



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

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



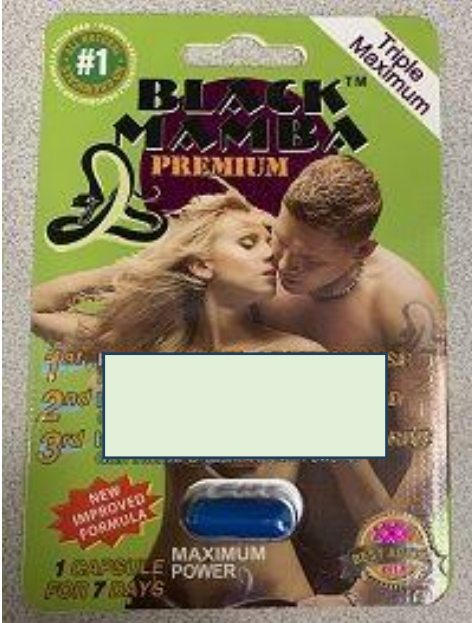
### List of Products

*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)
3800 Hard Rock		Tadalafil (PDE-5 Inhibitor)	Health Canada
African Vigorous Max Strength		Sildenafil (PDE-5 Inhibitor)	Therapeutic Goods Administration



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
AK Forte Tablets		Dexamethasone, Diclofenac and Methocarbamol	United States Food and Drug Administration
Alien 2 Power Platinum 11000 (red)		Tadalafil (PDE-5 Inhibitor)	Heath Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Ácido Hialurónico (or Acid Hyaluronic)		Diclofenac	United States Food and Drug Administration
Alien Power Platinum 11000		Tadalafil (PDE-5 Inhibitor)	Health Canada
Amazy		Diclofenac and Omeprazole	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Bang Maximum Power		Sildenafil (PDE-5 Inhibitor)	Health Canada
Black Bull Extreme		Sildenafil and Tadalafil (PDE-5 Inhibitors)	Health Canada
Black Mamba Premium Triple Maximum		Sildenafil and Tadalafil (PDE-5 Inhibitors)	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Body Shape Weight Loss System		Sibutramine and Phenolphthalein	United States Food and Drug Administration
Dnars Gold Debalen Cream (Night)		Hydroquinone, Tretinoin and Betamethasone	Malaysia National Pharmaceutical Regulatory Agency
E-gold		Paracetamol, Sildenafil and Tadalafil (PDE-5 Inhibitors)	Health Canada
Fiona		Orlistat	Thailand Food and Drug Administration
Ginseng Red 2000		Sildenafil (PDE-5 Inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Grakcu Capsule	 	Sildenafil and Tadalafil (PDE-5 Inhibitors)	Thailand Food and Drug Administration
Jaguar 30000		Sildenafil and Tadalafil (PDE-5 Inhibitors)	Health Canada
Kak Ell Krim Rawatan		Mercury	Malaysia National Pharmaceutical Regulatory Agency
Karisma Aqua Birds Nest		Hydroquinone	Malaysia National Pharmaceutical Regulatory Agency

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Lanlay Revita Capsules Vita-X		Sildenafil (PDE-5 Inhibitor)	Health Canada
Lollipop		Sildenafil and Tadalafil (PDE-5 Inhibitors)	Health Canada
Lucky Lady		Tadalafil (PDE-5 Inhibitors)	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Magnum Gold 24K		Sildenafil (PDE-5 Inhibitor)	Health Canada
Magnum XXL 500K		Sildenafil (PDE-5 Inhibitor)	Health Canada
Master Zone 1500		Tadalafil (PDE-5 Inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MerSplus Dietary Supplement Product		Sibutramine	Thailand Food and Drug Administration
MILA COLOR / FRESH Lemon 10 COLOR EYESHADOW W PALETTE (01)		Lead and Rhodamine B	Myanmar Department of Food and Drug Administration
MILA COLOR / Peach SWEET PALETTE MAKEUP SET		Lead and Rhodamine B	Myanmar Department of Food and Drug Administration
MILA COLOR / PRIMER EYEBROW Kit (03)		Lead	Myanmar Department of Food and Drug Administration

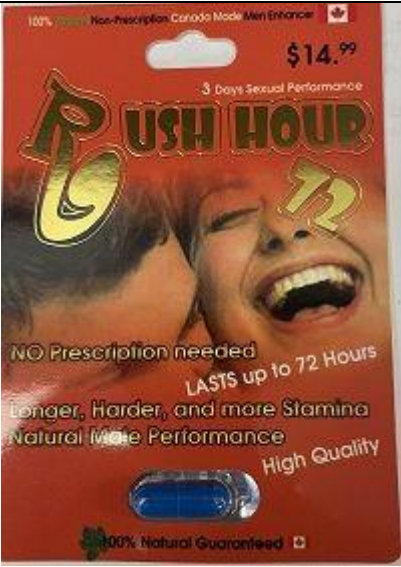



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Pink Unicorn		Sildenafil (PDE-5 Inhibitor)	Health Canada
Premium Pro Power 3500		Sildenafil (PDE-5 Inhibitor)	Health Canada
ResErection! (blister)		Sildenafil and Tadalafil (PDE-5 Inhibitors)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
ResErection! (round bottle)		Sildenafil and Tadalafil (PDE-5 Inhibitors)	Health Canada
Rhino 7 Platinum 5000		Sildenafil (PDE-5 Inhibitor)	Health Canada
Rhino 11 Extreme 500K		Tadalafil (PDE-5 Inhibitor)	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 69 Extreme 35000		Tadalafil (PDE-5 Inhibitor)	Health Canada
Rhino 69 Platinum 35000		Tadalafil (PDE-5 Inhibitor)	Health Canada
Rhino 69 Platinum 700K		Sildenafil (PDE-5 Inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 69 7000K		Sildenafil (PDE-5 Inhibitor)	Health Canada
Rhino 99 diamond 30000		Tadalafil (PDE-5 Inhibitor)	Health Canada
Rhino for Her		Sildenafil (PDE-5 Inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rush Hour 72		Sildenafil and Tadalafil (PDE-5 Inhibitors)	Health Canada
Skin Revolution - PAP - Blemish Control Serum		Clindamycin and Metronidazole	Malaysia National Pharmaceutical Regulatory Agency
Skin Revolution - PAP - Blemish Fade Cream		Clindamycin and Metronidazole	Malaysia National Pharmaceutical Regulatory Agency
Snow White Treatment Cream		Mercury	Malaysia National Pharmaceutical Regulatory 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
Stiff Rox		Sildenafil and Tadalafil (PDE-5 Inhibitors)	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Trinity Gold		Acetaminophen, Diclofenac and Phenylbutazone (NSAID)	United States Food and Drug Administration
Ufora Daily Treatment 10g		Betamethasone	Malaysia National Pharmaceutical Regulatory Agency
Ziyinzhuangy ang tablets		Sildenafil (PDE-5 Inhibitor)	Therapeutic Goods Administration

## **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.

#### **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).

#### **Clindamycin**

Clindamycin is an antibiotic used to treat bacterial infections. It is a prescription medicine and should be used under medical supervision. Hypersensitivity reactions, such as skin rashes and urticaria, may occur with the use of clindamycin. Severe skin reactions, such as toxic epidermal necrolysis, have been reported with fatal outcomes. Other side effects associated with its use include severe stomach pain, changes in bowel habits, watery or bloody diarrhoea and renal dysfunction resulting in little or no urination.

#### **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.

#### **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.

## **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.

## **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.

## **Methocarbamol**

Methocarbamol is a medicine used to treat acute, painful musculoskeletal spasms. Common side effects include headaches, sleepiness and dizziness. Serious side effects may include anaphylaxis, liver problems, confusion and seizures.

## **Metronidazole**

Metronidazole is used to treat bacterial infections. It is a prescription medicine and should be used under medical supervision. Hypersensitivity reactions, such as skin rashes and urticaria, may occur with the use of metronidazole. Severe skin reactions, such as Stevens-Johnson syndrome and toxic epidermal necrolysis, have been reported with its use. Fungal superinfections may also occur with the inappropriate long-term use of metronidazole.

## **Orlistat**

Orlistat is a medicine used in the management of obesity. This medicine should be used under the supervision of a healthcare professional. The inappropriate use of orlistat can cause headaches, abdominal pain, oily discharge from rectum, liquid stools, flatulence and fatigue.

## **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.

## **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.

### **Phenolphthalein**

Phenolphthalein may cause kidney disorders and has been found in animal studies to be associated with cancer. It may also cause breathing difficulties, rashes and abdominal cramps.

### **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.

### **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.

### **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.