



HSA updates on products found overseas that contain potent ingredients (May 2024)

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators in May 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.

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)
Epimedyum Extraktli Macun Plus		Sildenafil (PDE-5 inhibitor)	Germany Federal Institute for Drugs and Medical Devices

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
FX 35000	 <p>The image shows the packaging for FX 35000 capsules. It features a rhinoceros in a circular frame. Text on the packaging includes 'FULL POWER', 'FX35000', 'TIME SIZE STAMINA', '7 DAYS', and 'NO HEADACHE SIDE EFFECTS'. A single capsule is shown at the bottom.</p>	Sildenafil (PDE-5 inhibitor)	Health Canada
Ginseng Red 2000	 <p>The image shows the packaging for Ginseng Red 2000 capsules. It features a ginseng root. Text on the packaging includes 'MALE ENERGY ENHANCEMENT', '2000 Ginseng RED', 'NO Headache', 'ALL NATURAL HERBS', 'LONG LASTING ERECTIONS', 'POWERFUL STAMINA', 'AMAZING SEXUAL STAMINA AND PERFORMANCE', and '1 Capsule - 7 days'. A single capsule is shown at the bottom.</p>	Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Karisma Golden Turmeric Cream</p>	 <p>Krim ini dipakai sebagai alas bedak dan sebagai pelindung cahaya matahari. Kesan pemakaian krim ini dapat membuatkan kulit anda lebih cerah dalam masa 1 minggu. Selain itu, ia dapat menghilangkan kesan parut serta kesan penuaan. Terdiri daripada ekstrak vitamin C. Dipakai pada waktu siang.</p> <p>HARGA: RM53.00 (WM) RM63.00 (EM)</p>   	<p>Betamethasone and Mercury</p>	<p>Malaysia National Pharmaceutical Regulatory Agency</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Lucky Lady		Tadalafil (PDE-5 inhibitor)	Health Canada
Magnum 24K Gold		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Magnum 500K Gold		Tadalafil (PDE-5 inhibitor)	Health Canada
N Glowing EWSB		Mercury	Malaysia National Pharmaceutical Regulatory Agency

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
	 <p>The image block contains three photographs of a cosmetic product. The top photo shows a cylindrical jar with a green body and a gold-colored lid. The middle photo shows the bottom of the jar, which is also green and has some faint embossed text. The bottom photo shows the gold-colored lid, which has 'Glow Glowing Beauty Skin' embossed on it in a decorative font.</p>		

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Pink Pussycat		Hydroxythiohomosildenafil (PDE-5 inhibitor)	Health Canada
Premium Pro Power 3500		Sildenafil (PDE-5 inhibitor) and Yohimbe	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino Super Long Lasting Premium 500k		Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino 7 10000K		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 7 Platinum 5000 (large packaging)		Sildenafil (PDE-5 inhibitor) and Yohimbe	Health Canada
Rhino 7 Platinum 5000 (small packaging)		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 7 Platinum 10,000		Sildenafil (PDE-5 inhibitor) and Yohimbe	Health Canada
Rhino 7 Platinum 900K		Levodopa and Prasterone	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 25 Platinum 25000		Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino 69 Extreme 35000		Tadalafil (PDE-5 inhibitor)	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 69 Extreme 600K		Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino 69 Extreme 990K		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 69 Platinum 35000		Tadalafil (PDE-5 inhibitor)	Health Canada
Rhino 69 23000K		Sildenafil (PDE-5 inhibitor)	Health Canada

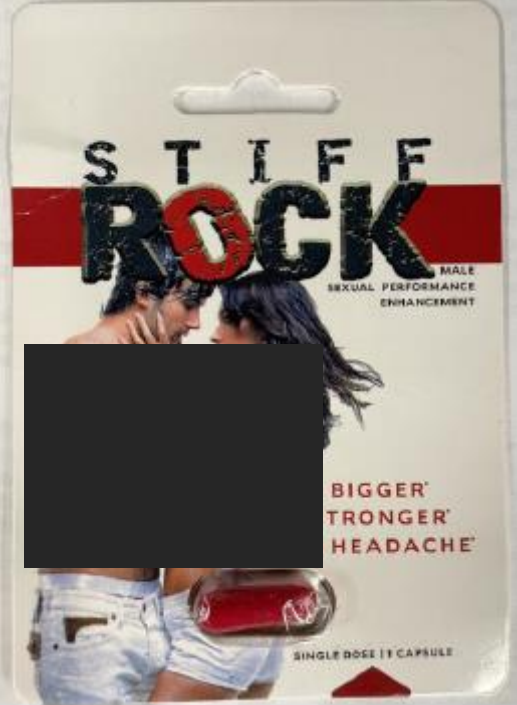

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 69 Platinum 700K		Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino 69 Shot 8500K (Double Shot)		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 70000		Sildenafil (PDE-5 inhibitor)	Health Canada
Rush Hour 72		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
SL Two Intensive	 <p>The first image shows the front of the jar with the text: "SL TWO Intensive Cream NET : 12g".</p> <p>The second image shows the back of the jar with the text: "Remember Me A Quality Product Of SL 2 SKINCARE".</p> <p>The third image shows the bottom of the jar with a stamp: "MFG DATE: 12/2023 EXP DATE: 12/2025 BATCH NO: 2221212".</p>	Betamethasone and Hydroquinone	Malaysia National Pharmaceutical Regulatory Agency

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
Slim Fit		Sildenafil (PDE-5 inhibitor)	Turkish Medicines and Medical Devices Agency

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Spanish Fly 20,000		Tadalafil (PDE-5 inhibitor)	Health Canada
Spanish Fly 22,000		Tadalafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Stiff Rock		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
UMARY Hyaluronic Acid Dietary Supplement		Diclofenac and Omeprazole	Health Canada

Annex B

The possible side effects of the potent ingredients

Betamethasone

Betamethasone 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 cardiovascular events such as heart attacks and strokes, as well as serious gastric bleeding, 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.

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.

Levodopa

Levodopa or L-Dopa is a prescription medicine used in the treatment of Parkinson's Disease and should be used under medical supervision. 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.

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.

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 avanafil, 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.

Prasterone

Prasterone, also known as Dehydroepiandrosterone (DHEA), is a hormone that could increase the risk of prostate, breast, ovarian and other hormone-sensitive cancers. Side effects may include serious cardiovascular disease, changes in fertility and sperm production, hair loss, voice deepening, insulin resistance, changes in menstrual pattern, liver dysfunction, abdominal pain, and high blood pressure.

Yohimbe

Yohimbe is a bark extract from which a potent medicinal ingredient, Yohimbine, is derived. Side effects associated with yohimbe or 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.