



FOR IMMEDIATE RELEASE

**HEALTH SCIENCES AUTHORITY
PRESS RELEASE
19 OCTOBER 2016**

**HSA ALERTS PUBLIC TO ‘LONGRED OYSTER-X’
AND ‘LIFESPARKS 100% NATURAL PAIN RELIEF SUPPLEMENT’
WHICH CONTAINED UNDECLARED POTENT INGREDIENTS
AND CAUSED ADVERSE EFFECTS IN A PATIENT**

The Health Sciences Authority (HSA) is alerting members of the public not to purchase or consume two health products sold locally. The two products (see below) were tested to contain several undeclared potent ingredients, including prescription only medicines¹ which are disallowed in all complementary health products.

No.	Name of product	Undeclared potent ingredients found
1	LONGRED Oyster-x	Chemical compound related to sildenafil
2	LifeSparks 100% Natural PAIN RELIEF SUPPLEMENT	Chlorpheniramine Dexamethasone Diclofenac Paracetamol Piroxicam Sulphamethoxazole

Please refer to **Annex A** for pictures of the products.

2 A male patient in his 60s took ‘LONGRED Oyster-x’ to prevent prostate problems, and ‘LifeSparks 100% Natural PAIN RELIEF SUPPLEMENT’ for his leg pain and gout. Within a day, he experienced rapid pain relief. After a week, he developed severe gastric pain and facial swelling. He sought treatment from a general practitioner and has since recovered.

3 ‘LONGRED Oyster-x’ is labelled to contain oyster powder to improve circulation and promote health. ‘LifeSparks 100% Natural PAIN RELIEF SUPPLEMENT’ purportedly contains a natural pain relief supplement blend to relieve gout, arthritis and aching joints. Both products were distributed by Paul Harrison International Pte Ltd, and were sold directly to consumers from their office in Ubi. Following HSA’s investigation and directive to the company, it has since stopped the sales of the products.

¹ Prescription Only Medicines can only be supplied by a doctor or by a pharmacist according to a prescription by a doctor.

More about the undeclared potent ingredients found

4 The chemical compound found in 'LONGRED Oyster-x' is related to sildenafil, a potent prescription only medicine which is used to treat erectile dysfunction, and should only be used when prescribed by a doctor. This compound can cause serious adverse effects similar to sildenafil. Using it without proper medical supervision can cause decreased or loss of vision and hearing, low blood pressure and other cardiovascular events such as strokes and heart attacks. In addition, sildenafil is not suitable for patients with medical conditions such as certain heart-related problems, or who are on heart medications such as nitrates. Fatalities have been reported overseas with the use of sildenafil in these patients.

5 Dexamethasone, one of the potent ingredients found in 'LifeSparks 100% Natural PAIN RELIEF SUPPLEMENT', is a potent steroid usually prescribed for inflammatory conditions, and should only be used under strict medical supervision. Long term unsupervised use of an oral steroid can cause increased blood glucose levels leading to diabetes, high blood pressure, cataracts, an increased risk of infections, and Cushing's syndrome (which is characterised by a round face or 'moon face' and upper body obesity with thin limbs). Please refer to **Annex B** for information on the potential adverse effects of the other undeclared potent ingredients found in 'LifeSparks 100% Natural PAIN RELIEF SUPPLEMENT'.

Consumer Advisory

6 Members of the public who have purchased or are consuming any of these products are advised to:

- Stop the use of 'LONGRED Oyster-x'. Those who have taken the product should seek medical attention if they are feeling unwell or are concerned about their health.
- Do not stop the use of 'LifeSparks 100% Natural PAIN RELIEF SUPPLEMENT' immediately as sudden discontinuation of steroids without proper medical supervision can cause serious withdrawal symptoms such as weakness, fatigue, confusion and low blood pressure, especially if they have been consumed for more than a few weeks. Consult a doctor as soon as possible.

Additionally, members of the public are advised to consult your doctor or pharmacist if you need help for the management of your acute and chronic medical symptoms and conditions (e.g., joint pain or eczema). Be wary of any health products that produce rapid relief of pain and other medical conditions.

7 Paul Harrison International Pte Ltd, the local distributor of 'LONGRED Oyster-x' and 'LifeSparks 100% Natural PAIN RELIEF SUPPLEMENT', is working with HSA to investigate this matter. Members of the public may wish to contact the company at Tel: 6635-8684 should they have any enquiries on product return.

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SINGAPORE
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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/>.

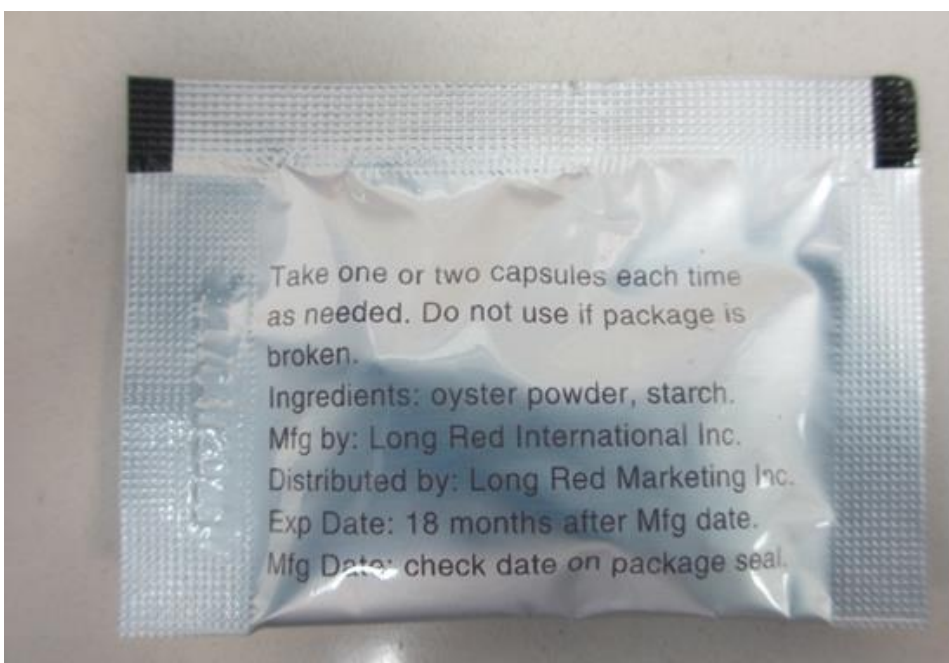
For more updates on public health and safety matters, follow us on Twitter at www.twitter.com/HSAsg.

About HSA's Health Products Regulation Group

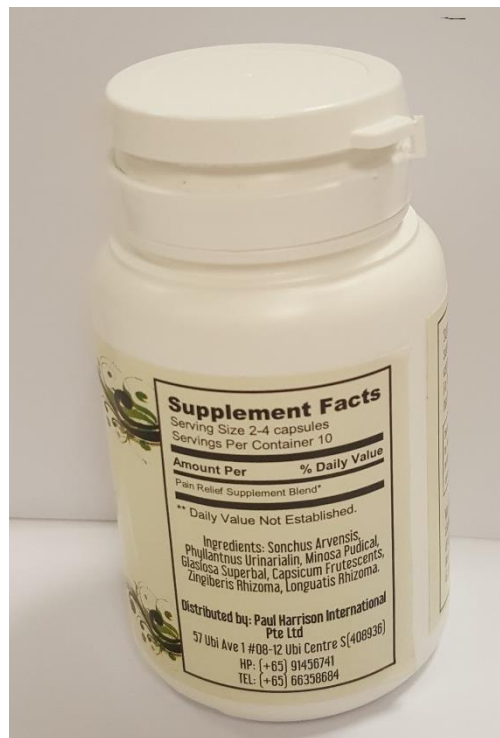
The Health Products Regulation Group (HPRG) of HSA ensures that drugs, innovative therapeutics, medical devices and health-related products are wisely regulated and meet appropriate safety, quality and efficacy standards. It contributes to the development of biomedical sciences in Singapore by administering a robust, scientific and responsive regulatory framework.

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'LONGRED Oyster-x'



'LifeSparks 100% Natural PAIN RELIEF SUPPLEMENT'



Annex B

Possible adverse effects of other undeclared western medicines found in 'LifeSparks 100% Natural PAIN RELIEF SUPPLEMENT'

Undeclared Ingredients	Possible Adverse Reactions
Chlorpheniramine	Chlorpheniramine is an antihistamine used to relieve allergic reactions such as rhinitis, and can only be used under medical supervision by a pharmacist or doctor. Adverse reactions from the use of chlorpheniramine include drowsiness, blurred vision, vomiting, constipation and poor coordination.
Diclofenac and piroxicam	Diclofenac and piroxicam are potent painkillers and may potentially cause gastric bleeding, as well as cardiovascular events such as heart attacks and strokes when used for a prolonged period. They should be used under close medical supervision, especially in patients with underlying heart conditions.
Paracetamol	Paracetamol is available over-the-counter to relieve fever and pain. Hypersensitivity reactions such as rash and swelling of lips or face can occur in some individuals.
Sulphamethoxazole	Sulphamethoxazole is an antibiotic which should only be prescribed by the doctor. It can cause allergic reactions such as serious skin reactions, liver injury, abdominal pain and other gastrointestinal adverse reactions.