



SINGAPORE, 22 JULY 2019

HSA UPDATES

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HSA UPDATES NO 5/2019

HSA UPDATES ON ADULTERATED PRODUCTS FOUND OVERSEAS (MAR - APR 2019)

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators to contain undeclared potent ingredients (i.e. adulterated) between March and April 2019. This information is provided to increase awareness on safety issues of adulterated products found overseas, which may impact the local population. Please refer to Annex A and Annex B for the list of adulterated products and the possible side effects of the undeclared potent ingredients.

HSA’s Advisory

- 2 Members of the public are advised to:
 - Consult a doctor if you had consumed any of the products and are feeling unwell.
 - Avoid buying any of the products when abroad or unknown and dubious sources.
 - Exercise caution when purchasing health products online or from sources (either local or overseas) which you may not be familiar with, even if well-meaning friends or relatives have recommended them. You cannot be certain where and how these products were made. They may be illegal, counterfeit or substandard, and may contain undeclared ingredients which can harm your health. If buying health products online, we encourage you to buy them from websites with an established retail presence in Singapore.
 - Be wary of products that promise quick and miraculous results or carry exaggerated claims like “100% safe”, “no side effects” or “scientifically proven”. Consumers should also be cautious of products that produce unexpected quick recovery of medical conditions.
 - Consult your doctor or pharmacist if you need help for the management of your acute and chronic medical symptoms and conditions (e.g. diabetes, hypertension, eczema).

- 3 Additionally, members of the public are encouraged to visit www.healthdangers.sg to learn more about the dangers of buying health products from dubious sources.

4 Members of the public who come across the sale and supply of these adulterated products or other illegal products in Singapore may contact HSA's Enforcement Branch at Tel: 6866-3485 during office hours (Monday to Friday) or email: hsa_is@hsa.gov.sg.

**HEALTH SCIENCES AUTHORITY
SINGAPORE
22 JULY 2019**

▪ **About the Health Sciences Authority (HSA)**

The Health Sciences Authority (HSA) applies medical, pharmaceutical and scientific expertise through its three professional groups, Health Products Regulation, Blood Services and Applied Sciences, to protect and advance national health and safety. HSA is a multidisciplinary authority. It serves as the national regulator for health products, ensuring they are wisely regulated to meet standards of safety, quality and efficacy. As the national blood service, it is responsible for providing a safe and adequate blood supply. It also applies specialised scientific, forensic, investigative and analytical capabilities in serving the administration of justice. For more details, visit <http://www.hsa.gov.sg/>.

For more updates on public health and safety matters, follow us on Twitter at www.twitter.com/HSAsg.

▪ **About HSA Updates**







The “HSA Updates” seeks to provide current information, in a consistent and accurate manner, on topics of public interest. For all issues of HSA Updates, please visit www.hsa.gov.sg click “News & Events”, and select “HSA Updates”.




Media representatives are welcome to send any queries to the Corporate Communications Department @ HSA.







Annex A

List of Adulterated Products Found Overseas





Note: There may be different versions or variants of the products listed below. You are advised to consult your doctor or pharmacist if you are unsure of any health product you intend to use, or if you need help for your acute and chronic medical symptoms and conditions.


Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
ASSALAM ASAM URAT & FLU TULANG KAPSUL		Paracetamol (Acetaminophen)	Brunei Darussalam, Ministry of Health
Bionergy		Nortadalafil (PDE-5 inhibitor)	Hong Kong Department of Health
BLUEFUSION		Sildenafil, tadalafil, desmethyl carbodenafil, dithiodesmethyl carbodenafil (PDE-5 inhibitor)	United States Food and Drug Administration
Blue M		Sildenafil (PDE-5 inhibitor)	Hong Kong Department of Health
Chaos Unleashed		Dimethylhexylamine (DMHA)	United States Food and Drug Administration
E.S.P. Extreme		Dimethylhexylamine (DMHA)	United States Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Enrage Extreme		Dimethylhexylamine (DMHA)	United States Food and Drug Administration
GODONG IJO KAPSUL		Paracetamol (Acetaminophen) and dexamethasone	Brunei Darussalam, Ministry of Health
Iron Brothers Relentless V1		Dimethylhexylamine (DMHA)	United States Food and Drug Administration
JOYSMI capsules		Sibutramine, phenolphthalein and frusemide	Australia Therapeutic Goods Administration
LEOPARD Miracle Honey		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
Lida Slimming Capsule		Sibutramine	Brunei Darussalam, Ministry of Health
Limitless		Phenibut (β -phenyl- γ -aminobutyric acid)	United States Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Lean Pills®		Dimethylhexylamine (DMHA)	United States Food and Drug Administration
Lotus Flower Capsules		Fenfluramine	Australia Therapeutic Goods Administration
Magnum XXL Capsules		Tadalafil (PDE-5 inhibitor)	Australia Therapeutic Goods Administration
Meizitang Botanical Soft Gel Capsules		Sildenafil and sildenafil N-oxide (PDE-5 inhibitor)	Australia Therapeutic Goods Administration
"OPS CANDY" Candy B+ Complex		Tadalafil (PDE-5 inhibitor)	Malaysia, Ministry of Health
Red Dawn Liquid		Phenibut (β -phenyl- γ -aminobutyric acid)	United States Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
RICALINU KAPSUL		Tramadol	Brunei Darussalam, Ministry of Health
SAMULIN KAPSUL		Paracetamol	Brunei Darussalam, Ministry of Health
SAMYUN WAN CAPSULE		Cyproheptadine and dexamethasone	Brunei Darussalam, Ministry of Health
SIN DEN BEAUTY SIM		Sibutramine and phenolphthalein	Hong Kong Department of Health
Sleep Walker		Phenibut (β -phenyl- γ -aminobutyric acid)	United States Food and Drug Administration
Super X 500mg Kapsul		Sildenafil (PDE-5 inhibitor) and acetaminophen (paracetamol)	Brunei Darussalam, Ministry of Health

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Synedrex		Dimethylhexylamine (DMHA)	United States Food and Drug Administration
TITANIUM 4000		Sildenafil & tadalafil (PDE-5 inhibitor)	Hong Kong Department of Health
Urat Kuda Kapsul		Paracetamol	Brunei Darussalam, Ministry of Health
X Power 3 Tablets		Sildenafil (PDE-5 inhibitor)	Australia Therapeutic Goods Administration
Yohimbe XV		Yohimbe	Health Canada

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
10K IRON HORSE		Tadalafil (PDE-5 inhibitor)	Hong Kong Department of Health

The possible side effects of the undeclared potent ingredients

Acetaminophen/ Paracetamol

Acetaminophen or paracetamol, is used for relieving pain, headache and fever. Products which contain paracetamol but do not have this declared on the label pose a danger to consumers as accidental overdose can result in liver damage.

Cyproheptadine

Cyproheptadine is an antihistamine used to relieve allergy symptoms. Side effects associated with its use include diarrhea, vomiting, nausea, and weight gain.

Dexamethasone

Dexamethasone is a potent steroid. Long term use of an oral steroid without medical supervision can cause high blood pressure, an increased risk of infections, Cushing's syndrome (characterised by the appearance of round face or 'moon face' and upper body obesity with thin limbs) and cataracts.

Dimethylhexylamine (DMHA)

Dimethylhexylamine (DMHA) use has been associated with serious side effects such as heart attacks.

Fenfluramine

Fenfluramine was a medicine used in the treatment of obesity. Fenfluramine was withdrawn from use since 1997 after its use was associated with heart valve disease.

Frusidemide

Frusidemide is a prescription medicine used in the treatment of conditions including hypertension and kidney disease. The side effects associated with the use of frusemide include low blood pressure and loss of appetite.

Phenibut (beta-phenyl-gamma-aminobutyric acid HCl)

Phenibut has been associated with side effects including dizziness, nausea and fatigue. In large doses, it may lead to trouble breathing and unconsciousness. The frequent or regular use of phenibut may cause dependence. This may lead to withdrawal symptoms including seizures, nausea, anxiety, agitation, muscle aches and sleeping difficulties.

Phenolphthalein

Phenolphthalein may cause kidney disorders and has been found in animal studies to be associated with cancer. It may also cause rashes, abdominal cramps and breathing difficulties.

Phosphodiesterase Type 5 (PDE-5) inhibitors

This class of medicine includes sildenafil, tadalafil and 5-dimethylpiperazinyl dithio-desmethylcarbodenafil. These medicines can cause serious adverse effects such as strokes, heart attacks, decreased or loss of vision and hearing, and priapism (painful and exceedingly long erections). If priapism is not treated immediately, it may lead to permanent impotence. PDE-5 inhibitors are also not suitable for patients with medical conditions such as certain heart-related problems or who are on heart medications such as nitrates. Deaths of patients found to be using Sildenafil (PDE-5 inhibitor) while on nitrates have been reported overseas.

Sibutramine

Sibutramine, previously a prescription-only weight loss drug used in the treatment of obesity, has been disallowed for sale in Singapore since 2010 due to increased risk of heart attacks and strokes. The use of sibutramine has been associated with serious adverse effects, including high blood pressure, irregular heartbeats, hallucinations and mood swings.

Tramadol

Tramadol is a prescription medicine used to treat pain. The inappropriate use of tramadol may lead to side effects including insomnia, dizziness, constipation, nausea, vomiting, drowsiness and potentially, addiction.

Yohimbe/Yohimbine

Yohimbine is a potent western medicinal ingredient. Adverse effects associated with yohimbine include anxiety, palpitations (sensation of heart pounding, racing or skipped beats), sweating, blurred vision and insomnia. Overdosage can cause seizures, paralysis, coma, low blood pressure and rapid heartbeats. Deaths from overdose have also been reported.