

SINGAPORE, 4 May 2009

HSA UPDATES

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

HSA UPDATES NO 5/2009

HSA WARNS AGAINST THE USE OF HYDROXYCUT PRODUCTS

The Health Sciences Authority (HSA) is warning consumers to stop using Hydroxycut products, manufactured by Iovate HealthSciences USA. These are being recalled in the USA due to cumulative reports of serious adverse reactions there. Hydroxycut products are marketed for weight-loss (fat burners, energy-enhancers, low carb diet aids, and for water loss) and are distributed by Global Active Limited in Singapore through GNC outlets and other retail outlets. They are also sold over the Internet.

2 To-date, no local reports of adverse reactions have been received in relation to the consumption of Hydroxycut products. However, HSA is concerned about the overseas serious adverse reports that are suspected to be associated with this brand of products and that consumers should not be exposed to this unnecessary health risk.

3 As at 1 May 2009, the US Food and Drug Administration (FDA) had received 23 reports of serious adverse reactions affecting the liver including one death due to liver failure. Symptoms of liver injury include jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other symptoms include nausea, vomiting, light-colored stools, excessive fatigue, weakness, stomach or abdominal pain, itching, and loss of appetite. In the majority of the patients, no pre-existing medical conditions that predisposed the consumer to liver injury could be identified other than the consumption of the implicated products. Although the incidence of liver damage appears to be relatively rare in relation to the usage of these products, these products have been assessed to pose a serious public health risk. Other adverse reports received by the US FDA included fits, heart disorders and muscle damage.

4 HSA advises consumers who have been taking Hydroxycut products to stop taking them immediately and to discard them. If they experience any adverse reactions or feel unwell, they should seek medical advice from their doctors.

5 In consultation with HSA, Global Active Limited has initiated voluntary recall of Hydroxycut products in Singapore and consumers may contact Global Active Limited directly at Tel: 62856778 ext. 126, 136, 148 and 104, Mon-Fri, 9am - 6pm.

6 HSA issued the above consumer advisory to the media on 2 May 2009. HSA will continue to monitor the situation closely and update the public should there be any new development.

HEALTH SCIENCES AUTHORITY

4 May 2009

▪ **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, 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. It operates the national blood bank, Bloodbank@HSA, securing the nation's blood supply. It also applies specialised scientific, forensic, investigative and analytical capabilities in serving the administration of justice. For more details, visit www.hsa.gov.sg

▪ **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.

▪ **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".

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