REGAL Times

www.regalpharmaceuticals.com

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Editorial

Dear Readers,

At the outset, we take this opportunity to wish you and your family, a very Happy & Prosperous New Year 2010. We hope that you have liked our previous issues 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 help you, to relax from your busy schedule with your favourite section, MEDI-LAUGH.

Through our issues, we are also updating you with the health benefits of different natural fruits, which we enjoy eating. 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*

Save the Environment...

Regal Pharmaceuticals supported Friends of Karura forest, Kenya Forest Services (KFS) and Karura Runners and participated in the *"Inaugural Tree Planting Run"* in Karura Forest, Nairobi on 1st November 2009.

The flag off for the 10-km walk was done by H.E. Mr. Robert Macaire, Honourable High Commissioner of United Kingdom to Kenya, to all the participants. After, all joined hands and planted trees. The winners of the walk were also felicitated by H.E. Mr. Macaire.

The flag off by H.E. Mr. Robert Macaire, Honorable High Commissioner of Great Britain to Kenya

Tree Planting done by all participants

Winners with H.E Mr. Robert Macaire

EXPANSION

SPREADING THE WINGS... *Regal Products, now in Zambia*

Regal Pharmaceuticals has introduced initial 14 products to the health fraternity of Zambia. The products were unveiled by Dr. Gardener Shiyakantu, Director – Clinical care & Diagnostics services, Ministry of Health, Republic of Zambia, during the launch function at Hotel Taj Pamodzi International, Lusaka on 23rd October 2009. Dr. Shiyakantu was the Guest of Honour, during the function, on behalf of the Honourable Minister of Health, Republic of Zambia, His Excellency Mr. Kapembwa Simbao. Dr. Shiyakantu shared the Honourable Minister's speech and welcomed Regal Pharmaceuticals to Zambia & appealed to participate in the local tenders of the ministry, too.

His Excellency Mr. Lazarus Amayo, Honourable High Commissioner of Kenya to Zambia & Malawi was the special guest during the launch. Honourable Mr. Amayo expressed, "Regal Pharmaceuticals is one of the most ethical Kenyan Pharmaceutical manufacturing company since 1981 and millions of Kenyan as well as the neighbouring countries, both in public & private sectors, have been using Regal products." He appealed to the Zambian Medical fraternity to have the same confidence on Regal Products. The launch was also witnessed by Mrs. Bernice Mwale, Director – Product Registration of Pharmaceutical Regulatory Authority (PRA) and leading Medical Practitioners and Pharmacists of Zambian Capital City, Lusaka. Regal Pharmaceuticals products are made available in Zambian market by the local distributor, Alliance Pharmaceuticals Ltd., headed by dynamic Pharmacist & Managing Director, Mr. M. Krishnasamy.

Dr. Gardener Shiyakantu, Director – Clinical care & Diagnostics services, Ministry of Health, Republic of Zambia cutting the ribbon to announce the formal launch of Regal Pharmaceuticals Products at Hotel Taj Pamodzi, Lusaka. Also seen H.E. Mr. Lazarus Amayo, Honourable High Commissioner of Kenya to Zambia & Malawi, along with Mrs. Precious Mutapa, Medical Representative.

(From Left) H.E. Mr. Lazarus Amayo (Honourable High Commissioner of Kenya to Zambia & Malawi), Mr. Krishnasamy (MD of Alliance Pharmaceuticals), Mrs. Precious Mutapa (Medical Representative), Dr. Gardener Shiyakantu (Director – Clinical care & Diagnostics services, Ministry of Health, Republic of Zambia), Mr. Sanjeev Sarkar (GM-Sales & Marketing, Regal Pharmaceuticals) and Mrs. Bernice Mwale (Director – Product Registration, PRA - Zambia) sharing the products to other dignitaries.

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:-

- Pharmacy Assistants at Ibis Hotel, Nyeri, Kenya on 11th August 2009
- Pharmacy Assistants at Zonic Hotel, Kisii, Kenya on 26th August 2009
- Medical & Clinical Officers at Rumia Tourist Hotel, Homa bay, Kenya on 28th August 2009
- Pharmacy Assistants at Wagon Hotel, Eldoret, Kenya on 28th October 2009
- Pharmacy Assistants at Kisumu Hotel, Kisumu, Kenya on 31st October 2009
- Doctors of Mbeya Regional Hospital, Mbeya, Tanzania on 13th November 2009
- Pharmacy Assistants at Tin Tin Restaurant, Nairobi, Kenya on 22nd November 2009

ELDORET

NAIROBI

KISUMU

View of different CMEs at Eldoret, Nairobi & Kisumu (Clockwise from Top left).

Pineapples

...nature's healing fruit

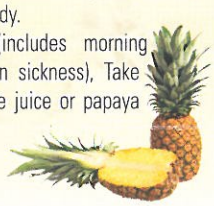
Pineapple is a tropical fruit, contains a proteolytic enzyme bromelain and the antioxidant vitamin C, both of which plays a major role in the body's healing process. Pineapple can prevent blood clot formation because of its bromelain content. The body uses vitamin C to help metabolize fats and cholesterol, absorbs iron, and synthesize amino acids and collagen. Collagen is one of the primary building blocks of skin, cartilage and bones. Vitamin C also decreases the severity of colds and infections.

Pineapples are member of the Bromeliaceae family and are composed of many flowers whose fruitlets are fused around the core. Each fruitlet has an eye which is the spiny part on the pineapple's surface. Pineapples are both sweet & tart with a beautiful, tropical yellow colour, reminiscent of warm summer days at the beach.

So if you want a natural way to enhance your body's healing mechanisms, promote overall good health and tantalize your taste buds, pineapples are the way to go. Choose the fresh fruit because it has the most healing properties. Unfortunately, most of the bromelain in canned pineapple is destroyed due to the heat used in the canning process.

Pineapple is Beneficial in the following conditions:

- It regulates the gland and is found to be helpful in cases of goiter (enlargement of the thyroid gland).
- Cold & Cough: The benefits of pineapple, when you have a cold or cough, are the same as the benefits of orange juice, but there is an additional benefit of pineapple. Bromelain, which is found in pineapples, has been found to help suppress coughs and loosen mucus.
- Dyspepsia & Indigestion: Bromelain enzyme helps break down the amino acid bonds in proteins, which promotes good digestion.
- Bronchitis (inflammation of the bronchial tubes.)
- Catarrh (secretions from mucous membranes).
- High Blood pressure.
- Arthritis: Bromelain is very effective in treating bruises, sprains and strains by reducing swelling, tenderness and pain. This powerful anti-inflammatory effect can also help relieve rheumatoid arthritis symptoms and reduce postoperative swelling.
- Fresh pineapple juice is also used in removing intestinal worms.
- Fresh pineapple juice has been used to combat diphtheria and other infections of the throat or other parts of the body.
- Prevents nausea (includes morning sickness and motion sickness), Take 230 cc. of pineapple juice or papaya juice.
- Constipation



adapted from ***www.hubpages.com; www.all-creatures.org and www.knowledgebase-script.com***

MEET OUR SUPPLIER

F.D.A. Chemexport Ltd.

FDA Chemexport Ltd., based in Leatherhead, Surrey, United Kingdom is one of the oldest suppliers of APIs to Regal Pharmaceuticals. Mr. Don Ayton, Founder & Chairman of FDA Chemexport Ltd., now working with his sons Greg and Mark, supplies APIs to many pharmaceutical manufacturers in several African countries.

Mr. Don Ayton of F.D.A. Chemexport Ltd. (Right) with Mr. R.V. Shah, Director of Regal Pharmaceuticals Ltd. (Left) during his recent visit to the Regal Plant at Nairobi

Mr. Ayton started his pharmaceutical career in 1960, joining May & Baker Ltd in Nigeria as a Medical and Chemical Representative. With the new Management positions, he moved to Tema (Ghana), Bangkok (Thailand) and Nairobi (Kenya). He returned to the UK in 1973 and set up his own agency business, F.D.A.Chemexport Ltd. Mr. Ayton's relationship with us started, right from the inception of the Regal Pharmaceuticals manufacturing plant by the Founder, Late Dr. Mahendra K.V. Shah.

Rotary Fund Raising for Free Medical camp

Regal Pharmaceuticals joined hands with Rotary Club of Nairobi (Industrial Area) and participated in a Family Fun Fair at Brookhouse School, Nairobi, Kenya on 15th November 2009. The event was organized by Rotary Club towards raising fund for the Free Medical Check-up (with Diabetes Focus) in the month of February 2010.

Regal Pharmaceuticals sports team was amongst the 18 teams, who participated in football matches. Regal also displayed some of the key Brands, including Trimex Diabetes (Sugar-free) cough syrup. Regal also gave free Ibumex gel, to relieve from pain & inflammation to all the different participating football teams.

Regal Football team & other members at the stall.

Barrack Okong'o, Sales Manager of Regal Pharmaceuticals (extreme Right) handing over Ibumex gel to other participating team

Regal CSR

Our Contribution to our Society – Corporate Social Responsibilities

Some recent drug donations to various organizations (during free medical camps):

- At Chebongi Primary School, Nairobi, organized by area Member of Parliament on 12th & 13th September 2009.
- At Gatura Shopping Centre, Nairobi, organized by Medical students Against Aids, University of Nairobi on 20th September 2009.
- At Tana River District, organized by School of Pharmacy, University of Nairobi on 17th to 21st September 2009.
- At ACK Emmanuel Church Kikuyu, organized by Church Committee on 26th September 2009.
- At Chasimba Health centre, Kilifi towards Comprehensive School Health Programme (Afya Bora Kwa Vijana) campaign, organized by Community based Development agency (COBA), Kilifi on 17th & 18th October 2009.
- At Kisumu Rural constituency, organized by Open Hand Group, Kisumu on 20th October 2009.

Free Medical camp Organised by Action in Focus at Meru in August. Regal provided free drug donation for the camp.

- At Kawangware, organized by Fountain Gate Church, Nairobi on 30th October 2009.
- At Jamii Medical & Trauma Clinic, Nairobi, organized by Project Manager & Co-odinator of the Clinic on October 2009.
- At Mwingi, organized by Action in Focus on 14th November 2009.

MEDI-LAUGH

Chemist at the Pharmacy

A chemist walks into a pharmacy and asks the pharmacist, "Do you have any acetylsalicylic acid?"

"You mean aspirin?" asked the pharmacist

The chemist replies, "That's it, I can never remember that word!"

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A very interesting fact

Doctor: Did you know that there are more than 1,000 bones in the human body?

Larry: Shhh, doctor! There are three dogs outside in the waiting room!

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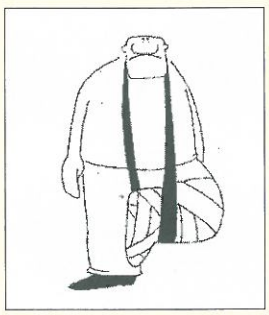
You're in great health

Doctor: You're in good health. You'll live to be eighty.

Patient: But, doctor, I am 80 right now.

Doctor: See, what did I tell you?



MEDI-QUOTE

"Though bitter, good medicine cures illness. Though it may hurt, loyal criticism will have beneficial effects."

Matthew Prior

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