



## **HSA updates on products found overseas that contain potent ingredients (September 2021)**

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators in September 2021 to contain potent ingredients which are not allowed in these products and may cause side effects. This information is provided to increase awareness on safety issues of such products found overseas, which may impact the local population. Please refer to Annex A and Annex B for the list of products and the possible side effects of the potent ingredients.

### **HSA's Advisory**

- 2 Members of the public are advised to:
  - Consult a doctor if you have consumed any of the products and 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 potent 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 <https://www.hsa.gov.sg/consumer-safety/> 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 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).



## Annex A

### List of Products

*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*


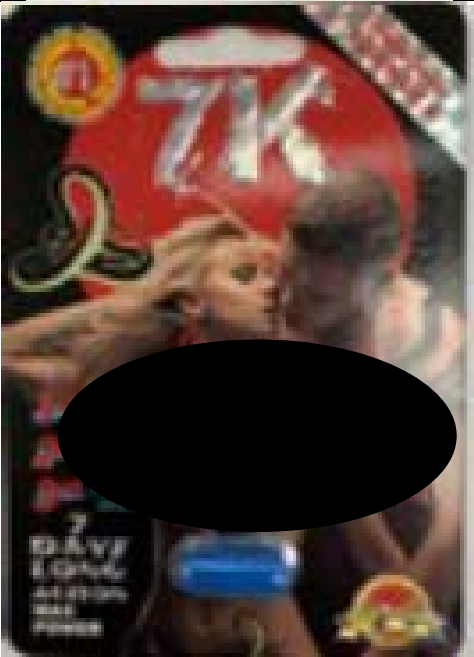
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Black Panther #1 Triple Maximum		Yohimbine	Health Canada
Caro White Lightening Beauty Cream 500mL		Hydroquinone	Australia Therapeutic Goods Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Caro White Lightening Oil 50mL		Hydroquinone	Australia Therapeutic Goods Administration
Caro White Lightening Beauty Lotion 500mL		Hydroquinone	Australia Therapeutic Goods Administration
Carotone Lightening Body Lotion 550mL	NA	Hydroquinone	Australia Therapeutic Goods Administration
Carotone Black Spot Corrector 30mL	NA	Hydroquinone	Australia Therapeutic Goods Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
He Absolute King		Tadalafil (PDE-5 inhibitor)	Australia Therapeutic Goods Administration
Hydro Pineapple Burn Mex Health Thach Dua	NA	Sibutramine	United States Food and Drug Administration
Jaguar 30000		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Luxe Lily Beauty Peeling Oil		Hydroquinone	Malaysia Ministry of Health
Poseidon Platinum 3500		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
ResERECTI ON!		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
White Panther Triple Maximum		Yohimbine	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
X Rated Honey For Men		Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
7K		Yohimbine	Health Canada

## **Annex B**

### **The possible side effects of the potent ingredients**

#### **Hydroquinone**

Hydroquinone is a potent ingredient used in prescription medicines for the treatment of skin conditions. The 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.

#### **Phosphodiesterase Type 5 (PDE-5) inhibitors**

This class of medicine includes sildenafil and tadalafil. These medicines can cause serious side 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 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.

#### **Yohimbine**

Yohimbine is a potent medicinal ingredient derived from yohimbe, a bark extract. Side 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.