



SINGAPORE, 25 SEPTEMBER 2018

HSA UPDATES

“HSA UPDATES” addresses topics of current public interest, and is subject to change as more information becomes available.

HSA UPDATES NO 7/2018

HSA UPDATES ON ADULTERATED PRODUCTS FOUND OVERSEAS (JULY- AUG 2018)

The Health Sciences Authority (HSA) would like to update the public on overseas cases of adulterated products reported between July and August 2018. This information is provided to increase awareness on safety issues of adulterated products found overseas, which may impact the local population. Please refer to Annexes A and B of the pdf version for the list of adulterated products and the possible side effects of the undeclared potent ingredients.

Local Situation

2 To-date, most of these products are not detected to be sold in Singapore, but it is noted that some of these products may have been obtained from overseas sources by consumers.

HSA’s Advisory

- 3 Members of the public are advised to:
- Consult a doctor if you had 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 undeclared 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).

4 Additionally, members of the public are encouraged to visit www.healthdangers.sg to learn more about the dangers of buying health products from dubious sources.

5 Members of the public who come across the sale and supply of these adulterated products or other illegal 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.

**HEALTH SCIENCES AUTHORITY
SINGAPORE
25 SEPTEMBER 2018**

▪ **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 <http://www.hsa.gov.sg/>.

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

▪ **About HSA Updates**






The “HSA Updates” seeks to provide current information, in a consistent and accurate manner, on topics of public interest. For all issues of HSA Updates, please visit www.hsa.gov.sg click “News & Events”, and select “HSA Updates”.

Media representatives are welcome to send any queries to the Corporate Communications Department @ HSA.

Annex A

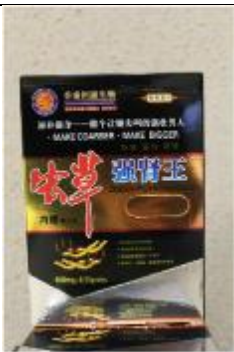






List of Adulterated Products






Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
3800 Hard Rock		Yohimbe	Health Canada
1MR		Yohimbe	Health Canada
51 50		Rauwolfia	Health Canada
7K		Yohimbe	Health Canada
5K		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Adipotrim XT		Phenolphthalein	United States Food and Drug Administration







Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Asunsa		Sibutramine, N-desmethysibutramine, Benzylsibutramine, Phenolphthalein and Diclofenac	United States Food and Drug Administration
African Viagra - 4500mg x 2		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
African Superman - Top-Class Permanence Tablet; 2900mg x 8 tablets		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Androtechnologies DHEA		Dehydroepiandrosterone (DHEA)	Health Canada
American Sportz Nutrition iNsanity		Yohimbe	Health Canada

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
American Sportz Nutrition Yohimbe		Yohimbe	Health Canada
Animal Test		Yohimbe	Health Canada
African Black Ant		Sildenafil (PDE-5 Inhibitor)	Health Canada
Amsterdam Passion Bud		Nicotine	Health Canada
Black Dragon Extreme 15K		Yohimbe	Health Canada
Black Mamba 7000		Yohimbe	Health Canada
Black Panther Gold 30K		Yohimbe	Health Canada

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Black Stallion Platinum 30K		Yohimbe	Health Canada
Black Rhino 25000		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Boss Rhino 15000		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Body Shape Weight Loss System		Phenolphthalein	United States Food and Drug Administration
BLOCK BURN BUILD		Sibutramine	Taiwan Food and Drug Administration
B-Green		Sibutramine	Taiwan Food and Drug Administration
BRILLIANT SKIN ESSENTIALS REJUVENATING CREAM	NA	Hydroquinone and tretinoin	Brunei Darussalam, Ministry of Health
BodySlim Herbal		Sibutramine	United States Food and Drug Administration






Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Chong Cao Qiang Shen Wang		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
C.U. Plus		Sildenafil and Tadalafil (PDE-5 Inhibitor)	United States Food and Drug Administration
C4 Original (180 g)		mucuna pruriens extract (L-dopa)	Health Canada
C4 Original (360 g)		mucuna pruriens seed extract (standardized for L-dopa)	Health Canada
Crazy Rhino Premium 50K		Yohimbe	Health Canada
Deeja Keayuan Semula Jadi - Dream Cream		Hydroquinone	Brunei Darussalam, Ministry of Health
Deeja Keayuan Semula Jadi - Wrinkle Cream		Mercury	Brunei Darussalam, Ministry of Health

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Dust Extreme Pineapple Mango		Dimethylamylamine (DMAA)	Health Canada
Ding Ji Wei Ge		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Extenze Plus		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Extenze Nutritional Supplement		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Easy 2 Slim		Sibutramine	United States Food and Drug Administration
Ephedrine Hydrochloride		Ephedrine	Health Canada
Fat Loss Slimming Beauty		Sibutramine and Phenolphthalein	United States Food and Drug Administration
Fruta Planta	NA	Sibutramine and Phenolphthalein	United States Food and Drug Administration







Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Fairy capsules		Sibutramine	Australia Therapeutic Goods Administration
FRUTA Bio		Sibutramine and Phenolphthalein	United States Food and Drug Administration
GINSENG - sexual performance enhancement	NA	Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Grakcu Capsule		Sildenafil and Tadalafil (PDE-5 Inhibitor)	United States Food and Drug Administration
GAT Sport Nitraflex		Rauwolfia	Health Canada
Gold Rhino 25000		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
G Female Oral Tablets		Sildenafil (PDE-5 Inhibitor)	Australia Therapeutic Goods Administration







Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Germany Niubian tablets		Sildenafil (PDE-5 Inhibitor)	Australia Therapeutic Goods Administration
Ginseng Red 2000		Yohimbe	Health Canada
Golean		Sibutramine	Taiwan Food and Drug Administration
HAVYCO Vy & Tea		Phenolphthalein and Sibutramine	Taiwan Food and Drug Administration
Herba Saraf Pil		Dexamethasone	Brunei Darussalam, Ministry of Health
High Potency 4-AD		Androstenediol	Health Canada
Hyde		Yohimbe	Health Canada

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
HyperDrive 3.0		Yohimbe	Health Canada
Insane Labz Psychotic		Rauwolfia	Health Canada
Jaguar 30000		Sildenafil and Tadalafil (PDE-5 Inhibitor)	Health Canada
Jack3d		Yohimbe	Health Canada
Jus Al Sunnah Gold 1001 Khasiat Jus Alternatif		Dexamethasone	Brunei Darussalam, Ministry of Health
Jus Al Sunnah 1001 Khasiat Jus Alternatif		Dexamethasone	Brunei Darussalam, Ministry of Health



Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Jus Penawar 1001 Khasiat Jus Alternatif Resdung		Chlorpheniramine, Dexamethasone.	Brunei Darussalam, Ministry of Health
J'esstior Enz		Silybin	Taiwan Food and Drug Administration
JIANFEIJINDAN Activity Girl -		Sibutramine	United States Food and Drug Administration
Krazzy Rhino 25000		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
L-FIN by LUK- SAM-RONG		Bisacodyl	Taiwan Food and Drug Administration
LIKE SLIM COFFEE		Sibutramine	Taiwan Food and Drug Administration
LIKE SLIM KIWI+MELON		Sibutramine	Taiwan Food and Drug Administration
LIKE SLIM yogurt		Sibutramine	Taiwan Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Lean Extreme Max; 30 capsules; 400mg each		Sibutramine	United States Food and Drug Administration
Lipo-Cuts Hardcore		Ephedra alkaloid, caffeine and yohimbe	Health Canada
Liangzern Dietary Supplements		Sildenafil (PDE-5 Inhibitor)	Australia Therapeutic Goods Administration
Li Da DAI DAI HUA		Phenolphthalein	Taiwan Food and Drug Administration
Muscle Systems 1-AD		Androstenediol	Health Canada
Manson		Rauwolfia	Health Canada

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Magic Slim capsules packed in a non-flexible white bottle with a white screw-on top		Sibutramine	United States Food and Drug Administration
Master Zone 1500		Sildenafil and Tadalafil (PDE-5 Inhibitor)	Health Canada
Maxidus		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Max-Vigor for Men		Tadalafil (PDE-5 Inhibitor)	Health Canada
Metabolic Nutrition Syndrex		Yohimbe	Health Canada
Nubreed Nutrition Whiplash		Yohimbe	Health Canada

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
NutraKey Yohimbine		Yohimbe	Health Canada
Nuvitra		Sibutramine and fluoxetine	United States Food and Drug Administration
Old Chinese - sexual performance enhancement product; 19800mg x 10 capsules	NA	Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Platinum Maximum Strength Blue Pill Version; 30 capsules; 500mg each		Sibutramine and Phenolphthalein	United States Food and Drug Administration
PAYA Dietary Supplement Product	NA	Sibutramine	United States Food and Drug Administration
PANCEA PLUS		Lorcaserin	Taiwan Food and Drug Administration
PremierZen Gold 4000		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Panther Power Platinum 11000		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Platinum Rhino 25000		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Proven Capsule 350mg		Sibutramine & Phenolphthalein	Brunei Darussalam, Ministry of Health
Prime Nutrition Yohimbine		Yohimbine	Health Canada
Premium Pro Power 3500		Yohimbe	Health Canada
Premium XPulse 2000		Yohimbe	Health Canada
Premier Zen Extreme 3000 Red		Yohimbe	Health Canada
Premier Zen Gold 4000		Yohimbe	Health Canada

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Premier Zen Black 5000		Yohimbe	Health Canada
Premier Zen Platinum 5000		Yohimbe	Health Canada
Psychotic Gold	NA	Rauwolfia	Health Canada
Reduce Weight FRUTA PLANTA blister packs, packaged in a yellow/green box with green labeling		Phenolphthalein	United States Food and Drug Administration
Rhino 8 Platinum 8000 capsules		Sildenafil (PDE-5 Inhibitor)	Australia Therapeutic Goods Administration
Redrum		Rauwolfia	Health Canada
Royal Café Power Drink		Phenolphthalein	Brunei Darussalam, Ministry of Health





Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Rhino 8 Extreme		Yohimbe	Health Canada
Rhino 25 Extreme 15K		Yohimbe	Health Canada
Royal Master		Tadalafil (PDE-5 Inhibitor)	Health Canada
Rush Hour 72		Sildenafil, Tadalafil, Desmethyl Carbodenafil and Dithiodesmethyl Carbodenafil (PDE-5 Inhibitor)	Health Canada
Rhinozen Power Extreme 40K		Sildenafil and Tadalafil (PDE-5 Inhibitor)	Health Canada
Reactr		Yohimbe	Health Canada
SUSUYA		Sibutramine	Hong Kong Department of Health

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Sidewalk Kraka		Rauwolfia	Health Canada
Slim Evolution - 100% Natural Ingredients; 30 capsules; 350mg each		Diclofenac	United States Food and Drug Administration
Slim Xtreme capsules		Sibutramine	United States Food and Drug Administration
SlimEasy Herbs capsules		Sibutramine	United States Food and Drug Administration
Semenax Capsule		Sildenafil	Brunei Darussalam, Ministry of Health
Slim Body - Dietary Supplement; 100% Herbal Slimming Formula		NA	United States Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Super Fat Burning Bomb capsules		Sibutramine and Phenolphthalein	United States Food and Drug Administration
Stiff Rox		Sildenafil and Tadalafil (PDE-5 Inhibitor)	Health Canada
S.W.A.G. Platinum 15K		Sildenafil and Tadalafil (PDE-5 Inhibitor)	Health Canada
Slimming Capsule		Sibutramine and Phenolphthalein	United States Food and Drug Administration
Total War		Yohimbe	Health Canada
Triple PowerZEN Gold 5000mg		Sildenafil and Tadalafil (PDE-5 Inhibitor)	Health Canada

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Thunder Bull Triple Maximum		Yohimbe	Health Canada
Universal GH Stack		mucuna pruriens seed extract (L-dopa)	Health Canada
The Ultimate hCG Weight Loss Solution		Human Chorionic Gonadotropin (HCG)	Health Canada
The Ultimate hCG Weight Loss Solution		Human Chorionic Gonadotropin (HCG)	Health Canada
Vita Plus D.H.E.A.		Dehydroepiandrosterone (DHEA)	Health Canada
vivi		Sibutramine	Taiwan Food and Drug Administration
Vigour 800		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
Vitaccino capsule		Sibutramine	Taiwan Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
X-treme Beauty Slim; 30 capsules; 350mg each		Sibutramine	United States Food and Drug Administration
三體牛鞭勃動力膠囊		Phenolphthalein and Synephrine	Taiwan Food and Drug Administration
克林頓生精片		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
日本騰素		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
牛寶膠囊		Phenolphthalein and Synephrine	Taiwan Food and Drug Administration
速溶瘦身咖啡		Sibutramine	Taiwan Food and Drug Administration
魔咖瘦減肥咖啡		Benproperine	Taiwan Food and Drug Administration
麗瘦咖啡		Sibutramine	Taiwan Food and Drug Administration
麗瘦牌速溶瘦身咖啡		Sibutramine	Taiwan Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
神雕 108 蛹蟲草固體飲料		Dipropylaminopretadalafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
美國黑金		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
一想就硬 (黃色錠)		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
一想就硬 (綠色錠)		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration

The possible side effects of the undeclared potent ingredients

Anabolic steroids

Anabolic steroids are not approved for use to increase muscle mass or boost athletic performance. Taking such medication without medical supervision can be dangerous as they can cause serious side effects such as insomnia, irritability, aggressive behaviour, hypertension, liver cancer, development of prominent breasts in men and impotence.

Androstenediol

The use of androstenediol has been associated with the risk of prostate cancer and heart disease, acne, depression and loss of hair.

Benproperine

The inappropriate use of benproperine is associated with dry mouth, dizziness, drowsiness and fatigue.

Bisacodyl

Bisacodyl is used to treat constipation. The use of bisacodyl has been associated with adverse effects including abdominal discomfort and diarrhoea.

Caffeine

The inappropriate use of caffeine may lead to insomnia, agitation, restlessness, palpitations and increased heart rate.

Chlorpheniramine

Chlorpheniramine is an antihistamine used to relieve allergic reactions such as rhinitis, and should be used under medical supervision by a pharmacist or doctor. Adverse effects from the use of chlorpheniramine include drowsiness, blurred vision, vomiting, constipation and poor coordination.

Dehydroepiandrosterone (DHEA)

DHEA can cause adverse effects such as hair loss, voice deepening, insulin resistance, changes in menstrual pattern, liver dysfunction, abdominal pain, and high blood pressure. When used in very high doses, it can cause insomnia.

Dexamethasone

Dexamethasone 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 serious gastric bleeding, as well as cardiovascular events such as heart attacks and stroke 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. Prolonged use may lead to heart attacks and stroke.

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.

Ephedrine

Ephedrine is used in the treatment of low blood pressure. The inappropriate use of ephedrine may lead to side effects such as nausea, high blood pressure, irregular heart rate, vomiting and dizziness.

Ephedra (Ma Huang)

The use of ephedra has been associated with serious adverse effects including irregular heart rate, heart attacks, stroke, insomnia, hallucinations, seizures and death.

Fluoxetine

Fluoxetine is a prescription medicine used to treat conditions including depression and eating disorders. The use of fluoxetine has been associated with adverse effects including headaches, insomnia, palpitations and dizziness.

Human Chorionic Gonadotropin (HCG)

Inappropriate use of HCG may lead to side effects including vomiting, nausea, abdominal pain, headache, tiredness.

Hydroquinone

Hydroquinone is a potent ingredient used in western prescription medicines for the treatment of skin conditions. This 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

It is a prescription drug used in the treatment of Parkinson's Disease. 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.

Lorcaserine

Side effects of lorcaserine include nausea, headache and fatigue.

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.

Phenolphthalein

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

Phosphodiesterase Type 5 (PDE-5) inhibitors

This class of medicine includes sildenafil, tadalafil, carbodenafil, imidazosagatriazinone, dithiodesmethyl carbodenafil, vardenafil and pseudovardenafil. These medicines can potentially cause serious adverse effects such as decreased or loss of vision and hearing, strokes, heart attacks 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 (PDE-5 inhibitor) while on nitrates have been reported overseas.

Rauwolfia

The use of rauwolfia has been associated with dizziness, drowsiness, impotence and anxiety.

Sibutramine

Sibutramine, previously a prescription-only weight loss drug 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 adverse effects, including high blood pressure, irregular heartbeats, hallucinations and mood swings.

Silybin

Silybin or silibinin is an active component in milk thistle. The inappropriate use of silybin may lead to side effects including nausea, diarrhoea, vomiting and stomach pain.

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 stroke.

Tretinoin

Tretinoin prohibited in skincare cosmetic products and should only be used under strict medical supervision. Inappropriate use of tretinoin could lead side effects such as redness and peeling of skin.

Yohimbe/Yohimbine

Yohimbine is a potent western medicinal ingredient. Adverse effects associated with 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.