



HSA UPDATES ON PRODUCTS FOUND OVERSEAS THAT CONTAIN POTENT INGREDIENTS (NOVEMBER – DECEMBER 2019)

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators between November and December 2019 to contain potent ingredients which are not allowed in these products and may cause side effects. This information is provided to increase awareness on safety issues of such products found overseas, which may impact the local population. Please refer to Annex A and Annex B for the list of products and the possible side effects of the potent ingredients.

HSA's Advisory

- 2 Members of the public are advised to:
 - Consult a doctor if you have consumed any of the products and are feeling unwell.
 - Avoid buying any of the products when abroad.
 - 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 potent ingredients which can harm your health. If buying health products online, we encourage you to buy them from websites with an established retail presence in Singapore.
 - 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).

- 3 Additionally, members of the public are encouraged to visit <https://www.hsa.gov.sg/consumer-safety> to learn more about the dangers of buying health products from dubious sources.

- 4 Members of the public who come across the sale and supply of these 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.




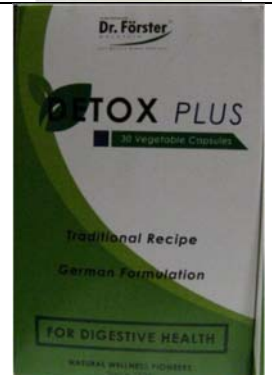
Annex A



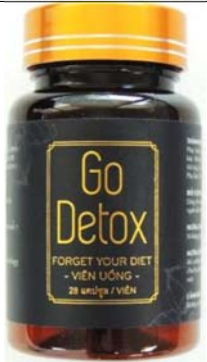

List of Products




Note: There may be different versions or variants of the products listed below. You are advised to consult your doctor or pharmacist if you are unsure of any health product you intend to use, or if you need help for your acute and chronic medical symptoms and conditions

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Alien Power Platinum 11000		Tadalafil (PDE-5 inhibitor)	Health Canada
Black Panther		Yohimbe	Health Canada
Black Stallion 5000		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Black Storm		Sildenafil (PDE-5 inhibitor)	Australian Therapeutic Goods Administration
Bull Platinum 30000		Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
Cardarine GW		Cardarine (SARMS)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
CIA 25		Tadalafil (PDE-5 inhibitor)	Health Canada
De2Xy		Bisacodyl	Australian Therapeutic Goods Administration
DEC 200		Nandrolone decanoate (anabolic steroid)	Health Canada
Detox Plus		Tadalafil (PDE-5 inhibitor), Paynantheine, and Mitragynine.	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
DROSTANOLONE PROPIONATE		Drostanolone propionate (anabolic steroid)	Health Canada
EQ 200		Boldenone undecylenate (anabolic steroid)	Health Canada
Go Detox		Phenolphthalein and Sibutramine	Hong Kong Department of Health
Go Lean Detox		Sibutramine and Phenolphthalein	Health Canada





Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Grakcu capsules		Sildenafil and Tadalafil (PDE-5 inhibitors)	Australian Therapeutic Goods Administration
LGD 4033		LGD 4033 (SARMs)	Health Canada
Lucky Lady		Tadalafil (PDE-5 inhibitor)	Health Canada
Me2shape		Fluoxetine	Australian Therapeutic Goods Administration



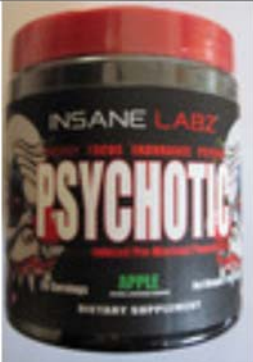

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Man Erect		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
Me Me Me Meow		Sildenafil, Thiosildenafil and Hydroxythiohom sildenafil (PDE-5 inhibitors)	Health Canada
MK 677 (Pharma Core)		MK 677 (SARMs)	Health Canada
MK 677 (Sarmsfit)		MK 677 (SARMs)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MS Natural Fiber		Sibutramine	Hong Kong Department of Health
MYO-CARD		Cardarine (SARMs)	Health Canada
MYO-HER		Ostarine (SARMs)	Health Canada
MYO-HGH		MK-677 (SARMs)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-LGD		Ligandrol (SARMs)	Health Canada
MYO-S4		Andarine (SARMs)	Health Canada
MYO-STA		Ostarine (SARMs)	Health Canada
MYO-RAD		Testolone (SARMs)	Health Canada
MYO-TKO		Ostarine (SARMs)	Health Canada


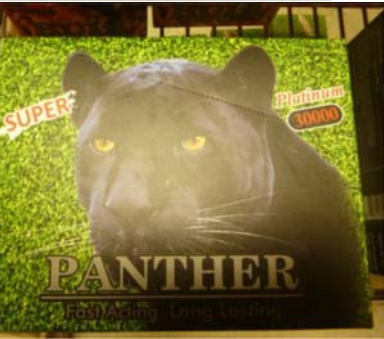


Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-YK		Myostine (SARMs)	Health Canada
NAVAR 10		Oxandrolone (anabolic steroid)	Health Canada
Norvotrop		Somatropin	Health Canada
Ostarine		Ostarine (SARMs)	Health Canada





Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Panther Platinum 30000		Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
Plasmajet (Nitric Oxide Maximizer)		Rauwolfia	Health Canada
Poseidon Platinum 3500		Sildenafil (PDE-5 inhibitor)	Health Canada
Power Khan		Desmethyl Thiosildenafil, Thioildenafil, and Aildenafil (PDE-5 inhibitors)	United States Food and Drug Administration





Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
PremierZEN Gold 7000		Sildenafil and Tadalafil (PDE-5 inhibitors)	United States Food and Drug Administration
PRO-STARINE 12.5		MK 2866 (ostarine) (SARMs)	Health Canada
Psychotic		Rauwolfia, Yohimbine	Health Canada
RAD 140		RAD 140 (SARMs)	Health Canada





Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rising Phoenix 5K		Yohimbe	Health Canada
Rising Phoenix Q8		Yohimbe	Health Canada
Rhino 7 Platinum 30000		Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
Rhino 7 Platinum 5000		Sildenafil (PDE-5 inhibitor) and Yohimbine	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rodeo Fantasy		Yohimbe	Health Canada
Rush Hour 72		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
SHENGDA		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Stallion Platinum 30000		Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
SUPER Platinum 30000 PANTHER		Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
Super Panther 7k		Yohimbe	Health Canada
SUSTANON (Steel Corp)		Testosterone propionate, Testosterone phenylpropionate, Testosterone isocaproate, and Testosterone decanoate (anabolic steroids)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
TEST 400		Testosterone enanthate and Testosterone decanoate (anabolic steroids)	Health Canada
TEST-E 250		Testosterone enanthate (anabolic steroid)	Health Canada
Thyrolan Metabolic Optimizer		Yohimbine, Caffeine, and Synephrine	Health Canada
Triple Green		Yohimbine	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
U-Dream Full Night		A substance structurally similar to Eszopiclone and Zopiclone	United States Food and Drug Administration
U-Dream Lite		A substance structurally similar to Eszopiclone and Zopiclone	United States Food and Drug Administration
Vita-X Revitalizing Capsules Extra Strength (sleeve package)		Sildenafil (PDE-5 inhibitor)	Health Canada
Vita-X Revitalizing Capsules Extra Strength (blister package)		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Ying Da Wang tablets		Sildenafil (PDE-5 inhibitor)	Australian Therapeutic Goods Administration
YK 11		YK 11 (SARMs)	Health Canada
Yohimbine HCL (Clean Lab)		Yohimbine	Health Canada
Yohimbine (Eon Nutraceuticals)		Yohimbine	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
金伟哥 VGA		Sildenafil (PDE-5 inhibitor)	Hong Kong Department of Health
硬9天		Sildenafil (PDE-5 inhibitor)	Hong Kong Department of Health
生精片		Ciprofloxacin and Sildenafil (PDE-5 inhibitor)	Taiwan Food and Drug Administration
3800 Hard Rock		Yohimbe	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
7K		Yohimbe	Health Canada

Annex B

The possible side effects of the potent ingredients

Anabolic steroids

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. In women, they can cause male characteristics such as an increase in facial hair growth, male pattern baldness, deepening of the voice and menstrual irregularities. Examples of anabolic steroids are Boldenone undecylenate, Drostanolone propionate, Nandrolone decanoate, Oxandrolone and Testosterone compounds.

Bisacodyl

Bisacodyl is used to treat constipation. The use of bisacodyl has been associated with side effects including abdominal discomfort and diarrhoea.

Caffeine

The inappropriate use of caffeine may lead to insomnia, agitation, restlessness, palpitations and increased heart rate.

Ciprofloxacin

Ciprofloxacin is an antibiotic used to treat a number of bacterial infections. It is a prescription medicine and should be used under medical supervision. Common side effects include nausea, vomiting, diarrhoea and rash. Severe side effects include an increased risk of tendon rupture, hallucinations and nerve damage.

Eszopiclone and Zopiclone

Eszopiclone and Zopiclone are prescription medicines used to treat insomnia and should be used under medical supervision. Serious side effects may include suicidal thoughts, abuse, hallucinations and angioedema. A rapid decrease in the dose of these medicines may result in withdrawal symptoms. Deaths have been reported from use of these medicines.

Fluoxetine

Fluoxetine is a prescription medicine used to treat conditions including depression and eating disorders, and should be used under medical supervision. The use of fluoxetine

has been associated with side effects including headaches, insomnia, palpitations and dizziness.

Paynantheine and Mitragynine - Kratom (*Mitragyna speciosa*) alkaloids

Paynantheine and mitragynine are alkaloids of Kratom or *Mitragyna speciosa*. The use of kratom has been associated with respiratory depression or decreased breathing, seizure, addiction and psychosis. Other side effects include high heart rate and blood pressure, trouble sleeping, and liver toxicity. When use is stopped, withdrawal symptoms may occur. Deaths have been reported with kratom both by itself and mixed with other substances.

Phenolphthalein

Phenolphthalein may cause kidney disorders and has been found in animal studies to be associated with cancer. It may also cause breathing difficulties, rashes and abdominal cramps.

Phosphodiesterase Type 5 (PDE-5) inhibitors

This class of medicine includes sildenafil, tadalafil, homosildenafil and 5-desmethylcarbodenafil. These medicines can cause serious side effects such as strokes, heart attacks, decreased or loss of vision and hearing 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 (PDE-5 inhibitor) while on nitrates have been reported overseas.

Rauwolfia

The use of rauwolfia has been associated with dizziness, drowsiness, impotence and anxiety.

Selective Androgen Receptor Modulators (SARMs)

Selective Androgen Receptor Modulators (SARMs) are chemicals that mimic the effects of the male hormone, testosterone. Some of these chemicals are still undergoing research and no SARMs have been approved for clinical use in humans. Using such chemicals can be dangerous as not all their side effects are known. The possible side effects may be similar to testosterone, such as insomnia, irritability, aggressive behaviour, hypertension, and impotence. Examples include andarine, cardarine, ligandrol (LDG-4033), myostine (YK-11), ostarine (MK 2866), testolone, MK 677 and RAD-140.

Sibutramine

Sibutramine, previously a prescription weight loss medicine 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 side effects, including high blood pressure, irregular heartbeats, hallucinations and mood swings. Desmethyl sibutramine is a substance similar to sibutramine which may have similar side effects.

Somatropin

Somatropin is a prescription medicine used to treat growth failure in children and adults who lack natural growth hormone. Long-term use of somatropin without medical supervision has been associated with altered blood sugar levels and affect the thyroid hormones resulting in the need for thyroid hormone replacement. It can also cause an allergic reaction that may be life-threatening.

Synephrine

Synephrine, when taken in combination with caffeine, can cause side effects ranging from dizziness, tremors, headaches and irregularities in heart rate to seizures, psychosis, heart attacks and strokes.

Yohimbe / Yohimbine

Yohimbine is a potent medicinal ingredient. Side 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.