



## **HSA UPDATES ON PRODUCTS FOUND OVERSEAS THAT CONTAIN POTENT INGREDIENTS (MARCH 2020)**

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators in March 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)
Active Male, 500mg capsules	NA	Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
All Nite Long		Mucuna pruriens seed extract (10% L-dopa)	Health Canada
ANYLADY Orange Juice Gorgeous Colors! Eyeshadow Make up – 02		Lead	Myanmar Department of Food and Drug Administration



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>CAINIYA 7-Days Anti-Fleck Papaya Paw Paw Whitening Despeckle AB Set</p>		<p>Mercury</p>	<p>Myanmar Department of Food and Drug Administration</p>
<p>CAIYILIN Whitening Spot Removing Scheme Suit Bird's Nest (Herb Whitening Day Cream + Herb Whitening Night Cream)</p>		<p>Mercury</p>	<p>Myanmar Department of Food and Drug Administration</p>
<p>CANDY B+ COMPLEX</p>		<p>Tadalafil (PDE-5 inhibitor)</p>	<p>Taiwan Food and Drug Administration</p>



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
Cattle Capsule		Sildenafil (PDE-5 inhibitor)	Taiwan Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Clean &amp; Clear Sun Cover Vitamin E Aloe Cream</p>		<p>Mercury</p>	<p>Myanmar Department of Food and Drug Administration</p>
<p>Dr.White Magic White Night Cream</p>		<p>Mercury</p>	<p>Myanmar Department of Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Erase Whitening Lotion SPF 50</p>	 <p>The top image shows the product box and tube. The box is white with 'erase' in large black letters, 'INSTANT • NATURAL • BEAUTY' in smaller text, and 'Whitening Lotion SPF 50' and '50ml   1.6oz' at the bottom. The tube is white with 'erase' in large black letters, 'INSTANT • NATURAL • BEAUTY' in smaller text, and 'Whitening Lotion SPF 50' at the bottom.</p> <p>The bottom image shows the product box with detailed text. The text includes: '3 easy steps to apply ERASE instant whitening moisturizer lotion.', 'Use a clean hand, squeeze a small dot of ERASE direct into your skin.', 'Gently press a thin layer of ERASE into your skin with sweeping motions until it absorbs.', 'Let ERASE fully absorb into your skin for 5 seconds before apply any makeup.', 'INGREDIENTS: Aqua, Glycerin, Sodium Acrylates Copolymer, Titanium Dioxide, Hydroquinone, Polydecene, Sodium Polycrylate, Sodium Lauryl Sulfate, Coco-Caprylate/Caprate, Dimethylsiloxane, Butylene Glycol, Isotriazolinone, Phenoxyethanol, Butyl Methoxydibenzoylmethane, Ethylhexyl Methoxycinnamate, Allantoin, Octocrylene, Tocopherol Acetate, Hydroxyacetaric Acid, Parfum, Hydroxyethyl Cellulose, Methyl Methacrylate, Propylene Glycol, Lactic Acid, Phospholipid, Ethylhexylglycerin, Tetrasodium EDTA, Cetylalcohol, Hexylamine.', 'OWNER OF THE RIGHT TO MANUFACTURE: FIRM MULTI ENTRI, A-05-26, Centre, Jalan Pantai Murni, Pantai Hill Park, 59200, Bangsar, South Kuala Lumpur.', 'PRICE: Sememangjung, RM 49.90; Solihah/Sarawak, RM 52.90.'</p>	<p>Tretinoin</p>	<p>Brunei Darussalam, Ministry of Health</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>GARNIBO Skin Natruals Whitening Dispel Spot 7 Days Withing Dispel Sports Cream</p>		<p>Mercury</p>	<p>Myanmar Department of Food and Drug Administration</p>
<p>GERO Skin Naturals Whitening Dispel Spot 7 Days Withing Dispel Sports Cream</p>		<p>Mercury</p>	<p>Myanmar Department of Food and Drug Administration</p>
<p>Grow XL Capsule</p>		<p>Sildenafil (PDE-5 inhibitor)</p>	<p>Brunei Darussalam, Ministry of Health</p>






Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>HASAYA GIRL Blush Aloe Vera 99%</p>		<p>Lead</p>	<p>Myanmar Department of Food and Drug Administration</p>
<p>Hickel Mass &amp; Strength Sachet Candy</p>		<p>Tadalafil (PDE-5 inhibitor)</p>	<p>Brunei Darussalam, Ministry of Health</p>
<p>HLR Smooth Eyeshadow Palette 12 Colors</p>		<p>Lead</p>	<p>Myanmar Department of Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Horny Goat Weed		Mucuna pruriens seed extract (12% L-dopa)	Health Canada
Japan Tengsu		Sildenafil (PDE-5 inhibitor)	Taiwan Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>JIAOLI Whitening Spot Removing Scheme Suit Bird's Nest Herb Whitening Night Cream</p>		<p>Mercury</p>	<p>Myanmar Department of Food and Drug Administration</p>
<p>KISS BEAUTY Blush Fruit Series 3#</p>		<p>Lead</p>	<p>Myanmar Department of Food and Drug Administration</p>
<p>LANXI 7 Day Whitening Ginseng Whitening Beauty Melatonin Cream</p>		<p>Mercury</p>	<p>Myanmar Department of Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Li Da Daidaihua Weight Loss Capsule</p>		<p>Acetaminophen and Sibutramine</p>	<p>Brunei Darussalam, Ministry of Health</p>
<p>MAX GIRL New Palette Artistic Eyeshadow</p>		<p>Lead</p>	<p>Myanmar Department of Food and Drug Administration</p>
<p>Maximum Power Bang All Night Long</p>		<p>Sildenafil (PDE-5 inhibitor)</p>	<p>Health Canada</p>



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Maxman Cialis tablets	 <p>The image shows the packaging for Maxman Cialis tablets. On the left is a white plastic bottle with a purple label featuring a bald eagle and the word 'Cialis'. To its right is a blue and purple cardboard box with a bald eagle logo and the word 'Cialis' in large white letters. Below the box, a ruler is visible, and a small white card with the number '2001000194' is placed next to three yellow, teardrop-shaped tablets.</p>	Sildenafil (PDE-5 inhibitor)	Australia Therapeutic Goods Administration
MISS MAY Freckle & Spot Removing Magic Cream White	 <p>The image shows the packaging for Miss May Freckle &amp; Spot Removing Magic Cream White. It includes a light blue and white cardboard box with the brand name 'MISS MAY' and 'FRECKLE &amp; SPOT REMOVING MAGIC CREAM white' printed on it. Next to the box is a small, round, clear plastic jar with a black lid, also labeled 'MISS MAY'.</p>	Mercury	Myanmar Department of Food and Drug Administration
Mui Lee Hiang Cream For Acne & Blemishes And SG Skin Fresh Lotion	 <p>The image shows the packaging for Mui Lee Hiang Cream For Acne &amp; Blemishes. It features a pink and white cardboard box with the brand name 'Mui Lee Hiang' and 'Cream For Acne &amp; Blemishes and SG Skin Fresh Lotion' printed on it. A small blue bottle of 'SG Skin Fresh Lotion' is visible inside the box. To the right of the box is a round, pink plastic jar with the brand name 'MUI LEE HIANG' and 'CREAM FOR ACNE &amp; BLEMISHES' printed on it.</p>	Mercury	Myanmar Department of Food and Drug Administration



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-CARD		Cardarine GW-501516 (SARMs)	Health Canada
MYO-STA		Ostarine MK-2866 (SARMs)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-HGH		MK-677 (SARMs)	Health Canada
MYO-LGD		Ligandrol LGD-4033 (SARMs)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-RAD		RAD 140 testolone (SARMs)	Health Canada
MYO-S4		Andarine (SARMs)	Health Canada
MYO-TKO MYO-TKO Total Knock-Out		Ostarine MK-2866 (SARMs)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
MYO-YK		YK-11 myostine (SARMs)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Never Rest		Sildenafil (PDE-5 inhibitor)	Health Canada
PAIRRIE GOLD Full Skin Cream (10g)		Mercury	Myanmar Department of Food and Drug Administration



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
QL (QIAN-LI)		Mercury	Myanmar Department of Food and Drug Administration
Rhino 7 Platinum 5000		Sildenafil (PDE-5 inhibitor) and Yohimbe	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino Super Long Lasting 200k		Tadalafil (PDE-5 inhibitor)	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
shengjingpian		Ciprofloxacin and Sildenafil (PDE-5 inhibitor)	Taiwan Food and Drug Administration



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>SKY Pearl &amp; Curcumin Cream Day &amp; Night</p>	 <p>The image shows the packaging and a jar of SKY Pearl &amp; Curcumin Cream. The box is black and orange with the SKY logo and text in Burmese and English: 'အပွင့်ပွင့်ပွင့်ပွင့် PEARL &amp; CURCUMIN CREAM'. The jar is yellow with the SKY logo and text: 'အပွင့်ပွင့်ပွင့်ပွင့် PEARL &amp; CURCUMIN CREAM day &amp; night'.</p>	<p>Mercury</p>	<p>Myanmar Department of Food and Drug Administration</p>
<p>Snow White Armpit Whitening Underarm Cream</p>	 <p>The image shows the packaging and a jar of Snow White Armpit Whitening Underarm Cream. The box is purple and pink with the Snow White logo and text: 'H9+ Snow White Armpit Whitening Underarm Cream'. The jar is pink with the Snow White logo and text: 'Snow White Armpit Whitening Underarm Cream'.</p>	<p>Mercury</p>	<p>Myanmar Department of Food and Drug Administration</p>
<p>SSII Day Cream</p>	 <p>The image shows two jars of SSII Day Cream. The jars are silver and black with the SSII logo and text: 'SSII DAY CREAM 7gm'.</p>	<p>Mercury</p>	<p>Brunei Darussalam, Ministry of Health</p>
<p>SSII Herbal Cream</p>	 <p>The image shows two jars of SSII Herbal Cream. The jars are silver and black with the SSII logo and text: 'SSII HERBAL CREAM 7gm'.</p>	<p>Mercury</p>	<p>Brunei Darussalam, Ministry of Health</p>



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
SSII Treatment Cream		Tretinoin	Brunei Darussalam, Ministry of Health
Stiff Rox		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Swiss Candy		Tadalafil (PDE-5 inhibitor)	Brunei Darussalam, Ministry of Health

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Unknown capsule		Sibutramine	Taiwan Food and Drug Administration
VOLIKO Lipstick; 02, 04, 08		Lead	Myanmar Department of Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
精刚壮增大丸		Sildenafil (PDE-5 inhibitor)	Taiwan Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			

## **Annex B**

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

#### **Acetaminophen**

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

#### **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.

#### **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.

#### **Lead**

Lead is a toxic substance and poisoning can occur when it builds up in the body, often over months or years. It can cause long-term harm including kidney damage and increased risk of high blood pressure.

#### **Levodopa (L-Dopa) – present in *Mucuna pruriens* seed extract**

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.

#### **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.

### **Phosphodiesterase Type 5 (PDE-5) inhibitors**

This class of medicine includes sildenafil and tadalafil. 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.

### **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 cardarine (GW-501516), ligandrol (LGD-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.

### **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 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.