



$$/^{[a-z0-9]+[a-z0-9].[a-z0-9]+@[a-z0-9]+\.[a-z]([a-z]{2,4})^{\$}/$$

one or more   
 one or more   
 zero or more   
 mandatory   
 mandatory word   
 minimum   
 maximum   
 end of Reg   
 begin   
 one or more   
 zero or more   
 mandatory   
 mandatory word   
 minimum   
 maximum   
 end of Reg

ah med. @   
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 ah med. @