



## **HSA updates on products found overseas that contain potent ingredients (July 2024)**

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators in July 2024 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)
<p>Ailas Wild Rose Petal Face Cream</p>	 <p>The image shows four boxes of Ailas Wild Rose Petal Face Cream arranged in a 2x2 grid. The top-left box displays the 'Ingredients' list, which includes Retinol, Wild Rose Petal Extract, Hyaluronic Acid, and others. The top-right box shows the '5M' logo and lists benefits: Anti-wrinkle, Brightening, Revitalizing, Hydrating, and Radiance. The bottom-left box shows the 'Direction' for use. The bottom-right box shows the 'Ailas' logo and a barcode. Below the boxes are four white jars with gold-colored lids, each labeled with the 'Ailas' logo.</p>	<p>Mercury and Tretinoin</p>	<p>Malaysia National Pharmaceutical Regulatory Agency</p>




Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Bang Maximum Power		Sildenafil (PDE-5 inhibitor)	Health Canada
Big Rhino Fiamund 300K		Tadalafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Black Bull Extreme		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Desha Night Cream (Moisturizer)		Mercury and Tretinoin	Malaysia National Pharmaceutical Regulatory Agency

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Ginseng Red 2000		Sildenafil (PDE-5 inhibitor)	Health Canada
Gold Hard Steel Plus		Acetaminophen and Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
Grakcu Capsule		Sildenafil and Tadalafil (PDE-5 inhibitors)	Thailand Food and Drug Administration


Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
GreenSlim Weight Management		Sibutramine	Brunei Darussalam Department of Pharmaceutical Services
Hard Steel		Acetaminophen and Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration

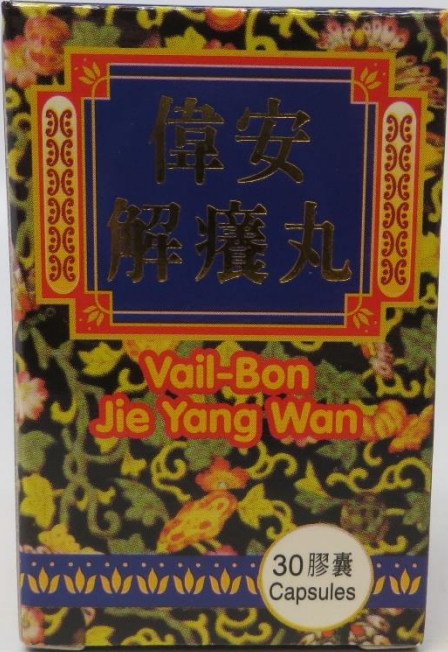

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Infla-650 Herbal Dietary Supplement Capsules</p>		<p>Acetaminophen, Diclofenac and Phenylbutazone (NSAIDs)</p>	<p>United States Food and Drug Administration</p>
<p>Lumi Luscious Eyelash &amp; Eyebrow Growth Serum</p>		<p>Bimatoprost</p>	<p>Health Canada</p>
<p>Magnum Gold 24K</p>		<p>Sildenafil (PDE-5 inhibitor)</p>	<p>Health Canada</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Power Men XXX		Sildenafil and Tadalafil (PDE-5 Inhibitors)	Swissmedic
Rhino 7 Platinum 5000		Sildenafil (PDE-5 Inhibitor)	Health Canada
Robust Extreme capsules		O-propyl Vardenafil (PDE-5 inhibitor)	Australian Therapeutic Goods Administration



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
RAM IT, Horny Goat Weed	<i>Not Available</i>	Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
Schwinng products being sold in packaging labelled as "On Command"	 <p>The image shows two boxes of Schwinng products. The top box is purple and green, labeled 'SUPER STRENGTH' and 'SCHWINNG® PUT A ROCKET IN YOUR POCKET'. The bottom box is blue and white, labeled 'ON COMMAND' and 'HERBAL DIETARY SUPPLEMENT'. Both boxes indicate they contain 10 capsules.</p>	Nortadalaflil (PDE-5 inhibitor)	United States Food and Drug Administration
SleekFit Detox Cayi Limon	 <p>The image shows the packaging for SleekFit Detox Cayi Limon. It features a black box with a white logo and text. A ruler is placed next to the box for scale, showing it is approximately 5 cm wide and 10 cm high. The text on the box includes 'SLEEKFIT DETOX CAYI LIMON' and a list of ingredients.</p>	Sibutramine	Swissmedic

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Umary Acido Hialuronica, Suplemento Alimenticio – 30 Capletas de 850mg</p>		<p>Diclofenac (NSAIDs) and Omeprazole</p>	<p>United States Food and Drug Administration</p>
<p>To the Moon Capsules, Horny Goat Weed</p>	<p>Not Available</p>	<p>Sildenafil (PDE-5 inhibitor)</p>	<p>United States Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Vail-Bon Jie Yang Wan		Dexamethasone and Chlorpheniramine	United States Food and Drug Administration
XS Dissolved Fat		Furosemide and Sibutramine	Hong Kong Department of Health

## **Annex B**

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

#### **Acetaminophen / Paracetamol**

Acetaminophen or paracetamol is used for relieving pain, headache and fever. Products which contain acetaminophen or paracetamol, but do not have this declared on the label, pose a danger to consumers as accidental overdose can result in liver damage

#### **Bimatoprost**

Bimatoprost is a medicine used to lower the intraocular pressure of the eye in glaucoma. It should be used under medical supervision as it can cause side effects such as blurred vision, eye irritation, darkened eyelid skin, iris colour change, eye inflammation and macular oedema and hyperemia.

#### **Chlorpheniramine**

Chlorpheniramine is an antihistamine used to relieve allergic reactions such as hives and rhinitis. It should be used under medical supervision. Side effects from the use of chlorpheniramine include drowsiness, blurred vision, vomiting, constipation and poor coordination.

#### **Dexamethasone**

Dexamethasone is a potent steroid that is usually prescribed for inflammatory conditions and should only be used under strict medical supervision. 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). Discontinuation of steroids without proper medical supervision can cause serious withdrawal symptoms such as fatigue, confusion, and low blood pressure.

#### **Frusemide / Furosemide**

Frusemide is a prescription medicine used to eliminate water and salt from the body and should be used under medical supervision. The side effects associated with its use include loss of appetite and low blood pressure. 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.

## **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.

## **Nonsteroidal Anti-inflammatory Drugs (NSAIDs)**

NSAIDs are anti-inflammatory medications used to relieve pain and reduce inflammation. Their prolonged use may potentially cause serious gastric bleeding, nausea, high blood pressure and cardiovascular events such as heart attacks and strokes. They should be used under close medical supervision, especially in patients with underlying heart conditions, stomach bleeding and ulceration. Examples include aspirin, diclofenac, ibuprofen, indomethacin, mefenamic acid, meloxicam, phenylbutazone and piroxicam.

## **Omeprazole**

Omeprazole is a medicine used in the treatment of gastrointestinal diseases such as peptic ulcer disease, Zollinger-Ellison syndrome, and gastroesophageal reflux disease. Common side effects include nausea, vomiting, headaches, abdominal pain, and bloating. Long term use without medical supervision may increase your chances of serious side effects such as an increased risk of bone fractures, gut infections, and vitamin B12 deficiency.

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

This class of medicine includes carbodenafil, sildenafil, tadalafil, vardenafil and their derivatives. 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 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.

## **Tretinoin**

Tretinoin is a potent ingredient used in prescription medicines for the treatment of skin conditions and should be used under medical supervision. The ingredient is prohibited in skincare cosmetic products. Inappropriate use of tretinoin could lead to side effects such as redness and peeling of skin.