



SINGAPORE, 28 MARCH 2018

HSA UPDATES

“HSA UPDATES” addresses topics of current public interest, and is subject to change as more information becomes available.

HSA UPDATES NO 2/2018

HSA UPDATES ON ADULTERATED HEALTH PRODUCTS FOUND OVERSEAS (NOV-DEC 2017)

The Health Sciences Authority (HSA) would like to update the public on adulterated health products found overseas between November and December 2017. This information is provided to increase awareness on safety issues of health products found overseas, which may impact the local population. Please refer to Annex A and Annex B for the list of adulterated health products and the possible side effects of the undeclared potent ingredients.

Local Situation

2 To-date, these products are not detected to be sold in Singapore, but it is noted that some of these products may have been obtained from overseas sources by consumers.

HSA’s Advisory

- 3 Members of the public are advised to:
- Stop consuming the products if you have purchased or are consuming any of them, and consult a doctor if you are feeling unwell.
 - Avoid buying any of these products when abroad.
 - 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).
 - 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.

4 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.

5 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
28 MARCH 2018**

▪ **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.

List of Adulterated Products

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
A1 Slim		Sibutramine and Phenolphthalein	United States Food and Drug Administration
Adipessum Miracle Slimming Capsules		Fluoxetine	United States Food and Drug Administration
Beautiful Lose Weight Gold 30 Capsules		Sibutramine and Phenolphthalein	Australia Therapeutic Goods Administration
Blue Diamond Pill		Sildenafil (PDE-5 inhibitors)	United States Food and Drug Administration
Blue Pearl All Natural Male Enhancement		Sildenafil (PDE-5 inhibitors)	United States Food and Drug Administration
Control Capsules		Sildenafil (PDE-5 inhibitors)	United States Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Fruta Planta Life (Garcinia Cambogia Premium)		Sibutramine	United States Food and Drug Administration
Gluta Lipo 12-in-1 Whitening & Slimming Juice		Sibutramine	Taiwan Food & Drug Administration
Hard Rod Plus capsules		Aminotadalafil (PDE-5 inhibitors)	Australia Therapeutic Goods Administration
Jimpness Beauty Fat Loss capsules		Phenolphthalein	Australia Therapeutic Goods Administration
Linsen Double Caulis Plus (靈仙双藤素)		Dexamethasone	United States Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
LISHOU Fuling Jiaonang capsules		Sibutramine	Australia Therapeutic Goods Administration
Lose Weight 30 capsules		Sibutramine	Australia Therapeutic Goods Administration
Maximum powerful (Baiwei USA) tablets		Sildenafil (PDE-5 inhibitors)	Australia Therapeutic Goods Administration
MenXtrong		Sildenafil (PDE-5 inhibitors)	United States Food and Drug Administration
New Stiff Nights Platinum 10K		Sildenafil (PDE-5 inhibitors)	United States Food and Drug Administration
Prosolution		Sildenafil (PDE-5 inhibitors)	United States Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Qibianli		Sildenafil (PDE-5 inhibitors)	United States Food and Drug Administration
Red Ant tablets		Sildenafil (PDE-5 inhibitors)	Australia Therapeutic Goods Administration
Super sonic capsules		Strychnine and sildenafil (PDE-5 inhibitors)	Australia Therapeutic Goods Administration
Tiger 5000		Sildenafil and Tadalafil (PDE-5 inhibitors)	United States Food and Drug Administration
金功夫		Sildenafil (PDE-5 inhibitors)	Taiwan Food & Drug Administration
一炮到天亮		Sildenafil (PDE-5 inhibitors)	Taiwan Food & Drug Administration
硬9天		Sildenafil (PDE-5 inhibitors)	Taiwan Food & Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
麗瘦®茯苓軟膠囊		Sibutramine	Taiwan Food & Drug Administration
麗瘦®茯苓膠囊		Sibutramine	Taiwan Food & Drug Administration
美妙瘦純減肥膠囊		Sibutramine	Taiwan Food & Drug Administration
一片挺硬藥錠		Acetaminophen and Sildenafil (PDE-5 inhibitors)	Taiwan Food & Drug Administration
戰馬藥錠		Sildenafil (PDE-5 inhibitors)	Taiwan Food & Drug Administration

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 overdosing that can result in liver damage may occur. Paracetamol is a common over-the-counter pain reliever, where it is used to relieve headaches, minor aches and pains. It is also a common ingredient used in cold and flu remedies. Overdose of paracetamol can cause potential fatal liver damage.

Dexamethasone

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

Fluoxetine

Fluoxetine is a prescription medicine used to treat conditions including depression and eating disorders. The use of fluoxetine has been associated with adverse effects including headaches, insomnia, palpitations and dizziness.

Phenolphthalein

Phenolphthalein was used as a laxative in the past, but has not been registered in Singapore since 2011. Phenolphthalein may cause rashes, abdominal cramps, breathing difficulties, kidney disorders and has been found in animal studies to be associated with cancer.

Phosphodiesterase Type 5 (PDE-5) inhibitors

PDE-5 inhibitors are used to treat male erectile dysfunction and should be used under medical supervision. These class of medicine include sildenafil, tadalafil and aminotadalafil. These medicines can potentially cause serious adverse effects such as decreased or loss of vision and hearing, strokes, heart attacks 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.

Strychnine

Strychnine is generally used as a pesticide and a rodenticide. The use of strychnine has been associated with adverse effects including involuntary eye movement, blurred vision, muscle spasms, seizures, and irregular heart rate.