



FOR IMMEDIATE RELEASE

**HEALTH SCIENCES AUTHORITY
PRESS RELEASE
11 DECEMBER 2018**

HSA UPDATES ON REPORTS OF LIVER INJURY AFTER CONSUMPTION OF MAHOGANY SEEDS (SKY FRUIT)

The Health Sciences Authority (HSA) advises members of the public that seven cases of liver injury have been reported following the consumption of mahogany seeds or 'Sky Fruit'.

2 Mahogany seeds are also known as *Swietenia macrophylla* seeds. The fruit of the mahogany seeds is commonly known as "Sky fruit", "Buah Tunjuk Langit" (in Malay) or "向天果" (in Chinese). Mahogany seeds are used traditionally in Southeast Asian countries to help control blood sugar and high blood pressure. However, there are no clinical studies in humans supporting its effectiveness or safety.

SEVEN LOCAL REPORTS OF LIVER INJURY

3 Over the past three years, HSA has received seven local reports of liver injury suspected to be associated with mahogany seeds (both in raw form and capsule form). The liver injuries reported to HSA were of varying severity, ranging from mild liver function impairment to liver failure. Other than liver injuries, a patient had kidney injury, and another had polyarthralgia (multiple joint aches and pain). Of the seven patients who are in their 40s to 70s, five were hospitalised. The patients were reported to have recovered or were recovering after stopping the intake of the suspected products.

4 Most of them were reported to have underlying medical conditions, including diabetes, hypertension, hyperlipidaemia (high blood cholesterol) and fatty liver, and were taking other medications concurrently. The liver injury occurred 30 to 45 days after the consumption of mahogany seeds except in one patient, where the injury occurred 6 months later.

5 These patients were consuming mahogany seeds for the purpose of controlling blood sugar, blood pressure or for general well-being. Five of them consumed mahogany seeds in its raw form, purchased from different sources in Singapore and Malaysia. Their intake ranged from 10 seeds in a month to 18 seeds in a day. The remaining two patients took the capsules intermittently or 2 capsules twice daily. One product was labelled as 'Natural Miracle Healer' which the patient

obtained from a blog shop in Singapore and the other was an unknown brand from Malaysia. Please refer to **Annex A** for pictures of the products.

6 Although there is no scientific data on the risk of liver injury from taking mahogany seeds, HSA advises consumers to exercise caution when considering the use of these products. HSA will continue to closely monitor the situation and update the public of any significant findings.

CONSUMER ADVISORY

7 Consumers are advised of the following:

- Be aware that local cases of liver injury have been reported in some individuals following the consumption of mahogany seeds (both in the raw form and capsule form).
- Consult a doctor as soon as possible if you feel unwell or develop any of the following signs and symptoms of liver injury when taking mahogany seeds: nausea (feel like vomiting), loss of appetite, lethargy, dark urine, the whites of the eyes have turned yellow or the skin is yellow (jaundice).
- Consult your doctor if you would like to try new or complementary remedy which claims to alleviate certain medical conditions, especially for chronic diseases such as diabetes and hypertension.

**HEALTH SCIENCES AUTHORITY
SINGAPORE
11 DECEMBER 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/HSAsq.

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.

**HSA UPDATES ON REPORTS OF LIVER INJURY AFTER
CONSUMPTION OF MAHOGANY SEEDS (SKY FRUIT)**

Raw mahogany seeds



An example of packed raw mahogany seeds consumed by one of the patients



‘Natural Miracle Healer’ – mahogany seed capsules

