

**SINGAPORE, 5 MAY 2017**

## **HSA UPDATES**

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

**HSA UPDATES NO 1/2017**

### **HSA UPDATES ON FOREIGN ALERTS ISSUED ON ADULTERATED HEALTH PRODUCTS FOUND IN OTHER COUNTRIES**

The Health Sciences Authority (HSA) would like to update the public on adulterated health products found by regulatory agencies overseas between January and March 2017. This information is provided to increase awareness on safety issues of health products reported overseas, which may impact our consumers. Please refer to Annex A and B for the list of adulterated health 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. Nevertheless, there is a possibility that consumers may have purchased them over the Internet, or from overseas.

#### **HSA’s Advisory**

- 3 Members of the public are advised to:
- Stop consuming the products if you have purchased or are consuming any of them, and consult a doctor if you are feeling unwell.
  - Avoid buying any of the products when abroad.
  - 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).
  - 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.

4 Additionally, members of the public are encouraged to visit [www.healthdangers.sg](http://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](mailto:hsa_is@hsa.gov.sg).

**HEALTH SCIENCES AUTHORITY  
SINGAPORE  
5 MAY 2017**

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▪ **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](https://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](http://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.**

**List of Adulterated Products**

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source of Alert (Regulatory Agency)
4L Slimness		Diclofenac	Taiwan Food and Drug Administration
7 Days Slim Hip & Legs		Sibutramine	Taiwan Food and Drug Administration
Africa Black Ant		Sildenafil (PDE-5 Inhibitor)	Australia Therapeutic Goods Administration
Amped		Corynanthe Extract (Pausinystalia Yohimbe Bark)	Health Canada
Animal PM;		Mucuna Pruriens (seed) (standardized for 15% L-dopa)	Health Canada

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source of Alert (Regulatory Agency)
Arouse-Plus		Tadalafil (PDE-5 Inhibitor)	US Food and Drug Administration
Australia Kangaroo Essence 2500mg Tablets		Sildenafil (PDE-5 Inhibitor)	Australia Therapeutic Goods Administration
Bangai USA Capsule (美国邦爱)		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
Black Ant; Indian God Lotion; Evil Root; Germany Black Gold; Germany Niubian; Hard Ten Days; Lang Yi Hao (Chaonogsuopian); Gold Vigra; Clalis; Ye Lang Shen; Zhansheng Weige Chaoyue; Xilishi; Zhonghua Niubian; Stree Overlord; Max Man; Hu Hu Sheng Wei; Tiger King; Viagra 100; Power V8 Viagra; Dadiyongshi Xiangganglong shengwu; Lien Chan for Seven Days; Maca Gold	Product image not available	PDE-5 Inhibitors (i.e. sildenafil, tadalafil, vardenafil, etc.)	US Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source of Alert (Regulatory Agency)
Bazook Bullet		Aminotadalafil (PDE-5 Inhibitor)	US Food and Drug Administration
Black Maca (黑瑪卡)		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
Blade		Yohimbine HCL	Health Canada
Blow		1,3 Dimethylamylamine (DMAA)	Health Canada
CA NI Slim BELLANCE		Orlistat	Hong Kong Department of Health
Cattle Capsule (牛寶膠囊)		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source of Alert (Regulatory Agency)
Change Me Herbal Slimming capsules		Sibutramine	Australia Therapeutic Goods Administration
Chao Jimengnan Super Powerful Man Tablets		Sildenafil (PDE-5 Inhibitor)	Australia Therapeutic Goods Administration
Collagen Slim Body by RSF Global Inc.		Phenolphthalein and Sibutramine	Taiwan Food and Drug Administration
Creative Health Resources (CHR) Creative Herbs; Creative Health Resources (CHR) Creative Nutrition'		Dexamethasone and Chlorpheniramine	National Pharmaceutical Regulatory Agency of Malaysia
CROWN 3000		Sildenafil (PDE-5 Inhibitor) and Diclofenac, Ibuprofen	Taiwan Food and Drug Administration





Name of product	Picture of product	Undeclared potent ingredient(s) found	Source of Alert (Regulatory Agency)
DHEA		Dehydroepiandrosterone (DHEA)	Health Canada
Dust Extreme		1,3 DMAA (Dimethylamylamine), Caffeine Anhydrous	Health Canada
Dymethazine		17β-hydroxy-2α,17-dimethyl-5α-androstan-3-one azine	Health Canada
Eromate Coffee		Desmethyl fondenafil (PDE-5 Inhibitor)	Hong Kong Department of Health
Exo-13 Exothermic Fatburner		1,3-Dimethylamylamine, Caffeine Anhydrous, Yohimbine HCl, Bitter Orange Extract 30%	Health Canada
German Panther (德國黑倍)		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source of Alert (Regulatory Agency)
Ginseng for Reinforcing Kidney		Sildenafil (PDE-5 Inhibitor)	US Food and Drug Administration
Goldreallas XXX		Sildenafil (PDE-5 Inhibitor)	US Food and Drug Administration
Impeous Man capsules		Sildenafil (PDE-5 Inhibitor) and phenolphthalein	Australia Therapeutic Goods Administration
Insane Cutz		Rauwolfia Vomitoria Extract (std. min. 90% alpha Yohimbine)	Health Canada
LaBri's Body Health Atomic 60 Capsules		Sibutramine	US Food and Drug Administration







Name of product	Picture of product	Undeclared potent ingredient(s) found	Source of Alert (Regulatory Agency)
Lean Extreme Max		Sibutramine	US Food and Drug Administration
LipsTenZen		Yohimbe	Health Canada
Super Panther 7K;		Yohimbe	Health Canada
Thunder Bull 7K		Yohimbe	Health Canada
Triple Green		Yohimbe	Health Canada
Lishou Fuling Jiaonang (麗瘦茯苓 膠囊)		Sibutramine	Taiwan Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source of Alert (Regulatory Agency)
Maca (秘魯瑪卡片)		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
MAX Slim 7 Days		Sibutramine	Taiwan Food and Drug Administration
MegaJex Herbal Supplement For Men	Product image not available	Tadalafil and Sildenafil (PDE-5 Inhibitor)	US Food and Drug Administration
Mei Zi Super Power Fruits Capsules	Product image not available	Sibutramine	US Food and Drug Administration
MV7 Days 2000		Sildenafil and Tadalafil (PDE-5 Inhibitor)	Health Canada
Old Chinese		Sildenafil (PDE-5 Inhibitor)	US Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source of Alert (Regulatory Agency)
One More Knight		Tadalafil (PDE-5 Inhibitor) and dapoxetine	Health Canada
Opti-Sildenafil 100 mg		Sildenafil (PDE-5 Inhibitor)	Health Canada
Opti-Tadalafil 20 mg		Tadalafil (PDE-5 Inhibitor)	Health Canada
Platinum Max Strength Blue Pill Version		Sibutramine and Phenolphthalein	US Food and Drug Administration
Platinum Weight Solution – Fat Loss Metabolizer		Sibutramine and Phenolphthalein	US Food and Drug Administration
Rich Piana 5% Nutrition – 5150"		Caffeine and Synephrine HCL	Health Canada



Name of product	Picture of product	Undeclared potent ingredient(s) found	Source of Alert (Regulatory Agency)
Shengjingpian (生精片)		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
Shenjingpian		Sildenafil (PDE-5 Inhibitor)	US Food and Drug Administration
Slim Perfect Legs		Sibutramine	US Food and Drug Administration
Slimfit X Capsules	Product image not available	Sibutramine and Desmethylsibutramine	US Food and Drug Administration
Slimming Plus Advanced		Sibutramine and Phenolphthalein	US Food and Drug Administration
Tonik Tuan Haji 1921		Dexamethasone	Hong Kong Department of Health
Ultimate & Herbal Slim Weight Loss Capsules		Sibutramine	Australia Therapeutic Goods Administration
USA Black Gold (美國黑金)		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration

Name of product	Picture of product	Undeclared potent ingredient(s) found	Source of Alert (Regulatory Agency)
VENERGY Capsule 100mg		Sildenafil (PDE-5 Inhibitor)	Hong Kong Department of Health
VigRX Plus		Sildenafil (PDE-5 Inhibitor)  <i>There are overseas reports of versions of VigRX Plus tablets which were found to contain undeclared PDE-5 inhibitors (tadalafil and sildenafil). Consumers are strongly advised to exercise caution and care when purchasing health products over the internet, and to check with the product owner if in any doubt. Consumers should avoid buying any products online if they are not sure the product is safe.</i>	Taiwan Food and Drug Administration
Well Balance Xanthium & Siler Combo (Bi Yan Pian)		Ephedra alkaloids (Ma Huang)	US Food and Drug Administration
X5 Effective Viagra		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
Xambo and Devagrass,	Product image not available	1,3-dimethylamylamine (DMAA)	US Food and Drug Administration



Name of product	Picture of product	Undeclared potent ingredient(s) found	Source of Alert (Regulatory Agency)
XtraHRD		N-desmethyl tadalafil (PDE-5 Inhibitor)	US Food and Drug Administration
X-treme Beauty Slim		Sibutramine	US Food and Drug Administration
Yi Xiang Jiu Ying (—想就硬; I Thought It Hard)		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
Yohimbine HCl		Yohimbine HCl	Health Canada
Zhen Gongfu		Sildenafil (PDE-5 Inhibitor)	Australia Therapeutic Goods Administration
三體牛鞭勃動力 by 衛生部中國醫療保健國際交流促進會 中國江蘇醫性學研究所		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
薇依笙貓小姐咀嚼奶片		Sibutramine	Taiwan Food and Drug Administration



Name of product	Picture of product	Undeclared potent ingredient(s) found	Source of Alert (Regulatory Agency)
黑桃 2; 綠犀立糖片		Dithio-desmethyl carbodenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration
黑金剛		Sildenafil (PDE-5 Inhibitor)	Taiwan Food and Drug Administration

**Possible side effects of the undeclared potent ingredients**

**Anabolic steroids**

Anabolic steroids, such as 17 $\beta$ -hydroxy-2 $\alpha$ ,17-dimethyl-5 $\alpha$ -androstan-3-one azine, mimic the effects of the male hormone, testosterone. They are used in the treatment of hormonal deficiency conditions and should only be taken under medical supervision. 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.

**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 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 and should be used under close medical supervision. Long term unsupervised use of an oral steroid 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 medical supervision, especially in patients with underlying heart conditions, stomach bleeding and ulceration.

## **1, 3-dimethylamylamine (DMAA)**

DMAA is an active ingredient originally developed as a nasal decongestant. Adverse effects associated with DMAA include cardiovascular events such as heart attack, irregular heartbeats, tightening in the chest and increased blood pressure. Other effects include shortness of breath, seizures and other neurological and psychological conditions.

## **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.

## **Ibuprofen**

Ibuprofen is an anti-inflammatory painkiller and its prolonged use may potentially cause serious gastric bleeding, nausea, high blood pressure.

## **Levodopa (L-Dopa)**

Levodopa is a prescription drug used in the treatment of Parkinson's Disease and should be used under medical supervision. 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.

## **Orlistat**

Orlistat is used for the treatment of obesity and should be used under medical supervision by a pharmacist or doctor. Adverse effects associated with orlistat use include abdominal pain, increased in the frequency of bowel motion, bloating, nausea and vomiting.

## **Phenolphthalein**

Phenolphthalein has not been registered in Singapore since 2011. Phenolphthalein may cause rashes, abdominal cramps, breathing difficulties, kidney disorders.

## **Phosphodiesterase Type 5 (PDE-5) Inhibitors**

PDE-5 inhibitors are used to treat male erectile dysfunction and should be used under medical supervision. These class of medicine include sildenafil, tadalafil and vardenafil. 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 while on nitrates have been reported overseas.

## **Synephrine**

Synephrine is a chemical that is similar to ephedra. Synephrine can cause side effects including dizziness, tremors, headaches, irregular heart rate, seizures, heart attacks and stroke.

## **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.

## **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.