



FOR IMMEDIATE RELEASE

HEALTH SCIENCES AUTHORITY
PRESS RELEASE
13 AUGUST 2019

HSA ALERT: THREE PRODUCTS FOUND WITH UNDECLARED POTENT MEDICINAL INGREDIENTS; ONE LED TO SERIOUS ADVERSE REACTION IN CONSUMER

The Health Sciences Authority (HSA) is alerting members of the public not to purchase or consume these products:

(a) 'Skinny Lolita'	Sold on multiple e-commerce websites based in Singapore and Malaysia
(b) 'Xtreme Candy'	
(c) Unlabelled clear capsules containing dark brown powder ('unlabelled capsules')	Sold by peddler at Redhill Market

A woman in her 50s who took the 'unlabelled capsules' developed steroid-induced Cushing's syndrome, a serious medical condition which may cause high blood pressure, decreased immunity, weight gain, and round or "moon" face.

2 HSA has tested the three products and found the following potent medicinal ingredients:

Name of product	Undeclared potent medicinal ingredients
'Skinny Lolita'	Sibutramine
'Xtreme Candy'	N-desmethyl tadalafil
'Unlabelled capsules'	Amoxicillin, Chlorpheniramine, Diclofenac, Dexamethasone, Prednisolone, Sildenafil

Please refer to **Annex A** for photos of the products and **Annex B** for more information on the medicinal ingredients found in the products.

'UNLABELLED CAPSULES' LED TO CUSHING'S SYNDROME

3 The 'unlabelled capsules' were sold in packets of 50 capsules by a peddler at Redhill market. The product came with a leaflet printed in Chinese stating that the capsules contained multiple herbal ingredients such as Moringa seeds (“辣木籽”), cordyceps (“冬虫夏草”) and Panax notoginseng flower (“田七花”). The leaflet claimed that the product was “100% Herbal” and could treat numerous medical conditions, including chronic diseases such as cancer, high blood pressure, high cholesterol and diabetes. A woman in her 50s developed Cushing's syndrome, a serious medical condition, after taking the product for 3 to 4 months for her headache. Her doctor suspected that the product was adulterated with steroids and alerted HSA. Tests found the product to contain steroids (dexamethasone, prednisolone) and other potent medicinal ingredients; namely, amoxicillin (an antibiotic), chlorpheniramine (an antihistamine), diclofenac (a painkiller), and sildenafil (an erectile dysfunction drug).

POTENT INGREDIENTS, INCLUDING BANNED SUBSTANCE, DETECTED IN TWO PRODUCTS SOLD ONLINE

4 HSA was alerted to the online sale of 'Skinny Lolita' by a member of the public. It was marketed as a traditional “all natural” slimming remedy that contained only plant and herbal extracts. However, HSA tested it to contain sibutramine, a medicine that has been banned in Singapore since 2010 due to increased risk of heart attacks and strokes. Besides its false claims, 'Skinny Lolita' was also promoted as the new packaging of 'Beautea Slim', a product similar to 'Beautea Slim Fat Burner for Weight Loss' which was previously tested by HSA in 2017 to contain sibutramine.

5 'Xtreme Candy' was seized from a woman in her 40s who had imported them from Malaysia. The product was packaged and marketed as a candy containing ginseng and other plant ingredients. However, it was tested to contain an analogue (chemically-related compound) of tadalafil, a potent prescription-only medicinal ingredient used in the treatment of erectile dysfunction. Inappropriate use of tadalafil or its analogues can cause serious adverse effects, such as stroke, heart attack, low blood pressure and priapism (painful and exceedingly long erections).

6 Both products are being sold on multiple e-commerce websites in Singapore and Malaysia. HSA has directed the respective local website administrators to remove the postings of both products. We have also informed our Malaysian counterpart of the product postings for their follow up enforcement actions.

ADVISORY TO CONSUMERS

7 Consumers are advised to:

- See a doctor immediately if you suspect that you have taken the ‘unlabelled capsules’ as it contains potent steroids. Discontinuation of steroids without proper medical supervision can cause serious withdrawal symptoms such as fatigue, confusion, and low blood pressure, especially when the product has been consumed for more than a few weeks.
- Stop taking ‘Skinny Lolita’ and ‘Xtreme Candy’ immediately and see a doctor if you feel unwell or are concerned about your health.
- Avoid purchasing health products from unfamiliar sources such as street peddlers or unknown sellers on e-commerce platforms and websites, even if they are recommended by close friends or relatives. There is no way to ascertain how these products are made and contrary to their claims to be “100% herbal” or “all natural”, they may contain potent ingredients that can be harmful to health.
- Be wary of health products that are unlabelled or carry exaggerated claims, such as the ability to treat chronic conditions and diseases. They could potentially contain undeclared potent ingredients which could be harmful to health. In addition, none of the claims they make can be verified. Even if the claims that the products are “100% herbal” or “all natural” are true, it does not necessarily mean that the product is safe and of good quality.

8 HSA has produced a short video on the risks associated with buying health products online. This video can be viewed at https://youtu.be/dmjl_bSqJgA.

ADVISORY TO SELLERS AND SUPPLIERS

9 Sellers and suppliers are warned that:

- It is illegal to sell and supply adulterated products which contain undeclared potent medicinal ingredients.
- Anyone who supplies such adulterated products is liable to prosecution and if convicted, may be imprisoned for up to 3 years and/or fined up to \$100,000.

10 Members of the public who have any information on the sale and supply of these adulterated products 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
13 AUGUST 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'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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Unlabelled clear capsules with dark brown powder sold by peddler at Redhill Market



Accompanying leaflet printed in Chinese

100%巴仙 草藥提煉 提防假冒 冬蟲夏草提煉

辣木籽是纯天然绿色食品，含有人体所需的全部营养物质，它可取代复合维生素、钙片，鱼肝油等。特别对高血压，高血脂，糖尿病，痛风等有很好的效果。辣木籽可改善睡眠，预防疫病，增强记忆力，延缓衰老，还可以用来治疗经络等特殊部位的疾病。它还具有除口臭和醒酒等作用。

【作用】
排毒促进代谢，皮肤过敏，香港脚，湿疹，富贵手，皮肤莫名痒，可含壳一起吃。解酒，消除口臭，泌尿系统，糖尿病，痔疮，便秘，清宿便。

100%巴仙 草藥提煉
好药传万里
名医值万金

全部五錢？ 提煉藥丸
治百病之一
巴戟 忧眉草 · 辣木籽
海狗 海馬 海鳥 田七花
冬蟲夏草 上等一等
桑叶 高麗參
紋股藍 美国花旗參
挂伸上等 草玉金錢蓮
野生芭樂叶 果要紅色

保證草藥回春
全部五錢 提煉藥丸

【功效】

根据国内外临床报告，经常食用辣木籽可增强免疫力，排毒、塑身、抗老化、抗癌并对多种慢性及重大疫病都有极大的改善功效。

进代谢，皮肤过敏，香湿疹，富贵手，皮肤莫可含壳一起吃。解酒，臭，泌尿系统，糖尿病便秘，清宿便。排毒

辣木籽是纯天然绿色食品，含有人体所需的全部营养物质，它可取代复合维生素、钙片，鱼肝油等。特别对高血压，高血脂，糖尿病，痛风等有很好的效果。

辣木籽可改善睡眠，预防疫病，增强记忆力，延缓衰老还可以用来治疗经络等特殊部位的疾病。它还具有除口臭和醒酒等作用

真材真料

提防假冒

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50粒 云南文山特产 三七花

辣田
木七
仔花



西藏上等冬虫夏草

無效退還

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提防假冒 提防假冒

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50粒

辣木



西藏上等冬虫夏草

保證正貨

無效退還

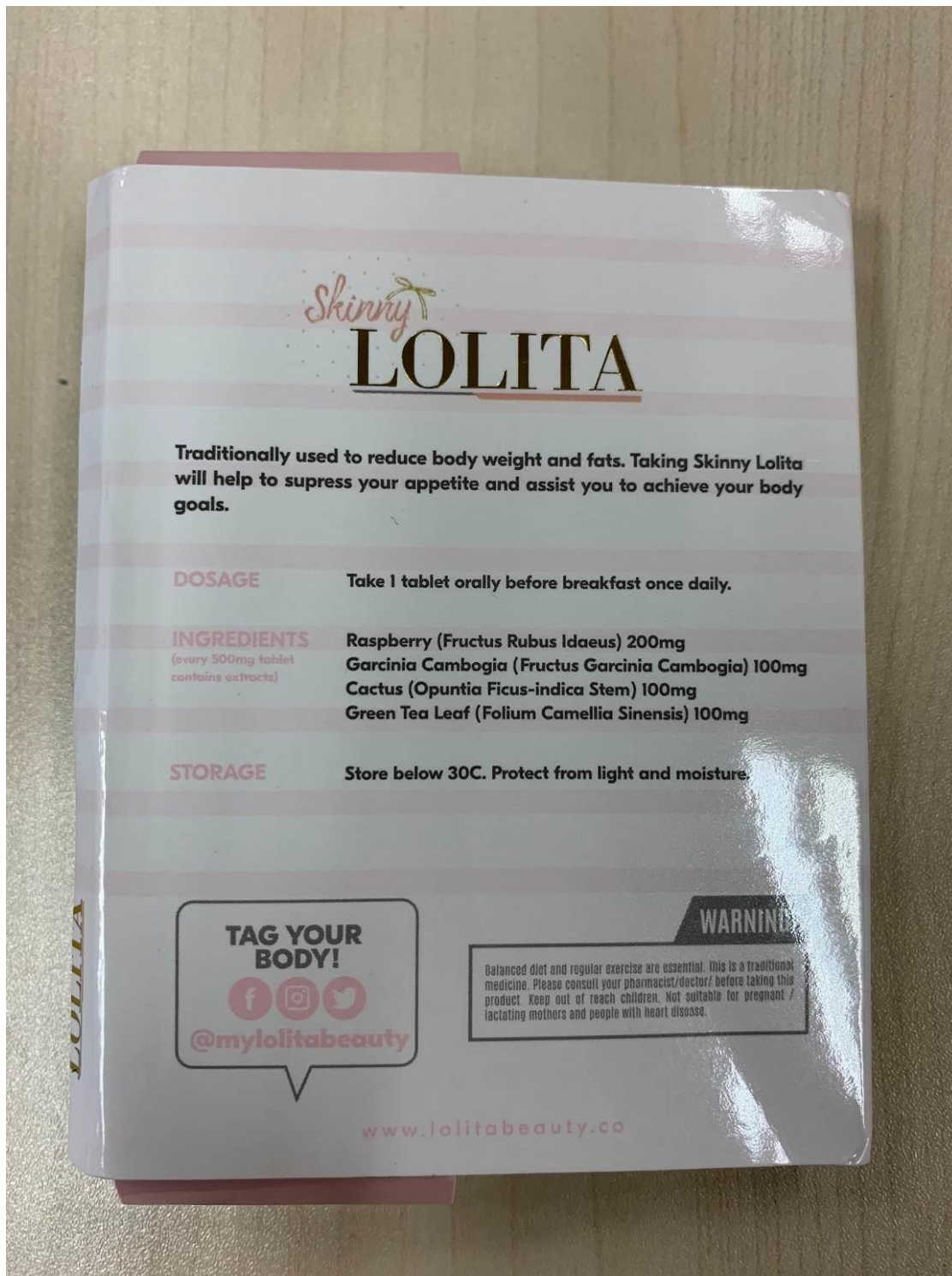
Close-up of unlabelled clear capsules with dark brown powder



'Skinny Lolita' front packaging



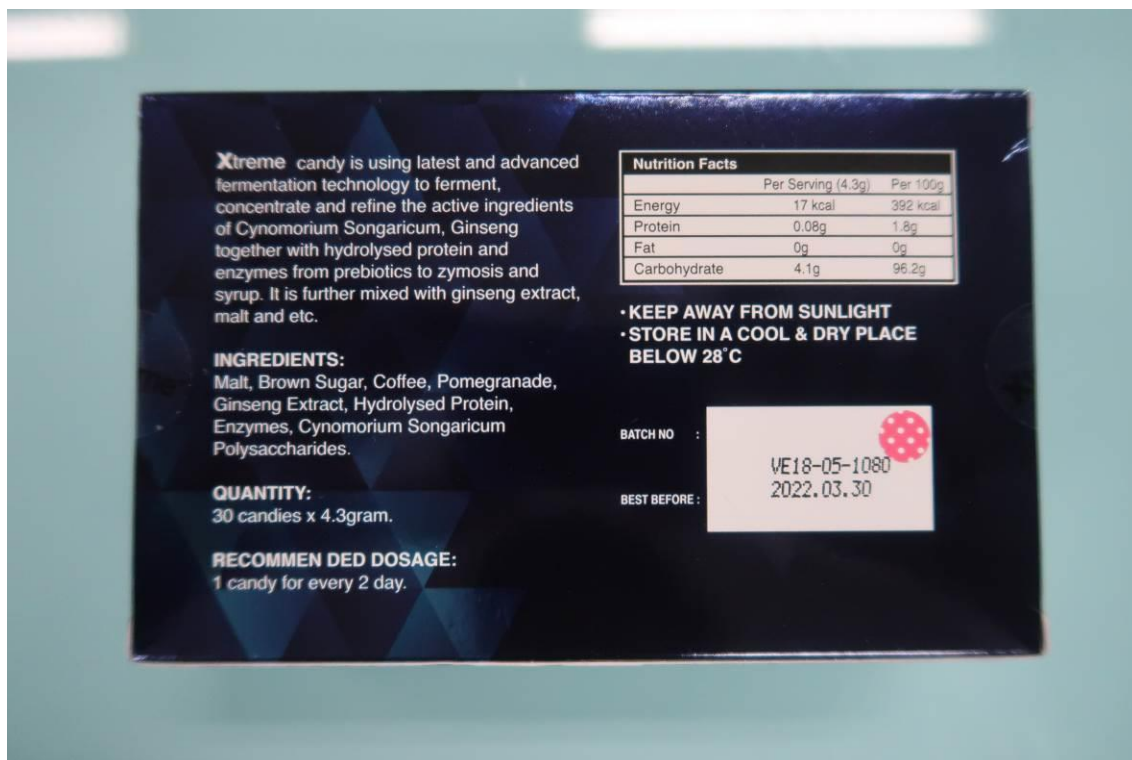
'Skinny Lolita' back packaging



'Skinny Lolita' capsules



'Xtreme Candy'





INFORMATION OF UNDECLARED POTENT MEDICINAL INGREDIENTS FOUND IN THE PRODUCTS

Amoxicillin

Amoxicillin is an antibiotic prescribed to treat bacterial infections. Inappropriate use of antibiotics without medical supervision can lead to its decreased effectiveness. Other possible adverse effects associated with the use of amoxicillin include diarrhoea, nausea, vomiting, serious hypersensitivity reactions and rash.

Chlorpheniramine

Chlorpheniramine is an antihistamine used to relieve allergic reactions such as hives, asthma and rhinitis. The possible adverse effects of chlorpheniramine include nausea, vomiting, diarrhoea, constipation and drowsiness.

Diclofenac

Diclofenac is a potent painkiller that 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.

Prednisolone and dexamethasone

Prednisolone and dexamethasone are potent steroids that are usually prescribed for inflammatory conditions and should only be used under strict medical supervision. Long-term unsupervised use of oral steroids can cause serious adverse effects such as Cushing's syndrome (characterised by a round or 'moon face' and upper body obesity with thin limbs), increased blood glucose levels (which may lead to diabetes), as well as high blood pressure, cataracts, muscular and bone disorders, and an increased risk of infections.

Sibutramine

Sibutramine was a prescription medicine for weight loss but has been withdrawn in Singapore since 2010 because of an increased risk of heart attacks and strokes. Other serious adverse effects including fast heart rate, hallucinations or hearing

voices have also been reported by consumers who took slimming products adulterated with sibutramine. A recent case involved a consumer who experienced very fast heart rate and lost consciousness. She required resuscitation and now suffers from severe heart failure.

Sildenafil and N-desmethyl tadalafil

Sildenafil and tadalafil are prescription medicines used to treat male erectile dysfunction. Inappropriate use of these medicines without medical supervision put consumers at increased risk of serious adverse effects. They include stroke, heart attack, low blood pressure and priapism (painful and exceedingly long erections). The medicines should not be used by patients who are on heart medications such as nitrates as it can cause potentially life-threatening low blood pressure, which may lead to death. Patients with heart problems are also at increased risk of cardiovascular adverse effects such as heart attack, stroke and chest pain. N-desmethyl tadalafil is chemically-related to tadalafil and consumers of these compounds can be at risk of experiencing adverse effects similar to tadalafil.