



## **HSA updates on products found overseas that contain potent ingredients (June 2020)**

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators in June 2020 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](mailto: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)
Alpiflor Tea		Sibutramine	Swissmedic
Beauty Lady Whitening Night Cream		Mercury	Myanmar Food and Drug Administration
Bihan Girly Makeup BSkincare 3x Brightening Effect – Treatment Cream		Mercury	Brunei Darussalam, Ministry of Health
Black Ant		Sildenafil (PDE-5 inhibitor)	Swissmedic

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Cherry detox Tea		Fluoxetine and Phenolphthalein	Swissmedic
Deeja Cosmetic Set 5 in 1 – Laika Cream		Mercury	Brunei Darussalam, Ministry of Health
Deeja Set 5 dalam 1 Kehebatan Luar Biasa Suf Cream		Mercury	Brunei Darussalam, Ministry of Health

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Do Do Girl Fashion Brow BP010		Rhodamine B	Myanmar Food and Drug Administration
Epinedyumlu Macun (Paste)		Sildenafil (PDE-5 inhibitor)	Swissmedic
Esillaa Elma-Apple		Lidocaine and Sildenafil (PDE-5 inhibitor)	Swissmedic

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Esillaa Live Beautiful		Sibutramine	Swissmedic
Evo-7 Japan Sachet		Tadalafil (PDE-5 inhibitor)	Brunei Darussalam, Ministry of Health
Festal chocolate bar		Sildenafil (PDE-5 inhibitor)	Swissmedic




Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Glow Skin White – Brightening Cream		Mercury	Malaysia National Pharmaceutical Regulatory Agency
Glow Skin White - Sun Care		Mercury	Malaysia National Pharmaceutical Regulatory Agency
Goree Whitening Cream With Lycopene Avocado & Aloe vera		Mercury	Myanmar Food and Drug Administration
Happy Night Energy Chocolate		Sildenafil (PDE-5 inhibitor)	Swissmedic





Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
HAVYCO-Vy & Tea		Sibutramine	Swissmedic
Herbal Blue		Sildenafil and Tadalafil (PDE-5 inhibitors)	Australia Therapeutic Goods Administration
Herbal Plus New Day & Night Day		Mercury	Brunei Darussalam, Ministry of Health

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Hilti Gold (capsules)		Sildenafil (PDE-5 inhibitor)	Swissmedic
Hilti Gold (paste)		Sildenafil (PDE-5 inhibitor)	Swissmedic
HOWEYA Lovely Lipstick Studio Mini - 05		Rhodamine B	Myanmar Food and Drug Administration



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
HUXIA BEAUTY Liquid Matte Lip Gloss & Lip Stick		Rhodamine B	Myanmar Food and Drug Administration
KI BEAUTY Colorstay Overtime Lipcolor (Brown)		Rhodamine B	Myanmar Food and Drug Administration
Leisure Slimming Capsule		Sibutramine	Hong Kong Department of Health

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Li Da		Fluoxetine	Swissmedic
Liquid XXX Plus		Hydroxythiohomo-sildenafil (PDE-5 inhibitor)	Swissmedic
Maxman		Sildenafil (PDE-5 inhibitor)	Swissmedic
Miss Taja 12 Colors Lipstick - 12		Rhodamine B	Myanmar Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
NANO Kojic Super White Kojic Gluta Papaya Arbutin		Mercury	Myanmar Food and Drug Administration
NewQueen		Sibutramine	Swissmedic
Rzac Beauty Crème 2		Mercury	Malaysia National Pharmaceutical Regulatory Agency

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Seaul Girl 7 Days Acne Clear Gel	 The image shows a blue and gold product box for 'Seaul Girl 7 Days Acne Clear Gel'. The box features a floral design and a small white tag with 'Hg+' written on it. Next to the box is a gold-colored jar with a matching lid, also labeled 'Seaul Girl'.	Mercury	Myanmar Food and Drug Administration
Shantahl Rejuvenating Set – Night Cream	 The image displays two pink and white product boxes for 'Shantahl rejuvenating set'. One box is standing upright, and the other is lying flat. In front of the boxes is a small white jar with a pink lid, labeled 'night cream'.	Tretinoin	Brunei Darussalam, Ministry of Health
Shantahl Rejuvenating Set – Rejuvenating Toner	 The image shows a pink and white product box for 'Shantahl rejuvenating set'. Next to the box is a white bottle with a pink cap, labeled 'rejuvenating toner'.	Hydroquinone and Tretinoin	Brunei Darussalam, Ministry of Health
Teff Tohumlu Çay Mixed Herbal Tea	 The image shows a brown cardboard box for 'Teff Tohumlu Çay Mixed Herbal Tea'. The box features a green cup of tea and the text 'Teff Tohumlu Çay' and 'MIXED HERBAL TEA'.	Sibutramine, Phenolphthalein, Sennoside	Swissmedic

## **Annex B**

### **The possible side effects of the potent ingredients**

#### **Fluoxetine**

Fluoxetine is a prescription medicine used to treat conditions including depression and eating disorders, and it should be used under medical supervision. The use of fluoxetine has been associated with side effects including headaches, insomnia, palpitations and dizziness.

#### **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.

#### **Lidocaine**

Lidocaine is a medicine used to decrease or eliminate the feeling of pain. The inappropriate use of products with high concentrations of lidocaine can cause low blood pressure and dizziness.

#### **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.

#### **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 and hydroxythiohomosildenafil. 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.

## **Rhodamine B**

Rhodamine B is a dye used for printing and dyeing of textiles, paper, paints and leathers. It is prohibited to be used in health products, including cosmetic products, as it may be carcinogenic. It can cause side effects, such as irritation, when in contact with the skin and eyes. Cases of permanent injury to the eye and chemical conjunctivitis due to exposure to the dye have been documented. When ingested, it may cause gastrointestinal irritation with nausea, vomiting and diarrhea.

## **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**

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.

## **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.