



SINGAPORE, 11 FEBRUARY 2019

HSA UPDATES

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

HSA UPDATES NO 1/2019

HSA UPDATES ON ADULTERATED PRODUCTS FOUND OVERSEAS (NOV- DEC 2018)

The Health Sciences Authority (HSA) would like to update the public on overseas cases of adulterated products reported between November and December 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 Annex A and Annex B for the list of adulterated products and the possible side effects of the undeclared potent ingredients.

Local Situation

2 To-date, 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
11 FEBRUARY 2019**

▪ **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)
21 st Century DHEA		Dehydroepiandrosterone (DHEA)	Health Canada
Alora Night Glowing Cream		Hydroquinone	Malaysia Ministry of Health
Bangladesh King Tiger		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
BEEFIT		Sibutramine	Australia Therapeutic Goods Administration
Best Leopard Miracle of Honey		Sildenafil and Tadalafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Black Ant King Pills 3800mg		Sildenafil (PDE-5 Inhibitor)	Brunei Darussalam, Ministry of Health
Black Bull Tablet		Sildenafil (PDE-5 Inhibitor)	Brunei Darussalam, Ministry of Health
Core Run Capsule		Tadalafil (PDE-5 Inhibitor)	Brunei Darussalam, Ministry of Health

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Daun Sambung Nyowo Kapsul		Acetaminophen, Diclofenac & Dexamethasone	Brunei Darussalam, Ministry of Health
Dust Extreme		Dimethylamylamine (1,3 DMAA)	Health Canada
Golean DETOX		Phenolphthalein and Sibutramine	Taiwan Food and Drug Administration
Gold Max Blue		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Gold Vigra Pills		Sildenafil (PDE-5 Inhibitor)	Brunei Darussalam, Ministry of Health
J-Up Sexual enhancement		Sildenafil and Tadalafil (PDE-5 Inhibitor)	Health Canada
Jamu Asamulin Kapsul		Acetaminophen & Phenylbutazone	Brunei Darussalam, Ministry of Health
Jamu Pegel Linu Ginseng Kapsul		Dexamethasone & Tramadol	Brunei Darussalam, Ministry of Health

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Kama-Max Booster with Extract Ginseng		Sildenafil (PDE-5 Inhibitor)	Malaysia Ministry of Health
Kopi PLG		Tadalafil (PDE-5 Inhibitor)	Malaysia Ministry of Health
Leopard Secret Miracle Honey		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
MOSO CAFE		Topiramate	Taiwan Food and Drug Administration
Nan Bao Capsule 300mg		Sildenafil (PDE-5 Inhibitor).	Brunei Darussalam, Ministry of Health
On Demand		Sildenafil (PDE-5 Inhibitor)	United States Food and Drug Administration
Sensamax Sachet		Tadalafil (PDE-5 Inhibitor)	Brunei Darussalam, Ministry of Health
Safety Lose Weight CUONG ANH		Sibutramine	Taiwan Food and Drug Administration
Safety Gain Weight CUONG ANH		Cyproheptadine and Dexamethasone	Taiwan Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Sarm Center GW-1516		Cardarine	Health Canada
Sarm Center LGD-4033		Selective androgen receptor modulators (SARMs)	Health Canada
Sarm Center MK-677		MK-677	Health Canada

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Sarm Center RAD-140		Selective androgen receptor modulators (SARMs)	Health Canada
Sarm Center Ostarine		Selective androgen receptor modulators (SARMs)	Health Canada
Sarm Center Andarine		Selective androgen receptor modulators (SARMs)	Health Canada

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
Sarm Center SR-9009		SR-9009	Health Canada
Shenzi Bao Capsule		Tadalafil and Vardenafil HCl (PDE-5 Inhibitor)	Indonesia, National Agency Drug and Food Control
Stimul-8		Rauwolfia	Health Canada
Tianaa Red		Tianeptine	United States Food and Drug Administration
THAN YOU		Sibutramine	Australia Therapeutic Goods Administration
Vicaine		Tianeptine	United States Food and Drug Administration
VIU VIU		Caffeine, 2- (Diphenylmethyl) pyrrolidine and Orlistat	Taiwan Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source (Regulatory Agency)
ZUDAIFU		Clobetasol propionate	UK Medicines and Healthcare products Regulatory Agency
日本騰素		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
柏芝立瘦膠囊		Sibutramine	Taiwan Food and Drug Administration
一炮到天亮		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
純植物精華		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
本能		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
德國黑金剛		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
黑馬		Sildenafil & Tadalafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
鹿茸血寶		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration

The possible side effects of the undeclared potent ingredients

2- diphenylmethylpyrrolidine

2- diphenylmethylpyrrolidine is a research chemical with stimulant properties. This chemical is banned in countries such as the United Kingdom. The side effects associated with its use include hallucinations, violent behaviour, high blood pressure and irregular heart rate.

Acetaminophen

Acetaminophen or paracetamol, is used for relieving pain, headache and fever. Products which contain paracetamol but do not have this declared on the label pose a danger to consumers as accidental overdose can result in liver damage.

Caffeine

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

Cardarine

Cardarine is a research chemical that was found to increase physical performance. However, it was not developed into medicine as studies showed that its use causes cancer.

Clobetasol

Clobetasol is a potent steroid. Inappropriate use may lead to side effects such as skin irritation, thinning of the skin and an increased risk of infections.

Cyproheptadine

Cyproheptadine is a medicine that is used to treat allergies. Inappropriate use may lead to side effects such as weight gain, increased appetite, diarrhoea, nausea, vomiting and drowsiness.

Dehydroepiandrosterone (DHEA)

DHEA is a hormone that has been used for erectile dysfunction and for improvement of well-being and sexuality by healthy men and women who have sex hormone insufficiency although well documented evidence of its effect is lacking. 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 mild 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.

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 can result in changes in skin colour and hypersensitivity reactions such as rashes, redness, tingling and burning of skin.

MK667

MK667 or ibutamoren, is a research chemical that mimics the growth hormone. This research chemical has not been developed or approved for use as a medicine and is still being investigated. Not all its side effects are known.

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 and discomfort, flatulence, oily discharge from rectum, liquid stools, and fatigue.

Phenolphthalein

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

Phenylbutazone

Phenylbutazone is a non-steroidal anti-inflammatory medicine that is used to treat pain and inflammation. The inappropriate use of phenylbutazone may lead to gastric bleeding, serious skin reactions and blood disorders.

Phosphodiesterase Type 5 (PDE-5) inhibitors

This class of medicine includes sildenafil, tadalafil and vardenafil. These medicines can 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.

Selective Androgen Modulators (SARMs)

Selective Androgen Modulators (SARMs) are chemicals that mimic the effects of the male hormone, testosterone. Some of these chemicals are still undergoing research and no SARMs have been approved for use. Using such chemicals can be dangerous as not all their side effects are known. The possible side effects may be similar to testosterone, such as insomnia, irritability, aggressive behaviour, hypertension, and impotence.

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.

SR 9009

SR 9009 is a research chemical and has not been developed for medicinal use. As a research chemical, not all its side effects are known or documented.

Tianeptine

Tianeptine is a prescription medicine used to treat depression. The inappropriate and unsupervised use of tianeptine may lead to side effects including anorexia, drowsiness, dizziness, headaches, irregular heart rate, chest pain, dry mouth, nausea and vomiting.

Tramadol

Tramadol is a prescription medicine used to treat pain. The inappropriate use of tramadol may lead to side effects including insomnia, dizziness, constipation, nausea, vomiting, drowsiness and potentially, addiction.

Topiramate

Topiramate is a prescription medicine use to treat conditions including seizures. The use of topiramate has been associated with adverse effects, including confusion, drowsiness, fever, nausea, irritability and stomach pain.