



## HSA ALERT: FOUR PRODUCTS FOUND WITH POTENT OR BANNED INGREDIENTS; THREE CONSUMERS EXPERIENCED ADVERSE EFFECTS WITH ONE HOSPITALISED FOR EMERGENCY SURGERY

The Health Sciences Authority (HSA) is alerting members of the public not to purchase or use "通脉9骨胶柔Tong Mai 9 Gu Jiao Rou", "EZ Empire Be Perfect", "Re5hape hi Morning" and "Re5hape bye Night" as these four products were tested to contain potent ingredients such as steroids and the banned substance, sibutramine. One consumer was hospitalised for emergency stomach surgery after taking "通脉9骨胶柔Tong Mai 9 Gu Jiao Rou", while another experienced steroid-related adverse effects after taking "EZ Empire Be Perfect" and a third had chest pain after taking "Re5hape hi Morning" and "Re5hape bye Night".

Product name	Potent ingredients	Source
"通脉9骨胶柔Tong Mai 9 Gu Jiao Rou"	Dexamethasone (potent steroid) Piroxicam (painkiller)	Local peddler in coffeeshop at Ang Mo Kio
"EZ Empire Be Perfect"	Cyproheptadine (antihistamine and appetite stimulant) Dexamethasone (potent steroid)	Local e-commerce platform (Shopee)
"Re5hape hi Morning"	Sibutramine (banned medicinal substance)	Social media and local e-commerce platforms (Instagram, Carousell, Shopee)
"Re5hape bye Night"	Sennosides (laxative)	

2 Please refer to **Annex A** for photos of the products and **Annex B** for possible adverse effects of the banned or potent ingredients found in the products.

### **A consumer underwent emergency surgery after taking "通脉9骨胶柔Tong Mai 9 Gu Jiao Rou"**

3 A man in his 50s suffered from a perforated gastric ulcer<sup>1</sup> requiring emergency surgery after taking "通脉9骨胶柔 Tong Mai 9 Gu Jiao Rou" daily for about two years to manage his eczema. He also developed symptoms of Cushing's syndrome, including a round face or "moon face", thinning of skin and easy skin bruising. This led his doctor to suspect that the product was adulterated. He had purchased the blister packs from a peddler at a coffeeshop in Ang Mo Kio, who had also sold the product to other consumers for joint problems.

4 HSA tested the product to contain two potent medicinal ingredients, i.e., dexamethasone and piroxicam. HSA also observed that the product had a similar appearance to another product, "Joint-Soft", which HSA alerted the public in 2014<sup>2</sup>. "Joint-Soft" contained the same potent ingredients and caused a consumer in his 60s to be hospitalised for internal bleeding.

### **"EZ Empire Be Perfect" user suffered steroid side effects**

5 A woman in her 30s purchased "EZ Empire Be Perfect" online via Shopee and took the product daily for about 10 months to help her with weight gain. The product was marketed to "promote healthy weight gain" with natural ingredients such as fruit extracts and vitamins. She experienced increased appetite and gained more than 10 kg after taking the product. She also had a sudden onset of facial rashes and tiredness

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<sup>1</sup>Perforated gastric ulcer is an open sore that penetrates through the stomach lining to form a hole. A perforated ulcer allows digestive juices and food to leak out of the digestive tract and this requires urgent medical attention.

<sup>2</sup>[HSA Alerts Public to Three Illegal Products Purchased from Overseas which Contain Undeclared Potent Western Medicinal Ingredients](#)

upon stopping it for three days. Her doctor suspected that her symptoms were due to Cushing's syndrome and steroid withdrawal and reported the case to HSA. The product was tested to contain two potent medicinal ingredients, cyproheptadine and dexamethasone.

### **“Re5hape hi Morning” and “Re5hape bye Night” caused chest pains in consumer**

6 Another woman experienced chest pains after consuming “Re5hape hi Morning” and “Re5hape bye Night”, which she had purchased from a seller on Instagram. Both products were promoted to be taken together as part of a “health sculpting program” to reduce weight and were labelled to contain “all-natural” food extracts and vitamins. However, HSA’s analysis revealed that “Re5hape hi Morning” contained the banned substance, sibutramine, and “Re5hape bye Night” contained sennosides, a laxative. The products were also falsely labelled with “GMP” logos, which may mislead consumers into believing that the products are safe and manufactured under high quality standards certified by Good Manufacturing Practice (GMP).

7 HSA also detected sale listings of “Re5hape hi Morning” and “Re5hape bye Night” on Carousell and Shopee, and has worked with the platform administrators to remove the affected listings. HSA will take stronger enforcement actions against sellers who continue to sell or supply products found to be adulterated with banned substances or potent ingredients.

8 Associate Professor Chan Cheng Leng, Group Director of HSA’s Health Products Regulation Group, cautions, “Illegal and adulterated health products often present themselves as containing natural ingredients. However, as seen in these cases, they actually contain potent synthetic ingredients that may cause severe medical complications. While HSA conducts surveillance and testing of health products on the market, we urge consumers to be discerning and buy health products only from reputable sources.”

### **Advisory to consumers**

9 Consumers are advised to be **ALERT** when purchasing health products:

- **AVOID** Dubious Products: Steer clear of products from unknown or unverified sources, especially online - they may contain harmful ingredients.
- **LOOK** for Reputable Sellers: Only purchase from trusted pharmacies or well-known retailers with an established presence in Singapore.
- **EXAMINE** Claims: Be cautious and wary of products that claim to have miraculous results or “no side effects”.
- **REPORT** Suspicious Products: Help protect others by reporting dangerous or dubious products to HSA.
- **TRUST** Medical Advice: See a doctor immediately if you have used "通脉9骨胶柔Tong Mai 9 Gu Jiao Rou" or "EZ Empire Be Perfect" which contain steroids. Do not stop taking them suddenly as this may cause severe withdrawal symptoms such as fatigue, confusion, and low blood pressure, especially when these products have been taken for more than a few weeks. Stop taking "Re5hape hi Morning" and "Re5hape bye Night" and seek medical help if unwell.

10 To find out more about illegal health products that have been detected and tested by HSA to date, consumers may also refer to the illegal health products database accessible at <https://www.hsa.gov.sg/illegal-health-products-found-in-singapore>.

### **Advisory to sellers and suppliers**

11 All sellers and suppliers must stop selling these four products immediately. HSA will not hesitate to take stern enforcement actions against anyone who sells and supplies products found to be adulterated with potent ingredients. Sellers and suppliers are liable to prosecution and if convicted, may be imprisoned for up to 2 years and/or fined up to \$10,000.

12 Members of the public who have any information on the sale and supply of these illegal products 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).

### **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 at [www.twitter.com/HSAsg](http://www.twitter.com/HSAsg).

### **About HSA's Health Products Regulation Group**

The Health Products Regulation Group (HPRG) of HSA ensures that medicines, innovative therapeutics, medical devices and health-related products are wisely regulated and meet appropriate safety, quality and efficacy standards. It contributes to the development of biomedical sciences in Singapore by administering a robust, scientific and responsive regulatory framework.

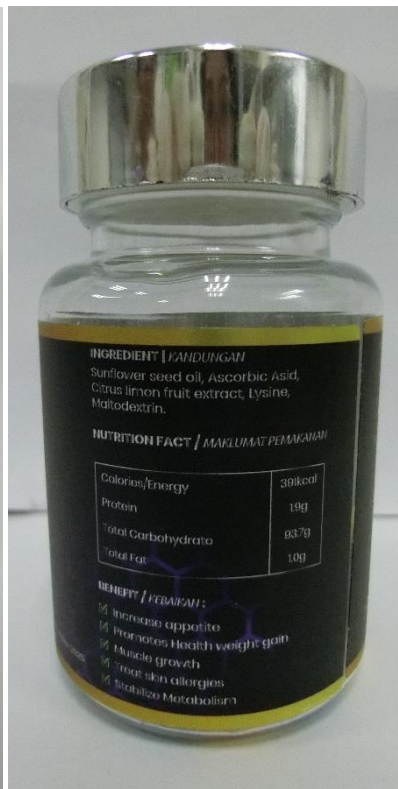
ANNEX A

**HSA ALERT: FOUR PRODUCTS FOUND WITH POTENT OR  
BANNED INGREDIENTS; THREE CONSUMERS EXPERIENCED  
ADVERSE EFFECTS WITH ONE HOSPITALISED FOR EMERGENCY  
SURGERY**

Photos of "通脉9骨胶柔Tong Mai 9 Gu Jiao Rou" tested by HSA



Photos of “EZ Empire Be Perfect” tested by HSA





Photos of “Re5hape hi Morning” and Re5hape bye Night” tested by HSA







# Re5hape

## NUTRITION FACTS

Serving Size - 4g per sachet  
Serving Per Box - 16

	Per 100g	Per Serving (4g)
Energy	390 kcal	15 kcal
Total Fat	2.5 g	0.1 g
Carbohydrate	66.8 g	2.7 g
Total Sugars	0 g	0 g
Protein	34.8 g	1.4 g
Sodium	35.5 mg	1.4 mg

### Direction of Use:

Tear off the sachet and consume directly.  
Take 1 sachet per day.

Owner Of The Right Of Manufacture:  
Reme Group Sdn Bhd  
GF-17 & FF-17, Pusat Perniagaan Amber,  
Persiaran Oleander, Gamuda Kemuning,  
42500 Telok Panglima Garang,  
Selangor, Malaysia.

### Ingredients

Kiwi Powder, Apple Powder, Cactinea™, Gaf Fiber,  
Apple Fiber, Chamomile Extract, Aloe Vera Extract,  
Acai Berry Extract, Digezyme (Alpha-amylase, Cellulase,  
Lactase, Lipase, Protease), Inulin and Isomalt.

### Storage Condition

Keep in cool and dry place. Keep away from  
direct sunlight and heat.

**KEEP OUT OF REACH OF CHILDREN**

Color and taste may vary 5% - 10% in different  
batch due to natural ingredients used.



EXP DATE : JUN2026  
B/N:AK24F011

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## **POSSIBLE ADVERSE EFFECTS OF BANNED OR POTENT INGREDIENTS FOUND IN THE PRODUCTS**

### **Cyproheptadine**

Cyproheptadine is an antihistamine used to relieve allergic conditions, such as hives and rhinitis and symptoms of cold and flu. It is also used as an appetite stimulant to promote weight gain and should be used under medical supervision. Possible adverse effects include drowsiness, blurred vision, vomiting and diarrhoea.

### **Dexamethasone**

Dexamethasone is a potent steroid that is usually prescribed for inflammatory conditions and should only be used under strict medical supervision. Long-term unsupervised use of steroids can cause increased blood sugar levels which may lead to diabetes, high blood pressure, cataracts, muscular and bone disorders (including osteoporosis), an increased risk of infections and Cushing's syndrome (a round face or 'moon face' appearance and upper body obesity with thin limbs). Discontinuation of steroids without proper medical supervision can lead to steroid withdrawal effects and adrenal insufficiency.

### **Piroxicam**

Piroxicam is a non-steroidal anti-inflammatory drug (NSAID) used to treat pain and inflammation in the body. It can cause gastrointestinal adverse effects such as nausea and vomiting and gastric bleeding as well as elevated liver enzymes. Other adverse effects on prolonged usage include increased risk of heart problems and fluid retention. NSAIDs may be associated with cardiovascular events (e.g. heart attack and stroke), especially when used at high doses for long-term treatment and should be used under close medical supervision.

### **Sennosides**

Sennosides is a laxative that is used for the relief of constipation. Adverse effects associated with its use include cramping, diarrhoea and loss of essential minerals. Prolonged use may cause chronic constipation, fluid and electrolyte abnormalities, bloating and abdominal pain.

### **Sibutramine**

Sibutramine, previously a prescription only weight loss medicine 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 side effects, including high blood pressure, irregular heartbeats, hallucinations, and mood swings.