



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

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators in August 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)
Fit Fit Day		Fluoxetine, Orlistat and Sibutramine	Hong Kong Department of Health

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.

Orlistat

Orlistat is a medicine used in the management of obesity. This medicine should be used under the supervision of a healthcare professional. The inappropriate use of orlistat can cause headaches, abdominal pain, oily discharge from rectum, liquid stools, flatulence and fatigue.

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.