



SINGAPORE, 6 SEPTEMBER 2018

## HSA UPDATES

***“HSA UPDATES” addresses topics of current public interest, and is subject to change as more information becomes available.***  
**HSA UPDATES NO 6/2018**

### **HSA UPDATES ON ADULTERATED HEALTH PRODUCTS FOUND OVERSEAS (MAY-JUN 2018)**

The Health Sciences Authority (HSA) would like to update the public on overseas cases of adulterated health products reported between May and June 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 and consult a doctor if you are feeling unwell.
  - Avoid buying any of the products when abroad.
  - 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).

4 Additionally, members of the public are encouraged to visit [www.healthdangers.sg](http://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](mailto:hsa_is@hsa.gov.sg).

## **HEALTH SCIENCES AUTHORITY SINGAPORE 6 SEPTEMBER 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](http://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](http://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**

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
5150 Workout supplement		Rauwolfia	Health Canada
7K		Sildenafil and/or Tadalafil (PDE-5 Inhibitor)	United States Food and Drug Administration
AB Slim		Sibutramine, Phenolphthalein and Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Adriana Balance S		Sibutramine	United States Food and Drug Administration
All Nite Long		Levodopa (in Mucuna Pruriens)	Health Canada
Amuralin Kapsul		Acetaminophen, Diclofenac, Dexamethasone	Brunei Darussalam, Ministry of Health

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Animal Test Workout supplement		Yohimbine	Health Canada
ATC Herbs	No images provided	Dexamethasone, Ibuprofen, Chlorpheniramine, Chloramphenicol, Clarithromycin, Tetracycline, Lovastatin	Malaysia Ministry of Health
Best Candy		Nortadafil (PDE-5 Inhibitor)	United States Food and Drug Administration
B-Green		Acetaminophen, Benproperine, Phenolphthalein	Taiwan Food and Drug Administration
BLACK ANT 及 強腎丸錠		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
Black Panther #1 Triple Maximum		Yohimbe	Health Canada
Black Stallion 35000		Sildenafil (PDE-5 Inhibitor)	Health Canada
Bulbao Male Enhancer tablets		Sildenafil, Tadalafil (PDE-5 Inhibitor) and Yohimbine	Health Canada

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Carboflex	No images provided	Sibutramine	Malaysia, Ministry of Health
Deluxe Beauty – Ultra Lightening Cream		Mercury	Malaysia, Ministry of Health
Deeja Cosmetic Keyuan Semula Jadi Set 5 dalam 1 – Star Cream		Hydroquinone	Brunei Darussalam, Ministry of Health
Deeja Cosmetic Star Cream		Hydroquinone and Tretinoin.	Malaysia, Ministry of Health
Deeja Cosmetic Vogue Cream		Mercury	Malaysia, Ministry of Health
Deeja Krim Nano (Night)		Mercury	Malaysia, Ministry of Health
Fat Away Choco Tablet		Phenolphthalein.	Brunei Darussalam, Ministry of Health
Gelatik Sari Manggis Kapsul		Acetaminophen.	Brunei Darussalam, Ministry of Health
Ginseng Red 2000		Sildenafil (PDE-5 Inhibitor)	Health Canada





Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Gold Viagra		Sildenafil (PDE-5 Inhibitor)	Health Canada
Gold Maka		Sildenafil (PDE-5 Inhibitor)	Australia Therapeutic Goods Administration
Hoichun Zaizao Wan Capsule		Chlorpheniramine and Dexamethasone.	Brunei Darussalam, Ministry of Health
Horny Goat Weed For Men & Women		Levodopa (in Mucuna Pruriens)	Health Canada
Hypnotic poison capsules		Sibutramine and Phenolphthalein	Australia Therapeutic Goods Administration
I am God Workout supplement		Rauwolfia	Health Canada

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
JAGUAR 30000 capsules		Tadalafil (PDE-5 Inhibitor)	Australia Therapeutic Goods Administration
Kuda Merah Kapsul Herba		Acetaminophen and Sildenafil (PDE-5 Inhibitor)	Brunei Darussalam, Ministry of Health
Lipo6 Black Weight loss		Yohimbine and Rauwolfia	Health Canada
Max		Sennosides	Taiwan Food and Drug Administration
Lishou Strong Slimming capsule		Sibutramine	Australia Therapeutic Goods Administration
Max Vigor		Sildenafil (PDE-5 Inhibitor)	Health Canada

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
MATCHA SURIMU		Sibutramine	Health Canada
Meltz - Instant Energy For Males tablets		Vardenafil (PDE-5 Inhibitor)	Health Canada
Miracle White - Brightening Cream		Mercury	Malaysia, Ministry of Health
MUSE POTENT SLIMMING CAPSULE		Sibutramine	Hong Kong Department of Health
One Night Lover		Sildenafil (PDE-5 Inhibitor)	Australia Therapeutic Goods Administration
Nuclear Workout supplement		Rauwolfia	Health Canada
Need For Seal		Sildenafil (PDE-5 Inhibitor)	Australia Therapeutic Goods Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
NutraKey Yohimbine HCl Sexual enhancement		Yohimbine	Health Canada
Oilflex	No images provided	Orlistat	Malaysia, Ministry of Health
PAYA Dietary Supplement Product		Sibutramine	United States Food and Drug Administration
Platinum - Male Enhancer capsules		Sildenafil, Sulfosildenafil and Sulfoildenafil (PDE-5 Inhibitor)	Health Canada
Promatrix Yohim-B Active		Yohimbe	Health Canada
Plasmajet Workout supplement		Rauwolfia	Health Canada

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Poseidon 4500 (Extreme 1000 Mg)		Sildenafil and Tadalafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Psychotic Workout supplement		Rauwolfia	Health Canada
Raja Super Resdong Kapsul		Chlorpheniramine and Dexamethasone	Brunei Darussalam, Ministry of Health
Size Genix Extreme Size Booster 1577mg Capsule		Sildenafil (PDE-5 Inhibitor)	Brunei Darussalam, Ministry of Health
Sari Kulit Manggis Kapsul 700mg		Acetaminophen, Diclofenac, Dexamethasone.	Brunei Darussalam, Ministry of Health
SLIM BODY Advanced capsules		Sibutramine	Australia Therapeutic Goods Administration
Solve Botanical Slimming capsules		Furosemide (Frusemide), Phenolphthalein and Paracetamol	Australia Therapeutic Goods Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Stiff Rox		Sildenafil and Tadalafil (PDE-5 Inhibitor)	Health Canada
SPARKLE TWINS		Sibutramine	Health Canada
Victorious		Hydroxythiohomosildenafil (PDE-5 Inhibitor)	Health Canada
XXXPlosion		Sildenafil (PDE-5 Inhibitor)	Health Canada

## **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.

### **Benproperine**

Benproperine is a medicine used in treatment of cough. The inappropriate use of benproperine is associated with dry mouth, dizziness, drowsiness and fatigue.

### **Chloramphenicol**

Chloramphenicol is an antibiotic used to treat bacterial infections. It is a prescription medicine and should be used under medical supervision. Chloramphenicol can potentially cause serious adverse effects including nausea, vomiting, diarrhoea, headaches and liver injury.

### **Chlorpheniramine**

Chlorpheniramine is an antihistamine used to relieve allergic reactions such as rhinitis, and should be used under medical supervision by a pharmacist or doctor. Adverse effects from the use of chlorpheniramine include drowsiness, blurred vision, vomiting, constipation and poor coordination.

### **Clarithromycin**

Clarithromycin is an antibiotic used to treat bacterial infections and should be used under medical supervision. The inappropriate use of clarithromycin may lead to stomach ache, diarrhoea, nausea and vomiting.

### **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).

### **Diclofenac**

Diclofenac is a potent painkiller and may potentially cause serious gastric bleeding, as well as cardiovascular events such as heart attacks and stroke when used for a prolonged period. It should be used under close medical supervision, especially in

patients with underlying heart conditions, stomach bleeding and ulceration. Prolonged use may lead to heart attacks and stroke.

### **Frusemide**

Frusemide is a potent diuretic drug that is used to eliminate water and salt from the body. When taken in excess, the 'water-eliminating' effect of frusemide can cause the depletion of sodium, chloride, body water and other minerals in the body

### **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.

### **Ibuprofen**

Ibuprofen is an anti-inflammatory painkiller and its prolonged use may potentially cause serious gastric bleeding, nausea, high blood pressure.

### **Levodopa**

Two of the products in Annex A contained *Mucuna Pruriens*, which is a legume/bean. Levodopa or L-Dopa is a naturally-occurring substance in *Mucuna Pruriens*. It is a prescription drug used in the treatment of Parkinson's Disease. Levodopa may potentially interact with medicines used to treat high blood pressure. Side effects of levodopa may include low blood pressure, irregular heart rate and breathing abnormalities.

### **Lovastatin**

Lovastatin is a prescription medicine use to treat high cholesterol and should be used under medical supervision. The side effects associated with lovastatin use include constipation, joint pain and stomach pain.

### **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, sulfosildenafil, sulfoildenafil and hydroxythiohomosildenafil. 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.

### **Rauwolfia**

Rauwolfia alkaloid is a potent western medicinal ingredient used to treat high blood pressure. The use of rauwolfia has been associated with dizziness, drowsiness, impotence and anxiety.

### **Sennosides**

Sennosides are laxatives used to treat constipation. The inappropriate use of sennosides may lead to stomach pain, nausea, diarrhoea.

### **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.

### **Tetracycline**

Tetracycline is an antibiotic and its adverse effects include teeth discoloration and increased skin sensitivity to sunlight.

### **Tretinoin**

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

### **Yohimbine**

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