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HSA UPDATES

“HSA UPDATES” addresses topics of current public interest, and is subject to change as more information becomes available.
HSA UPDATES NO 3/2018

HSA UPDATES ON ADULTERATED HEALTH PRODUCTS FOUND OVERSEAS (JAN-FEB 2018)

The Health Sciences Authority (HSA) would like to update the public on overseas cases of adulterated health products reported between January and February 2018. 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 of the pdf version 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 the 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
25 APRIL 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)
7 Days Slim hip & Legs		Sibutramine	Hong Kong Department of Health
Bella All Natural Diet Capsules	Image not available	Sibutramine	United States Food and Drug Administration
Bioslim Herbal Tablet		Bisacodyl	Indonesia National Agency of Drug and Food Control
Body Slim Herbal		Sibutramine	Indonesia National Agency of Drug and Food Control
CA NI CAP Arm Slim		Sibutramine	Hong Kong Department of Health

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
CA NI Slim BELLANCE		Orlistat	Hong Kong Department of Health
Dnars Honey Cream		Hydroquinone and Tretinoin	Malaysia National Pharmaceutical Regulatory Agency
Dnars Yellow Gold Collagen		Mercury	Malaysia National Pharmaceutical Regulatory Agency
GG Pinky Day Cream for Sking		Mercury	Malaysia National Pharmaceutical Regulatory Agency
Green World Slimming Capsule		Sibutramine	Indonesia National Agency of Drug and Food Control
Help 100% & Pure Natural & Body Slim capsules		Sibutramine	Australia Therapeutic Goods Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
JEUNESSE bbb		Caffeine	Taiwan Food & Drug Administration
Ja Dera Max+ capsules		Lignocaine	Australia Therapeutic Goods Administration
Luffiya Night Cream 1		Hydroquinone and Tretinoin	Malaysia National Pharmaceutical Regulatory Agency
Luffiya Night Cream 2		Mercury	Malaysia National Pharmaceutical Regulatory Agency
MACA		Sildenafil (PDE-5 Inhibitor)	Taiwan Food & Drug Administration
Moleek Skincare Anti Pigmentation Cream Plus		Hydroquinone and Tretinoin	Malaysia National Pharmaceutical Regulatory Agency

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Paparazzi 5800		Sildenafil (PDE-5 Inhibitor)	Health Canada
Perfect Slim capsules by Peenuch		Sibutramine	Australia Therapeutic Goods Administration
Rush Hour 72		Sildenafil, Tadalafil, Desmethyl carbodenafil, and Dithiodesmethyl carbodenafil (PDE-5 Inhibitor)	Health Canada
SIN DEN BEAUTY		Sibutramine and phenolphthalein	Hong Kong Department of Health
Slim Perfect Legs		Sibutramine	Hong Kong Department of Health

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Tati Therapy Cream 1		Mercury	Malaysia National Pharmaceutical Regulatory Agency
Tati Therapy Cream 2		Hydroquinone and tretinoin	Malaysia National Pharmaceutical Regulatory Agency
Tong Mai Jiaonang		Propoxyphenylhydroxy homosildenafilafil (PDE-5 Inhibitor)	Indonesia National Agency of Drug and Food Control
Trica Juice serbuk		Sildenafil (PDE-5 Inhibitor)	Indonesia National Agency of Drug and Food Control
W+ Boom Boom		Vardenafil and Pseudovardenafil (PDE-5 Inhibitor)	Hong Kong Department of Health
Weili (伟力)		Sildenafil (PDE-5 Inhibitor)	Taiwan Food & Drug Administration
藏鞭王膠囊		Sildenafil (PDE-5 Inhibitor) & Phenolphthalein	Taiwan Food & Drug Administration

The possible side effects of the undeclared potent ingredients

Bisacodyl

Bisacodyl is used to treat constipation. The inappropriate use of bisacodyl may lead to stomach discomfort, diarrhoea and abdominal pain.

Caffeine

Caffeine is used in the treatment of conditions including sleep disorders. The inappropriate use of caffeine may lead to insomnia, agitation, restlessness palpitations and increased heart rate.

Hydroquinone

Hydroquinone is a potent ingredient used in western prescription medicines for the treatment of skin conditions. This ingredient is prohibited in skincare cosmetic products and should only be used under medical supervision, as hydroquinone may cause harmful effects if not used properly. The inappropriate use of hydroquinone could result in changes in skin colour and hypersensitivity reactions such as rashes, redness, tingling and burning of skin.

Lignocaine

Lignocaine is a medicine used to decrease or eliminate the feeling of pain. The inappropriate use of products with high concentrations of lignocaine can cause dizziness and low blood pressure.

Mercury

Mercury is a toxic substance and is prohibited for use as an ingredient in cosmetic products. Regular application of creams containing mercury could lead to rash, skin discolouration and blotching. Chronic exposure to very high levels of mercury in cosmetic products may also cause toxic effects to the kidneys, digestive and nervous system, as it can be absorbed through the skin. This could lead to organ damage.

Orlistat

Orlistat is a medicine used in the management of obesity. This medicine should be used under the supervision of a healthcare professional. The inappropriate use of orlistat can cause headaches, abdominal pain and discomfort, flatulence, oily discharge from rectum, liquid stools, and fatigue.

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, carbodenafil, dithiodesmethyl carbodenafil, vardenafil and pseudovardenafil. 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.

Tretinoin

Tretinoin is a potent ingredient used in western prescription medicine for treatment of acne. Tretinoin prohibited in skincare cosmetic products and should only be used under strict medical supervision. Inappropriate use of tretinoin could lead side effects such as redness and peeling of skin.