersion of the active ingredient giving a high degree of assurance of final product quality.



The newly installed FBE 1300 fluid bed equipment at Regal Pharmaceuticals Ltd

Further downstream, the Legacy Optima complements the FBE with its precision technologies producing tablets to exacting quality specifications. This high speed compression machine promises the customer consistent tablet quality and a capacity to meet increased market demand.



The new Legacy Optima 6100 compression machine recently installed at Regal Pharmaceuticals Ltd.

It is assuring to know that the interchangeable turret machine comes as a complete package with in line powder transfer system, de-dusting and metal detector assembly that ensures an all closed tablet compression system with minimum operator contact.

## 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 and participated in the Kenya Medical Association's Annual Scientific Conference held on 25th April 2013 to 27th April 2013 at Maanzoni Lodge Machakos.
- Our representatives attended and participated in the Pharmaceutical Society of Kenya's (PSK) Nairobi branch

monthly meeting held on 24th April 2013 at KICC.

- Our representatives attended and participated in the Kenya Pharmaceutical Association (KPA) Nairobi branch monthly meeting held on 18th May 2013 at The 680 Hotel Nairobi Kenya.
- Our representatives attended and participated in the UON & KNH 2nd International Scientific Conference held on 19th June 2013 to 21st June 2013 at the College of Health Science in Kenyatta Hospital.
- Regal Pharmaceuticals Uganda team attended and participated in the Dental Student's Conference & Exhibition on 27th April 2013.



**Josphat Karuri, a Medical Representative at Regal Pharmaceuticals Limited gives a presentation during the Kenya Pharmaceutical Association (KPA) Nairobi Branch meeting held on 18th May 2013 at The 680 Hotel Nairobi.**

## 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 19th April 2013 for Pharmacy personnel at The Coconut Grill Hotel in Thika Kenya.
- A CME was held on 24th April 2013 for Pharmacy personnel at The Tea Tot Hotel in Machakos Kenya.
- A CME was held on 5th May 2013 for Pharmacy personnel at The Tin Tin Restaurant KICC in Nairobi Kenya.

Pharmacy personnel from Thika attending a CME held at The Coconut Grill Hotel-Thika on 19th April 2013.





# The Kiwi Fruit

The brown, inconspicuous, fuzzy Kiwi fruit has its origins in China. Cultivated in New Zealand since 1906, it went by the name of "yangtao" and "Chinese gooseberry" before being re-named as Kiwi fruit, in honour of New Zealand's national bird, the kiwi.

### Key Nutrients

Kiwi fruit is a nutrient-dense fruit that only provides 90 calories per 148-gram serving, most of which come from the 20 grams of carbohydrates present in the fruit. A serving of kiwi fruit also provides 4 grams, or 16 percent of the daily requirements, of dietary fiber, which helps to lower the risk of heart disease by decreasing blood cholesterol levels. While Kiwi fruit contains substantial amounts of vitamin C and folate, some of the other nutrients present in kiwi fruit include potassium, magnesium, vitamin E and zinc.

### Vitamin C and Folate

The kiwi fruit is an excellent source of vitamin C, and a single serving of the fruit provides 137 milligrams, or 240 percent of the daily requirement, of vitamin C. A high vitamin C intake helps improve immunity, fights signs

of aging, heals wounds and is an effective antioxidant. Kiwi fruit also provides about 10 percent of the daily requirements of folate, a nutrient that aids in the formation of red blood cells. Deficiency of folate during pregnancy can increase risk of spina bifida and neural tube defects in the foetus.



### Health Benefits

Kiwi fruit contains lutein, an antioxidant that plays an important role in preventing loss of eyesight due to age-related macular degeneration. Antioxidants in kiwi fruit may decrease symptoms of asthma such as wheezing and shortness of breath in children. A 2004 study reported in the journal "Platelets" reported that regular consumption of kiwi fruit lowered triglyceride levels in blood and reduced platelet aggregation, both of which could be beneficial in lowering the risk of heart disease.

## New Appointments...



Regal Pharmaceuticals Limited as a responsible and ethical employer continues to invest in qualified and dedicated staff. This is in line with the realisation that having the right people with the right skills is key to achieving business goals. We feature here recent appointments in the Regal Pharmaceuticals Limited team.



**Danson Ngari**  
Head - Production



**Christian Mshila**  
Head - Quality Control

## Our Contribution to the Society

Our contributions to the society include:

- Drugs donated to help the displaced community in kasese [Western Uganda] through Indian Association, Baps & Red Cross.
- Drugs donated to The Rotary Club of Nairobi-Langata for a free medical camp held in Mwigito Village, Njoro on 9th February 2013.
- Drugs donated to Nyumbani The Children of God Relief Institute to help the children.
- Drugs donated to The Amara Charitable Trust towards assisting The Amara Health Care Centre.
- Drugs donated to Kenya Medical Association for a free medical camp held at Nangina Special School, Busia County on 19th February 2013.
- Drugs donated to The Ngahu Foundation for a free medical camp held at Muguru Primary School, Murang'a County on 16th February 2013.
- Drugs donated to Zinduka Africa for a free medical camp held at Imara Daima International Christian Center on 26th and 27th April 2013.
- Drugs donated to The Lions Clinic through Dr. Narinder S. Thethy for the Multiple District convention from 2nd to 6th May 2013.
- Drugs and sponsorship given to Mr Sandev Choda (car Number 6) for the Rhino Charge 2013.
- Drugs donated to Kenyatta National Hospital through Dr. K.J. Devluk for a free medical camp held in Gatanga County from 12th May, 26th May, 2nd June and 16th June 2013.
- Drugs donated to The Sickle Cell foundation of Kenya through Shifachem Limited to mark the World Sickle Cell Day on 15th June 2013.
- Drugs donated to Kenya Medical Training College Christian Union - Kisumu Campus for a medical camp to be held at Keroka, Kisii on 10th August 2013.

## THE HUMAN RESOURCE COMMITTEE PROGRESS

Regal Pharmaceuticals realizes the importance of involving its employees in the development of an efficient and effective HR function within the organization.

The HR committee was therefore formed to ensure that employee's ideas, concerns and interests were taken into account during the improvement of the various HR policies, processes and procedures within the organization.



Members of the outgoing Human Resource Committee.  
Front row from left: **Fredrick Barasa, Bernard Burudi, Simon Macharia, Jared Abuko.**

Back row from left: **Danson Ngari, Thomas Odhiambo, Emma Maina, David Kaisya, Justus Kimwele, Douglas Oshia.**

Members of the Committee have played a major role in enhancing the communication between the management and the employees on the various changes that have been initiated in improving the working environment. This has in turn led to improved employee productivity due to improved employee relations.

The management sincerely thanks the committee members for participating in making Regal Pharmaceuticals a better place for all employees. Thank You!



## HUMOUR CORNER

### Dedicated to all Accountants;

One afternoon an Accountant was riding in his limousine when he saw two men along the roadside eating grass. Disturbed, he ordered his driver to stop and he got out to investigate. He asked one man, "Why are you eating grass?" "We don't have any money for food," the poor man replied. We have to eat grass." "Well, then, you can come with me to my house and I'll feed you," the Accountant said. "But sir, I have a wife and two children with me. They are over there under that tree." "Bring them along," the accountant replied. Turning to the other poor man he stated, "You come with us, also." The second man, in a pitiful voice, then said, "But sir, I also have a wife and SIX children with me!" "Bring them all, as well," the Accountant answered. They all entered the car, which was no easy task, even for a car as large as the limousine was. Once underway, one of the poor fellows turned to the accountant and said, "Sir you are too kind. Thank you for taking all of us with you." The Accountant replied, "Glad to do it. You'll really love my place. The grass is almost a foot high."



## MEDI QUOTE

"After you find out all the things that can go wrong, your life becomes less about living and more about waiting."

**Chuck Palahniuk, Choke**



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