



HSA UPDATES ON PRODUCTS FOUND OVERSEAS THAT CONTAIN POTENT INGREDIENTS (SEPTEMBER – OCTOBER 2019)

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators between September and October 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).

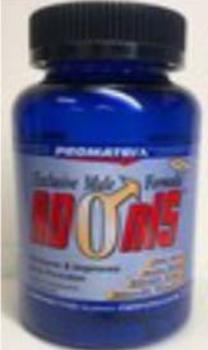
- 3 Additionally, members of the public are encouraged to visit <https://www.hsa.gov.sg/consumer-safety> to learn more about the dangers of buying health products from dubious sources.

- 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.

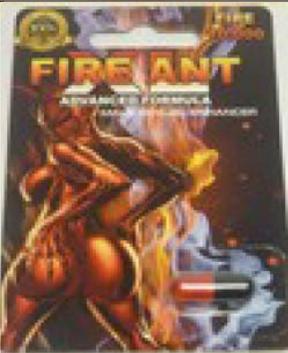
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Adonis (Exclusive Male Formula)		Yohimbe bark extract	Health Canada
America Superman 2800mg Pills		Sildenafil (PDE-5 inhibitor)	Brunei Darussalam, Ministry of Health
ANAVAR 10		Oxandrolone	Health Canada
Animal Test		Yohimbe	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Australia Sexual Enhancement		Sildenafil (PDE-5 inhibitor)	Health Canada
Ballerina Anti-Obesity		Phenolphthalein & Sibutramine	Australia Therapeutic Goods Administration
Black Ant (labelled in Chinese)		Sildenafil (PDE-5 inhibitor)	Health Canada
Black Mamba Premium		Yohimbe	Health Canada
Black Panther #1		Yohimbe	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Bleaching Skin by Nina - Bleaching Liquid		Hydroquinone	Brunei Darussalam, Ministry of Health
Blue Unicorn		Sildenafil (PDE-5 inhibitor)	Health Canada
Brilliant Skin Essentials – Rejuvenating Facial Toner		Hydroquinone and Tretinoin	Brunei Darussalam, Ministry of Health
Brilliant Skin Essentials – Rejuvenating Cream		Hydroquinone and Tretinoin	Brunei Darussalam, Ministry of Health

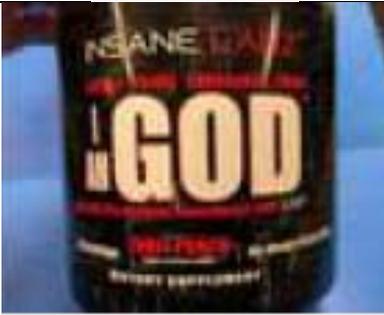
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Boss Number #6		Sildenafil & Tadalafil (PDE-5 inhibitor)	Health Canada
Bull Thunder 1600mg		Yohimbine	Health Canada
C4 Extreme Energy		Rauwolfia	Health Canada
C4 Original		L-Dopa	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
CholesLo		Lovastatin	United States Food and Drug Administration
CHU Dietary Supplement		Sildenafil & Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
Crystal White – White Booster – Skin Renewing & Brightening Serum		Tretinoin	Brunei Darussalam, Ministry of Health
Detoxicut Xtreme Capsule		Sildenafil (PDE-5 inhibitor) & Phenolphthalein	Brunei Darussalam, Ministry of Health

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
DHEA 100		DHEA	Health Canada
Double Diamond		Sildenafil (PDE-5 inhibitor)	Health Canada
Esillaa slimmers' tea	NA	Sibutramine	Swissmedic
Fade Out		L-dopa	Health Canada
Fire Ant XL		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
FX 5000		Yohimbine	Health Canada
Germany Black Gorilla		Sildenafil (PDE-5 inhibitor)	Health Canada
Gizi Cosmetics Super Cream Secret of Seaweed		Mercury	Brunei Darussalam, Ministry of Health
Green Lumber		Tadalafil (PDE-5 inhibitor)	Health Canada

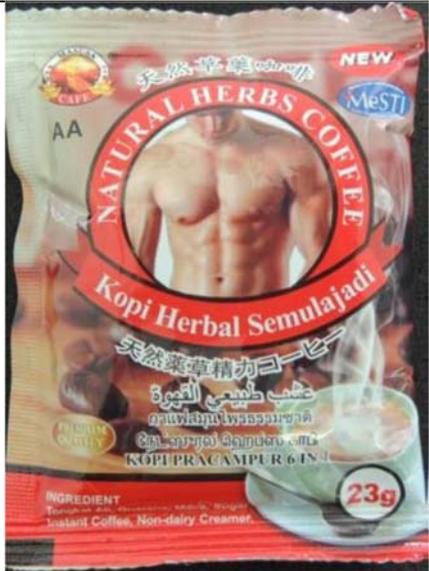
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Hard Rock 3800		Yohimbe	Health Canada
Herba Gout & Sendi Pil		Betamethasone, Chlorpheniramine and Dexamethasone	Brunei Darussalam, Ministry of Health
Herba Urat Saraf		Dexamethasone and Diclofenac	Brunei Darussalam, Ministry of Health
HERB VIAGRA		Sildenafil (PDE-5 inhibitor)	Taiwan Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Increasing Delay		Sildenafil (PDE-5 inhibitor)	Health Canada
Inhibidex		Androsta-3,5-diene-7,17-dione	Health Canada
Insane Labz I AM GOD		Rauwolfia	Health Canada
Lanugar		Sibutramine and N-Desmethylsibutramine	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Ligandrol		LGD-4033 (SARMs)	Health Canada
LIPO 6 Black		Yohimbine, Rauwolscine (also known as alpha-yohimbine), Synephrine, Caffeine	Health Canada
LIPO 6 Black Hers		Yohimbine, Rauwolscine (also known as alpha-yohimbine), Synephrine, Caffeine	Health Canada
LOBO		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
Lollipop		Sildenafil and Tadalafil (PDE-5 inhibitor)	Health Canada

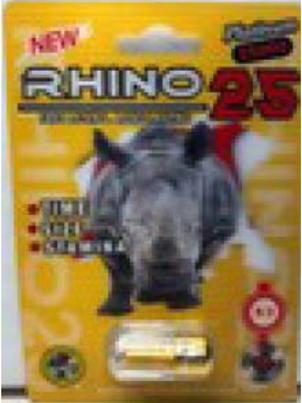
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Lung Leader		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
MACA		Sildenafil (PDE-5 inhibitor)	Health Canada
Macho Artificial Passion Fruit Flavored Vit C Liquid Supplement		Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
Master Zone 1500		Sildenafil & Tadalafil (PDE-5 inhibitor)	Health Canada
Me Me Me Meow		Sildenafil, Thiosildenafil and Hydroxythiohomosildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-CARD		Cardarine (SARMs)	Health Canada
MYO-HGH		MK-677 (SARMs)	Health Canada
MYO-STA		Ostarine (SARMs)	Health Canada
MYO-TKO		DMAA, Ostarine (SARMs)	Health Canada
Nolvadex 20		Tamoxifen	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Natural Herbs Coffee (天然草藥咖啡)</p>		<p>Desmethyl Carbodenafil (PDE-5 inhibitor)</p>	<p>Taiwan Food and Drug Administration</p>
<p>Natural Herbs Coffee (天然苦味咖啡)</p>		<p>Desmethyl Carbodenafil (PDE-5 inhibitor)</p>	<p>Taiwan Food and Drug Administration</p>
<p>NATURINI™ Apple Stemcel Fiber Sol</p>		<p>Sennosides</p>	<p>Taiwan Food and Drug Administration</p>

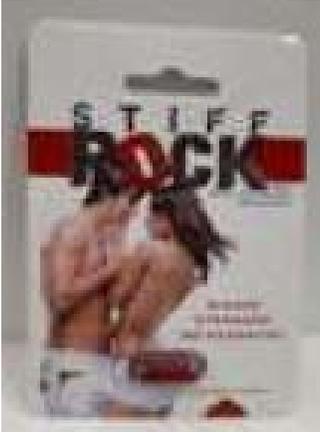
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Obliterate		Ostarine, Andarine, Cardarine (SARMs)	Health Canada
OctoSyne (High Performance Fat Burning Formula)		Yohimbine	Health Canada
Poseidon Platinum		Sildenafil & Tadalafil (PDE-5 inhibitor)	Health Canada
Raspberry TW Booster Gold Tablet		Tadalafil (PDE-5 inhibitor)	Brunei Darussalam, Ministry of Health

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Red Diamond Viagra		Sildenafil (PDE-5 inhibitor)	Health Canada
Redline Xtreme		Yohimbine	Health Canada
Rhino 7 Platinum 150K		Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino 7 Platinum 5000		Sildenafil (PDE-5 inhibitor) & Yohimbine	Health Canada

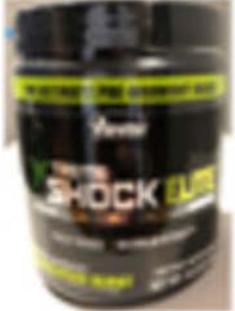
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 7 Platinum 5000 (small fonts)		Yohimbe	Health Canada
Rhino 8 Platinum 80000		Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino 12 Titanium 200K		Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino 25 Platinum 25000		Sildenafil (PDE-5 inhibitor) & Yohimbe	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 69 Platinum 75000		Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino King		Tadalafil (PDE-5 inhibitor)	Health Canada
Rhino Super Long Lasting 200K		Tadalafil (PDE-5 inhibitor)	Health Canada
Rich Piana 5% Nutrition 5150		Rauwolfia	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
RYX Skincerity – Rejuvenating Serum		Tretinoin.	Brunei Darussalam, Ministry of Health
Skinny Pill		1,3-dimethylamylamine or methylhexanamine (DMAA)	United States Food and Drug Administration
S Gold Coffee		Sibutramine	E-commerce platform
Sidewalk Kraka		Rauwolfia	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Slimina		Phenolphthalein & Paracetamol	United States Food and Drug Administration
StackUp		DMAA, Synephrine, Caffeine	Health Canada
Stiff Rock		Sildenafil & Tadalafil (PDE-5 inhibitor)	Health Canada
Stimul 8		Rauwolfia	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Stimu-Up (Thermax Effect)		Yohimbine	Health Canada
Storm		Yohimbine, Synephrine, Caffeine	Health Canada
Secret Super Slimming Kapsul		Sibutramine	Brunei Darussalam, Ministry of Health
Testolone		RAD-140 (SARMs)	Health Canada
Thyrolan – Metabolic Optimizer		Yohimbine, Synephrine, Caffeine	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
TYT Jiang Tang Ling Plus		Glibenclamide	National Pharmaceutical Regulatory Agency Malaysia
UP2		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
XOXO Hard Rock		Sildenafil (PDE-5 inhibitor)	Health Canada
Xtreme Shock Elite		Rauwolfia	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
YK-11		YK-11 (SARMs)	Health Canada
YK11 (Revolt Pharma)		YK-11 (SARMs)	Health Canada
Yohimbine HCl (Clean Lab)		Yohimbine	Health Canada
Yohimbine HCl (MAN)		Yohimbine	Health Canada
Yohimbine HCl (Nutrakey)		Yohimbine	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Yohimbine HCl (Primaforce)		Yohimbine	Health Canada
Yohimbine + Rauwolscine (Allmax)		Yohimbine and Rauwolscine (also known as alpha-yohimbine)	Health Canada
5150		Rauwolfia, Synephrine, Caffeine	Health Canada

Annex B

The possible side effects of the potent ingredients

Androsta-3,5-diene-7,17-dione

Androsta-3,5-diene-7,17-dione is a compound of the aromatase inhibitor class that claims to improve muscle mass and strength. Little is known about its effects as there are no studies in patients, but other similar banned anabolic androgenic steroids cause long-term health effects. Side effects associated with the use of similar drugs include decreased bone growth, decreased sperm production, infertility, aggressive behaviour, adrenal insufficiency, kidney failure, and liver dysfunction.

Betamethasone and Dexamethasone

Betamethasone and dexamethasone are potent steroids. Long term use of an oral steroid without medical supervision can cause high blood pressure, cataracts, an increased risk of infections, and Cushing's syndrome (characterised by the appearance of round face or 'moon face' and upper body obesity with thin limbs).

Caffeine

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

Chlorpheniramine

Chlorpheniramine is an antihistamine used to relieve allergic reactions such as rhinitis, and should be used under medical supervision by a pharmacist or doctor. Side effects from the use of chlorpheniramine include drowsiness, blurred vision, vomiting, constipation and poor coordination.

Dehydroepiandrosterone (DHEA)

Dehydroepiandrosterone (DHEA) is a hormone that could increase the risk of prostate, breast, ovarian and other hormone-sensitive cancers. Side effects may include serious cardiovascular disease, changes in fertility and sperm production, hair loss, voice deepening, insulin resistance, changes in menstrual pattern, liver dysfunction, abdominal pain, and high blood pressure.

Diclofenac

Diclofenac is a potent painkiller and may potentially cause cardiovascular events such as heart attacks and strokes, as well as serious gastric bleeding, when used for a prolonged period. It should be used under close medical supervision, especially in patients with underlying heart conditions, stomach bleeding and ulceration.

Dimethylamine (DMAA)

DMAA is a stimulant. The use of DMAA can lead to high blood pressure, shortness of breath, irregular heart rate, tightening in the chest, and heart attacks, as well as seizures.

Glibenclamide

Glibenclamide is a prescription medicine used to treat diabetes mellitus and should be used under medical supervision. Inappropriate use of glibenclamide without medical supervision may cause severe low blood glucose which can cause seizures or coma. Other side effects may include nausea, vomiting, diarrhea and cholestatic jaundice.

Hydroquinone

Hydroquinone is a potent ingredient used in prescription medicines for the treatment of skin conditions. The ingredient is prohibited in skincare cosmetic products and should only be used under medical supervision, as hydroquinone may cause harmful effects if not used properly. The inappropriate use of hydroquinone could result in changes in skin colour and hypersensitivity reactions such as rashes, redness, tingling and burning of skin.

Levodopa (L-Dopa)

Levodopa is a prescription medicine used in the treatment of Parkinson's Disease and should be used under medical supervision. Levodopa may potentially interact with medicines used to treat high blood pressure. Side effects of levodopa may include low blood pressure, irregular heart rate and breathing abnormalities.

Lovastatin

Lovastatin is a prescription medicine used to treat high cholesterol and should be used under medical supervision. The side effects associated with lovastatin use include constipation, joint pain and stomach pain.

Mercury

Mercury is a toxic substance and is prohibited for use as an ingredient in cosmetic products. Regular application of creams containing mercury could lead to rash, skin discolouration and blotching. Chronic exposure to very high levels of mercury in cosmetic products may also cause toxic effects to the kidneys, digestive and nervous system, as it can be absorbed through the skin. This could lead to organ damage.

Oxandrolone

Oxandrolone is an anabolic steroid. 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 or 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.

Paracetamol

Paracetamol is used for relieving pain, headache and fever. Products which contain paracetamol but do not have this declared on the label pose a danger to consumers as accidental overdose can result in liver damage.

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 / Rauwolscine

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.

Sennosides

Sennosides are laxatives which can cause diarrhea, stomach discomfort and abdominal cramps. Long-term consumption may be unsafe and cause serious side effects like electrolyte imbalance from decreased potassium levels in the body.

Sibutramine /Desmethyl 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.

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.

Tamoxifen

Tamoxifen is a prescription medicine used to treat breast cancer and should be used under medical supervision. Side effects associated with tamoxifen use may include uterine cancers, stroke, blood clots, cataracts or damage to the retina of the eye, muscle pain, bone pain, increased blood calcium, and severe skin rashes or allergic reactions.

Tretinoin

Tretinoin is a potent ingredient used in prescription medicines for the treatment of skin conditions and should be used under medical supervision. The ingredient is prohibited

in skincare cosmetic products. Inappropriate use of tretinoin could lead to side effects such as redness and peeling of skin.

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.