



HSA updates on products found overseas that contain potent ingredients (May 2020)

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

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)
Chinese Family in Hong Kong tablets		Sildenafil (PDE-5 inhibitor)	Australia Therapeutic Goods Administration
Gold Max Pink capsules		Sildenafil (PDE-5 inhibitor)	Australia Therapeutic Goods Administration
Huatuo Plaster		Methyl salicylate	Malaysia National Pharmaceutical Regulatory Agency

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
Japan Tengu		Sildenafil (PDE-5 inhibitor)	Taiwan Food and Drug Administration
Muses Coffee (Magic Thin) sachets		Sibutramine and Phenolphthalein	Australia Therapeutic Goods Administration
Super Slim Green Lean Body capsules		Sibutramine	Australia Therapeutic Goods Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>“Titanic” Extra Time</p>		<p>Dapoxetine and Tadalafil (PDE-5 inhibitor)</p>	<p>Taiwan Food and Drug Administration</p>
<p>U.S.A. Black Gold</p>		<p>Sildenafil (PDE-5 inhibitor)</p>	<p>Taiwan Food and Drug Administration</p>
<p>生精片</p>		<p>Chloramphenicol and Sildenafil (PDE-5 inhibitor)</p>	<p>Taiwan Food and Drug Administration</p>
<p>三体牛鞭勃动力 胶囊</p>		<p>Sildenafil (PDE-5 inhibitor)</p>	<p>Taiwan Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>牛宝胶囊 (Cattle Capsule)</p>	 <p>The image shows four white plastic bottles of '牛宝胶囊' (Cattle Capsule) with red labels. The labels feature the product name in Chinese characters and 'CATTLE CAPSULE' in English. Below the bottles, there are four blue and white capsules, two of which are shown in a blister pack. The capsules have '牛宝' and 'CATTLE' printed on them.</p>	<p>Sildenafil (PDE-5 inhibitor)</p>	<p>Taiwan Food and Drug Administration</p>

Annex B

The possible side effects of the potent ingredients:

Chloramphenicol

Chloramphenicol is an antibiotic used to treat bacterial infections. It is a prescription medicine and should be used under medical supervision. Chloramphenicol can potentially cause serious side effects including liver injury, vomiting, diarrhea, nausea and headaches.

Dapoxetine

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

Methyl salicylate

Methyl salicylate is commonly used in topical medicines for the temporary relief of muscle or joint pain caused by sprains or arthritis. Side effects are usually allergy related, such as hives, difficulty in breathing and swelling of the face, lips, tongue or throat. Methyl salicylate can cause serious side effects in young children and patients allergic to aspirin and other salicylates.

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 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.

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.