



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

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators in November 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)
<p>BEAUTYWISE REJUVENATING TONER</p>		<p>Hydroquinone</p>	<p>Philippines Food and Drug Administration</p>

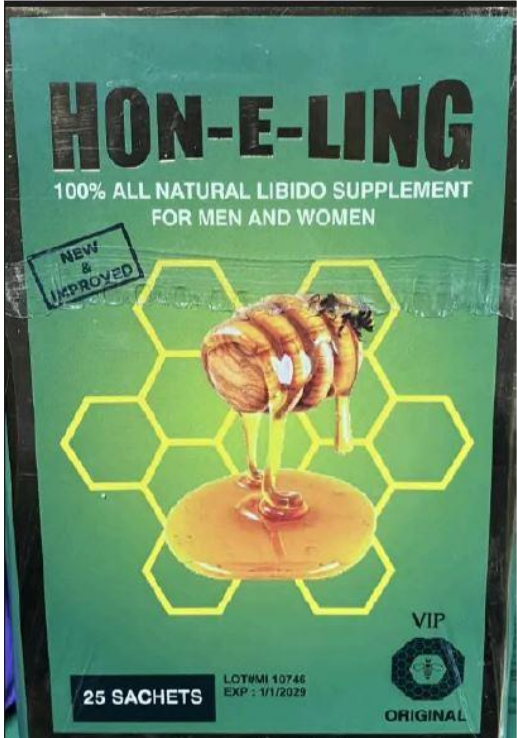

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>BRIGHTEST SKIN ESSENTIALS INTENSIVE NIGHT CREAM</p>		<p>Hydroquinone</p>	<p>Philippines Food and Drug Administration</p>
<p>CHIC NAIL COLOR FEMME FATALE</p>		<p>Formaldehyde</p>	<p>Philippines Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Clairmen Lightening Program for Men</p>		<p>Hydroquinone</p>	<p>United Kingdom Medicines and Healthcare products Regulatory Agency</p>


Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>DIXIE ISOPROPYL ALCOHOL SCENTED HAND SANITIZER WITH ALOE VERA EXTRACT</p>		<p>Methanol</p>	<p>Philippines Food and Drug Administration</p>
<p>EXS Delay Spray Plus</p>		<p>Lidocaine</p>	<p>United Kingdom Medicines and Healthcare products Regulatory Agency</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)																				
Five Giants– Aphrodisiac Medicine	 <p>တိုင်းရင်းစေတီမုတ်ပုံတင်အမှတ် - TMR-012670(0323) အကြောမေ့မိားတစ်တောင်အားကိုးဆောင်သည့် ဘိဗ္ဗုဒီးကောဇိ အမျိုးသား အကြောသန် အထူး အားတိုးဆေးမှုန့် အမှတ်-၃၄၄၊ ရွှေဘိုသာ(အထက်)လမ်း၊ ပန်းဘဲတန်း၊ ဝမ်းတန်း၊ ရန်ကင်း မြို့နယ် - ၀၉-၄၄၃၃၅၀၀၇၅၊ ၀၀-၃၀၉၀၉၃ အကြောအားနည်း၊ အကြောမသန်၊ ပန်းဝေး - ပန်းညို၊ ပိန်လိုသေးကျေး၊ စိတ်တိုင်းမကျအားမရ၊ အာရုံကြောအားနည်း ရောဂါများအား အမြန်ဆုံးသက်သာပျောက်ကင်းစေနိုင်ပါသည်။ ဆေးတစ်ဖုံတွင်ပါဝင်သော ပစ္စည်းများ <table border="1" data-bbox="454 884 933 1019"> <tr> <td>▶ ကိုကုမ</td> <td>၂ ကျပ်သား</td> <td>▶ ပရနုဇါ</td> <td>၂၀ ကျပ်သား</td> </tr> <tr> <td>▶ ငှက်သိုက်</td> <td>၃ ကျပ်သား</td> <td>▶ ပျားရည်</td> <td>၃၀ ကျပ်သား</td> </tr> <tr> <td>▶ ကျောက်သွေး</td> <td>၃ ကျပ်သား</td> <td>▶ နှားနီခဲ</td> <td>၅၀ ကျပ်သား</td> </tr> <tr> <td>▶ ဆူးပန်း</td> <td>၃ ကျပ်သား</td> <td>▶ ငှက်ပျောခြောက်</td> <td>၅၀ ကျပ်သား</td> </tr> <tr> <td>▶ ရှဉ့်မတက်ဥ</td> <td>၁၃ ကျပ်သား</td> <td>▶ တောပတ်</td> <td>၃၀ ကျပ်သား</td> </tr> </table> MFD: Aug: 2022 EXP: Aug: 2025</p>	▶ ကိုကုမ	၂ ကျပ်သား	▶ ပရနုဇါ	၂၀ ကျပ်သား	▶ ငှက်သိုက်	၃ ကျပ်သား	▶ ပျားရည်	၃၀ ကျပ်သား	▶ ကျောက်သွေး	၃ ကျပ်သား	▶ နှားနီခဲ	၅၀ ကျပ်သား	▶ ဆူးပန်း	၃ ကျပ်သား	▶ ငှက်ပျောခြောက်	၅၀ ကျပ်သား	▶ ရှဉ့်မတက်ဥ	၁၃ ကျပ်သား	▶ တောပတ်	၃၀ ကျပ်သား	Sildenafil (PDE-5 Inhibitor)	Department of Traditional Medicine, Ministry of Health, Myanmar
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Force Forever		Diclofenac and Dexamethasone	United States Food and Drug Administration																				

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Garcinia Cambogia		Lead	Hong Kong Department of Health
HAIR TREATS HAIR SPA DOUBLE ACTIVE KERATIN		Formaldehyde	Philippines Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Hon-E-Ling		Sibutramine, Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Makari De Suisse Active Intense Tone Boosting Cream		Clobetasol	United Kingdom Medicines and Healthcare products Regulatory Agency

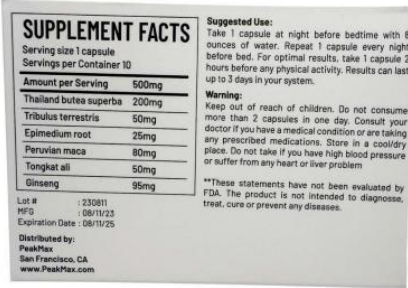


Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Makari De Suisse Active Intense Tone Boosting Gel</p>	 <p>The image shows the packaging for Makari De Suisse Active Intense Tone Boosting Gel. On the left is a dark red rectangular box with the brand name 'MAKARI' in gold at the top. Below it, the text reads 'Exclusive Active Intense Unify & Illuminate Tone Boosting Gel' and 'With Maximum Strength Organiclarine™'. To the right of the box is a matching dark red tube with a white cap, also featuring the 'MAKARI' logo and product name.</p>	<p>Clobetasol</p>	<p>United Kingdom Medicines and Healthcare products Regulatory Agency</p>
<p>Makari De Suisse Active Intense Unify & Illuminate Argan & Carrot Oil Tone Boosting Cream</p>	 <p>The image shows the packaging for Makari De Suisse Active Intense Unify & Illuminate Argan & Carrot Oil Tone Boosting Cream. On the left is an orange rectangular box with the brand name 'MAKARI' in gold at the top. Below it, the text reads 'Exclusive Active Intense Unify & Illuminate Argan & Carrot Oil Tone Boosting Cream' and 'With Maximum Strength Organiclarine™'. To the right of the box is a matching orange tube with a white cap, also featuring the 'MAKARI' logo and product name.</p>	<p>Clobetasol</p>	<p>United Kingdom Medicines and Healthcare products Regulatory Agency</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Makari De Suisse Multi-Action Extreme Glow Revitalizing Face Serum</p>		<p>Clobetasol</p>	<p>United Kingdom Medicines and Healthcare products Regulatory Agency</p>
<p>Makari De Suisse Glow Revitalizing Body Lotion (Batch: 1204)</p>		<p>Hydroquinone</p>	<p>United Kingdom Medicines and Healthcare products Regulatory Agency</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Makari De Suisse Glow Rejuvenating Body Lotion (Batch: 1149)</p>		<p>Hydroquinone</p>	<p>United Kingdom Medicines and Healthcare products Regulatory Agency</p>
<p>Makari De Suisse Intense Extreme Rejuvenating Face Serum (sold via ebay)</p>		<p>Clobetasol</p>	<p>United Kingdom Medicines and Healthcare products Regulatory Agency</p>

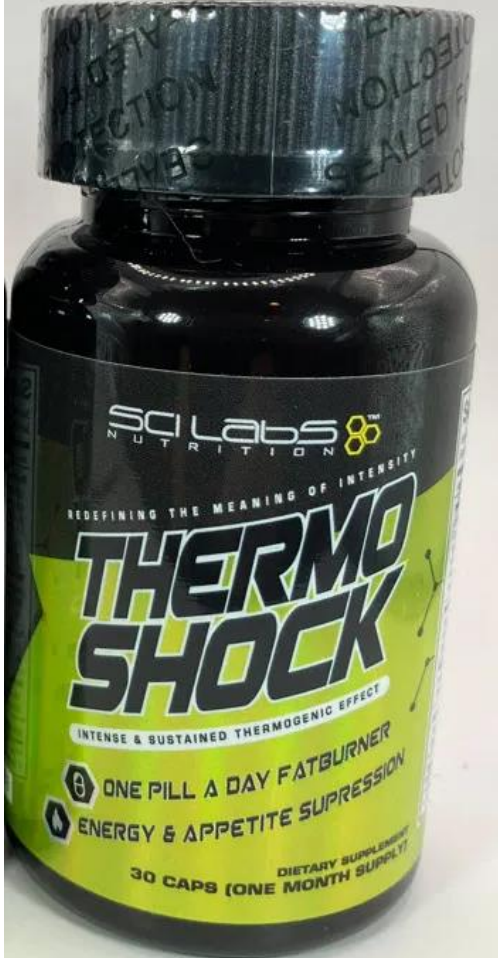
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<p>Makari De Suisse On-The-Go Spot Corrector (Batch: 1331)</p>		<p>Clobetasol</p>	<p>United Kingdom Medicines and Healthcare products Regulatory Agency</p>
<p>Makari De Suisse Night Radiance Face Cream (Batch: 22210)</p>		<p>Clobetasol</p>	<p>United Kingdom Medicines and Healthcare products Regulatory Agency</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>MEIYA MATTE LIPGLOSS – ME-6058</p>		<p>Rhodamine B</p>	<p>Philippines Food and Drug Administration</p>
<p>One Thousand Giants- Aphrodisiac Medicine</p>		<p>Sildenafil (PDE-5 Inhibitor)</p>	<p>Department of Traditional Medicine, Ministry of Health, Myanmar</p>
<p>PeakMax Capsule</p>		<p>Diclofenac and 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)
			
<p>Roketto (Dietary Supplement Product)</p>		<p>Sildenafil (PDE-5 Inhibitor)</p>	<p>Thailand Food and Drug Administration</p>
<p>Sar Duu Kyi-Aphrodisiac Medicine</p>		<p>Sildenafil (PDE-5 Inhibitor)</p>	<p>Department of Traditional Medicine, Ministry of Health, Myanmar</p>

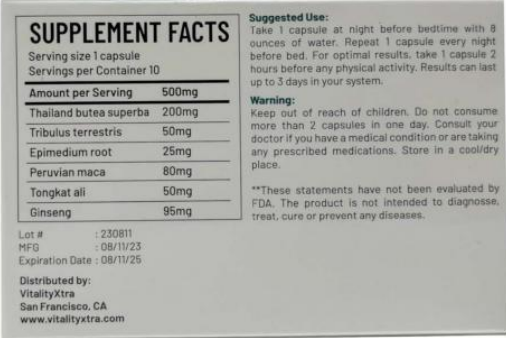

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Saung Taw Kuu- Aphrodisiac Medicine</p>		<p>Sildenafil (PDE-5 Inhibitor)</p>	<p>Department of Traditional Medicine, Ministry of Health, Myanmar</p>
<p>SKIN PERFECTION REJUVENATING TONER FACIAL CLEANSER</p>		<p>Hydroquinone and Tretinoin</p>	<p>Philippines Food and Drug Administration</p>


Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>SKIN REBORN REJUVENATING CREAM</p>		<p>Tretinoin</p>	<p>Philippines Food and Drug Administration</p>
<p>Theidhi Htun-Aphrodisiac Medicine</p>		<p>Tadalafil (PDE-5 Inhibitor)</p>	<p>Department of Traditional Medicine, Ministry of Health, Myanmar</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
THERMO SHOCK		1,3-dimethylamylamine (1,3-DMAA) and synephrine	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>THE PORCELANA ASTRINGENT PLUS PORCELANA ®</p>		<p>Hydroquinone and Tretinoin</p>	<p>Philippines Food and Drug Administration</p>
<p>Titanium 4000 Tablet</p>	<p>Not Available</p>	<p>Sildenafil (PDE-5 Inhibitor)</p>	<p>Health Canada</p>
<p>Titanium 4000+ Tablet</p>	<p>Not Available</p>	<p>Sildenafil (PDE-5 Inhibitor)</p>	<p>Health Canada</p>
<p>Titanium 4000+ Capsule</p>	<p>Not Available</p>	<p>Sildenafil (PDE-5 Inhibitor)</p>	<p>Health Canada</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
UMARY ACID HYALURONIC , 30 CAPLETS 850 MG (Lot: 24183)		Diclofenac and omeprazole	United States Food and Drug Administration
VITAFER-L Gold 10ml		Tadalafil (PDE-5 Inhibitor)	United States Food and Drug Administration
VitalityXtra Capsules		Diclofenac and Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)														
	 <p>SUPPLEMENT FACTS Serving size 1 capsule Servings per Container 10</p> <table border="1"> <thead> <tr> <th>Amount per Serving</th> <th>500mg</th> </tr> </thead> <tbody> <tr> <td>Thailand butea superba</td> <td>200mg</td> </tr> <tr> <td>Tribulus terrestris</td> <td>50mg</td> </tr> <tr> <td>Epimedium root</td> <td>25mg</td> </tr> <tr> <td>Peruvian maca</td> <td>80mg</td> </tr> <tr> <td>Tongkat ali</td> <td>50mg</td> </tr> <tr> <td>Ginseng</td> <td>95mg</td> </tr> </tbody> </table> <p>Lot # : 230811 MFG : 08/11/23 Expiration Date : 08/11/25</p> <p>Distributed by: VitalityXtra San Francisco, CA www.vitalityxtra.com</p> <p>Suggested Use: Take 1 capsule at night before bedtime with 8 ounces of water. Repeat 1 capsule every night before bed. For optimal results, take 1 capsule 2 hours before any physical activity. Results can last up to 3 days in your system.</p> <p>Warning: Keep out of reach of children. Do not consume more than 2 capsules in one day. Consult your doctor if you have a medical condition or are taking any prescribed medications. Store in a cool/dry place.</p> <p>**These statements have not been evaluated by FDA. The product is not intended to diagnose, treat, cure or prevent any diseases.</p>	Amount per Serving	500mg	Thailand butea superba	200mg	Tribulus terrestris	50mg	Epimedium root	25mg	Peruvian maca	80mg	Tongkat ali	50mg	Ginseng	95mg		
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Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
ZoomMax		Diclofenac and Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration

Annex B

The possible side effects of the potent ingredients

1,3-dimethylamylamine (DMAA)

DMAA is a stimulant. The use of DMAA can lead to high blood pressure, shortness of breath, irregular heart rate, tightening in the chest, and heart attacks, as well as seizures.

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.

Clobetasol propionate

Clobetasol propionate is a potent steroid that is usually prescribed for inflammatory conditions and should only be used under strict medical supervision. Common side effects include skin irritation, pimples, redness and dry skin. Long term use without medical supervision can cause an increased risk of infections, allergic reactions and Cushing's syndrome (characterised by the appearance of round face or 'moon face' and upper body obesity with thin limbs).

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.

Formaldehyde

Formaldehyde is not allowed as part of the composition of cosmetic products. Individuals sensitive to formaldehyde may experience headache, shortness of breath, skin and eye irritation with exposure to the substance.

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.

Lead

Lead is a toxic substance and poisoning can occur when it builds up in the body, often over months or years. It can cause long-term harm including kidney damage and increased risk of high blood pressure.

Lidocaine

Lidocaine or lignocaine is a medicine used to decrease or eliminate the feeling of pain. The inappropriate use of products with high concentrations of lidocaine can cause low blood pressure and dizziness.

Methanol

Methanol or methyl alcohol, also known as wood alcohol, is commonly used for industrial purposes. It can be toxic when absorbed through the skin, and dangerous when ingested. Prolonged exposure to methanol can affect the central nervous system and lead to side effects including nausea, vomiting, headache, blurred vision, blindness and confusion.

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

Rhodamine B

Rhodamine B is a dye used for printing and dyeing of textiles, paper, paints and leathers. It is prohibited to be used in health products, including cosmetic products, as it may be carcinogenic. It can cause side effects, such as irritation, when in contact with the skin and eyes. Cases of permanent injury to the eye and chemical conjunctivitis due to exposure to the dye have been documented. When ingested, it may cause gastrointestinal irritation with nausea, vomiting and diarrhoea.

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.

Synephrine

Synephrine, when taken in combination with caffeine, can cause side effects ranging from dizziness, tremors, headaches and irregularities in heart rate to seizures, psychosis, heart attacks and strokes.

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.