HSA Health Sciences Authority FOR IMMEDIATE RELEASE

HEALTH SCIENCES AUTHORITY PRESS RELEASE 10 SEPTEMBER 2020

## HSA ALERT: FOUR SLIMMING PRODUCTS FOUND TO CONTAIN BANNED SUBSTANCE OR LAXATIVE

The Health Sciences Authority (HSA) is alerting members of the public not to purchase or consume four products sold online which were touted for slimming. Contrary to the ingredients listed on the packaging, HSA's analysis of these products revealed that they contained potent ingredients, including a banned substance or a laxative. The presence of these potent ingredients can cause serious adverse effects in consumers.

Product name	Ingredients
'Nutriline Thinsline'	Sibutramine – banned in Singapore
'Nutriline Cleansline'	Sennoside (laxative)
'KiMiSo Dark Chocolate'	Sibutramine – banned in Singapore
	Diphenhydramine (antihistamine)
'Wholly Fitz PASSION LEMON TEA'	Sibutramine – banned in Singapore

Please refer to <u>Annex A</u> for photos of the products and <u>Annex B</u> for the possible adverse effects of the potent ingredients found in these products.

### ADVERSE EFFECTS AFTER TAKING 'NUTRILINE THINSLINE'

2 A female consumer reported to HSA that she experienced extreme thirst, irregular heartbeat and loss of appetite after taking one sachet of 'Nutriline Thinsline'. During investigations, HSA found that this product was usually sold together with 'Nutriline Cleansline'. HSA tested both products and found sibutramine in 'Nutriline Thinsline' and sennoside (a laxative) in 'Nutriline Cleansline'. The 'Nutriline' products

were marketed as natural supplements for weight loss and detoxification with claims to control appetite and increase metabolism.

3 In June 2017, HSA had alerted the public to another 'Nutriline' product, 'Nutriline Bluvelle'<sup>1</sup>, which was also tested to contain sibutramine. It had caused increased heartbeat, dizziness and anxiety in a consumer.

### CONSUMER FEEDBACK ON SUSPICIOUS PRODUCTS

A female consumer suspected that 'KiMiSo Dark Chocolate' may contain potent ingredients after reading the reviews on the product, and reported it to HSA. The product was marketed to have the ability to "intensely burn fat" and "promote weight loss", with "no laxatives" and "no side effects". HSA tested the product and detected sibutramine and diphenhydramine. Sibutramine has been banned in Singapore since 2010 due to an increased risk of heart attacks and strokes. Diphenhydramine (an antihistamine) causes drowsiness, which can pose a risk if consumers drive or operate machinery.

5 HSA also received feedback from a consumer who suspected that 'Wholly Fitz PASSION LEMON TEA', marketed to "keep the fat away", was similar to 'Freaky Fitz Passion Lemon Tea', which was detected by HSA earlier this year to contain sibutramine<sup>2</sup>. Both products had the same list of ingredients printed on their packaging, including juice powders and extracts. HSA tested 'Wholly Fitz PASSION LEMON TEA' to also contain sibutramine.

6 HSA has issued warnings to the sellers of these four products and directed the respective website administrators to take down the affected listings. The products were sold on local e-commerce platforms such as Shopee and Qoo10, and social media platforms such as Facebook and Instagram.

<sup>&</sup>lt;sup>1</sup> <u>https://www.hsa.gov.sg/announcements/press-release/hsa-alert-'nutriline-bluvelle'-sold-online-found-to-contain-banned-substance-and-caused-adverse-reactions-in-consumer</u>

<sup>&</sup>lt;sup>2</sup> <u>https://www.hsa.gov.sg/announcements/press-release/hsa-alert-freakyfitzricalinu</u>

### ADVISORY TO CONSUMERS

7 Consumers are advised to:

- Stop taking these four products immediately and see a doctor if you feel unwell or are concerned about your health.
- Be wary of products that make exaggerated weight loss claims or deliver unexpectedly quick effects. They could contain potent ingredients that can seriously harm your health.
- There is no quick and easy way to lose weight. Weight control should be achieved through a combination of balanced diet and appropriate exercise. If you need help managing your weight, please consult your doctor, dietitian or a healthcare professional.
- Avoid purchasing products from unfamiliar sources, and exercise caution when buying products online.

#### ADVISORY TO SELLERS AND SUPPLIERS

8 All sellers and suppliers must stop selling these products immediately. It is illegal to sell and supply adulterated products containing banned substances or potent medicinal ingredients. Sellers and suppliers are liable to prosecution and if convicted, may be imprisoned for up to 2 years and/or fined up to \$10,000.

9 Members of the public who have any information on the sale and supply of these products may contact HSA's Enforcement Branch at Tel: 6866-3485 during office hours (Monday to Friday) or email: hsa\_is@hsa.gov.sg.

HEALTH SCIENCES AUTHORITY SINGAPORE 10 SEPTEMBER 2020

### About the Health Sciences Authority (HSA)

The Health Sciences Authority (HSA) applies medical, pharmaceutical and scientific expertise through its three professional groups, Health Products Regulation, Blood Services and Applied Sciences, to protect and advance national health and safety. HSA is a multidisciplinary authority. It serves as the national regulator for health products, ensuring they are wisely regulated to meet standards of safety, quality and efficacy. As the national blood service, it is responsible for providing a safe and adequate blood supply. It also applies specialised scientific, forensic, investigative and analytical capabilities in serving the administration of justice. For more details, visit <a href="http://www.hsa.gov.sg/">http://www.hsa.gov.sg/</a>.

For more updates on public health and safety matters, follow us on Twitter at <u>www.twitter.com/HSAsg</u>.

#### About HSA's Health Products Regulation Group

The Health Products Regulation Group (HPRG) of HSA ensures that drugs, innovative therapeutics, medical devices and health-related products are wisely regulated and meet appropriate safety, quality and efficacy standards. It contributes to the development of biomedical sciences in Singapore by administering a robust, scientific and responsive regulatory framework.

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### PICTURES OF THE FOUR PRODUCTS

#### 'Nutriline Thinsline' and 'Nutriline Cleansline'





### 'KiMiSo Dark Chocolate'





1		1	
Nutrition Facts / Maklum Serving Size / Saiz Hidangan : 15	at Pemaka	nan	Caution / Awas
Test Parameter / Parameter Ujian	PER serving	PER 100 gm	If you are pregnant, breast feeding, under medication
Energy / Tenaga	54.6 Kcal	364 Kcal	have medical condition, please consult your healthe
Carbohydrate / Karbohidrat	13.515 gm	90.1 gm	professional before taking this product.
Protein / Protein	0.15 gm	1 gm	Jika anda mengandung, menyusu, mengambil ubat ata
Total Fat / Jumlah Lemak	0 gm	0 gm	mempunyai keadaan perubatan, sila berunding dengan paka kesihatan anda sebelum mengambil produk ini.
Konjac, Laktosa, Kacang Ginjal, Consumption / Cara Peng Mix the content and 150ml o (taste better with chilled wate immediately. Take 1 sachet dr	<b>gambilan</b> f plain water r). shake well	into a shaker	Jauh dari cahaya matahari langsung. JAUH DARI KANAK-KANAK. Distributed by / Diedarkan Oleh KIMISO BEAUTY CARE 18G, Jalan Bandar 20, Panat Bandar Puchong. 47160 Puchong, Selangor.
Campurkan bersama 150ml goncang dan minum segera.	air ke dalam p 1 uncang seti	enggoncang, ap hari.	Net Weight / Berat Bersih 10 sachets x 15gm
Use Before / Guna Sebelu EXP:25FEB2022 K/S:177951	Im		

# 'Wholly Fitz PASSION LEMON TEA'



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THE	ollyFitz	- Carl
WHOLLYFITZ is an advanced	formula to minimize your t. A sachet a day keeps th	weight loss program e fat away.
	INGREDIENTS	DIRECTION OF USE
	Passionfruit Juice Powder,	Mix 1 sachet with 150ml of hot or cold water, stir well and
Serving Size: 15g Serving Size: 15g Serving Per Package: 14 Sachets Per 10g Per Serving (15g) Energy 396 Koal 594 Koal Carbohydrate 98 g 14.7 g Protein 0g 0g Fat 0g 0g	Passionfruit Juice Powder, Lemon Juice Powder, Fructooligesaccharides, Instant Tee Extract, Citric Acid, Guarana Powder, Hoodia Gordonii Extract, Green Coffee Been Extract and Citrus Aurantium Extract Contains	hot or cold water, stir well and ready to drink. Take only 1 sachet every moming at least 1 hour before breakfast. You can complete your diet with Wholly Fitz Flush at night before sleep to flush all unnecessaries in your tummy.
Serving Size: 15g Serving Per Package: 14 Sachets Per 100g Per Serving (15g) Energy 396 Kcal 59.4 Kcal Carbohydrate 08 g 14.7 g Protein 0 g 0 9	Passionfruit Juice Powder, Lemon Juice Powder, Fructooligosaccharides, Instant Tea Extract, Citric Acid, Guarana Powder, Hoodia Gordonii Extract, Green Coffee Bean Extract and Citrus	hot or cold water, stir well and ready to drink. Take only 1 sachet every morning at least 1 hour before breakfast. You can complete your diet with Wholly Fitz Flush at nicht before sleep to flush all

#### ANNEX B

#### Diphenhydramine

Diphenhydramine is an antihistamine that is used in the treatment of allergic rhinitis, the common cold and prevention of motion sickness. Adverse effects associated with the use of diphenhydramine include drowsiness, dry mouth and constipation.

#### Sennoside

Sennoside is a laxative that is used for the relief of constipation. Adverse effects associated with its use include cramping, diarrhoea and loss of essential minerals. Prolonged use may cause chronic constipation, fluid and electrolyte abnormalities, bloating and abdominal pain.

#### Sibutramine

Sibutramine was previously a prescription-only medicine for weight loss but has been banned in Singapore since 2010 because of an increased risk of heart attacks and strokes. Consumers reported adverse effects such as rapid heartbeat, insomnia (difficulty in sleeping) and suicidal thoughts. In the most serious case reported in 2019, a consumer experienced extremely fast heart rate and lost consciousness. She required resuscitation to save her life. She now suffers from severe heart failure and has been implanted with a defibrillator (a medical device to help her heart to function).