



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

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



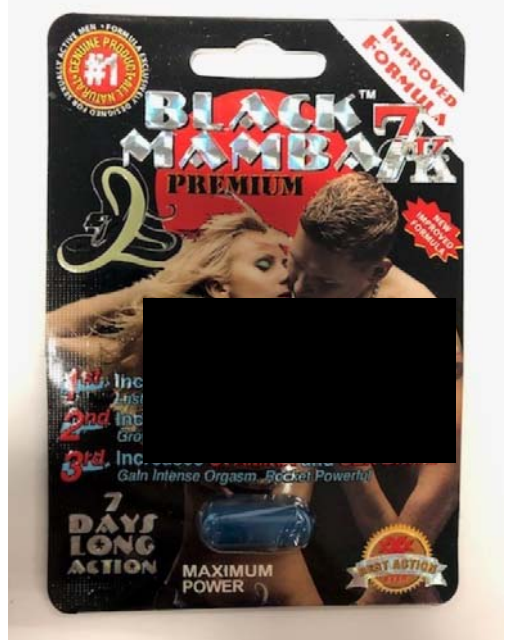
### List of Products

*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)
Africa Rhino Platinum 75K		Yohimbe	Health Canada
AleZaR Argan Oil		Octamethylcyclotetrasiloxane (D4)	EU RAPEX (Finland)



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Alien Power Platinum 11000		Tadalafil (PDE-5 inhibitor)	Health Canada
Alien 2 Power Platinum 11000		Tadalafil (PDE-5 inhibitor)	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Amsterdam		Isobutyl nitrite (Alkyl nitrites)	Health Canada
Bigger Longer More Time More Sperms (sic)		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
Bio Claire Crème Corporelle Eclaircissante Skin Lightening Cream		Mercury	EU RAPEX (Sweden)

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Bio Claire Lightening body cream		Kojic Acid	EU RAPEX (Germany)
Black Mamba 2 Premium		Sildenafil (PDE-5 inhibitor)	Health Canada
Black Mamba 7K		Yohimbe	Health Canada





Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Black Mamba Extreme 15000		Yohimbe	Health Canada
Black Opal Even True Tone Correct Fade Cream		Hydroquinone	EU RAPEX (The Netherlands)

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Black Panther		Yohimbe	Health Canada
Black Panther #1		Yohimbe	Health Canada


Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Black Panther 350K	 <p>The image shows the packaging for Black Panther 350K. It features a black panther's face with yellow eyes. The text '350K' is in the top right, 'BLACK PANTHER' is in large white letters, and 'TIME SIZE STAMINA' is in yellow. At the bottom, it says '1 Capsule for 7 Days' and 'GENEIN'. A clear capsule is shown at the bottom.</p>	Yohimbe	Health Canada
Black Panther Platinum 30K	 <p>The image shows the packaging for Black Panther Platinum 30K. It features a black panther's face. The text 'New' is in a red banner, 'PLATINUM 30K' is in a yellow banner, and 'BLACK PANTHER' is in large red letters. Below, it says 'TIME SIZE STAMINA' and 'FAST &amp; LONG LASTING'. At the bottom, it says '1 Capsule for 7 Days' and 'NO THERAPY'. A clear capsule is shown at the bottom.</p>	Yohimbe	Health Canada




Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Blue Boy		Alkyl nitrites	Health Canada
Body Shape Weight Loss System		Sibutramine and Fluoxetine (SSRIs)	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Boss-Rhino Gold		Sildenafil (PDE-5 inhibitor)	Health Canada
Botaya Herb Nourishing Skin Care Set		Mercury	Thailand Food and Drug Administration
Bravo for Him		Sildenafil, Tadalafil, Desmethylcarbodenafil and Dithiodesmethylcarbodenafil (PDE-5 inhibitors)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Carotone - LIGHT AND NATURAL Crème éclaircissante 3 en 1		Clobetasol propionate (Corticosteroids)	EU RAPEX (France)
Cocoderm Lightening Body Cream		Hydroquinone	EU RAPEX (France)



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Crypt Tonight		Isobutyl nitrite (Alkyl nitrites)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
DMC Lase Peroxide Sensy		Hydrogen Peroxide	EU RAPEX (Finland)



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Double Scorpio Emerald		Isobutyl nitrite (Alkyl nitrites)	Health Canada
English Royale		Isobutyl nitrite (Alkyl nitrites)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
FX 3000		Sildenafil (PDE-5 inhibitor)	Health Canada
Ginseng Red 2000		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Gold Rush Original		Isobutyl nitrite (Alkyl nitrites)	Health Canada
Grain German Shepherd tablets		Sildenafil (PDE-5 inhibitor) and Paracetamol	Australia Therapeutic Goods Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Hard Rock 3800		Yohimbe	Health Canada
Herb Gold all natural all in one cream		Mercury	Thailand Food and Drug Administration
Herb Viagra Male Sexual Stimulant		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Horny Goat Weed		Yohimbe	Health Canada
Jungle Juice Gold Label		Alkyl nitrite	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Jungle Juice Platinum		Alkyl nitrite	Health Canada
Kangaroo Ultra 3000		Flibanserin	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
KiMiSo Dark Chocolate		Sibutramine	Hong Kong Department of Health
Kopi Strong Man Plus		Dexamethasone (Corticosteroids)	Malaysia Ministry of Health
Lana Crème clarifiante super white bio		Hydroquinone	EU RAPEX (France)

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
L'Abidjanaise Crème éclaircissante carotte		Clobetasol propionate (Corticosteroids)	EU RAPEX (France)
Livtone		Sibutramine and Fluoxetine (SSRIs)	United States Food and Drug Administration
Lucky Lady		Tadalafil (PDE-5 inhibitor)	Health Canada

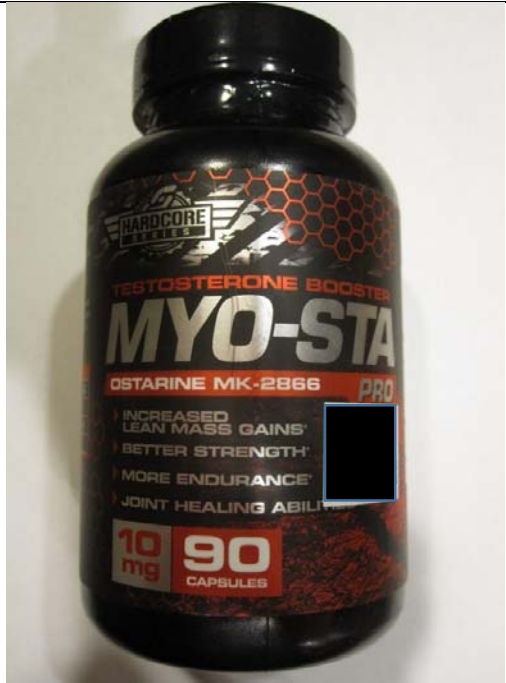
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Magnum XXL 9800		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
Magnum XXL 50K		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Mamba Is Hero		Sildenafil, Dimethyl-carbodenafil (PDE-5 inhibitors) and Dapoxetine (SSRIs)	Health Canada
Master Zone 1500		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada




Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Maximum Power Bang All Night Long		Sildenafil (PDE-5 inhibitor)	Health Canada
MV7 Days 3500		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-HGH workout supplement		MK-677 (SARMs)	Health Canada
MYO-RAD workout supplement		RAD 140 Testolone (SARMs)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-STA workout supplement		MK-2866 (SARMs)	Health Canada
MYO-TKO Total Knock-Out workout supplement		MK-2866 (SARMs)	Health Canada
New Face Whitening Cream		Mercury	EU RAPEX (Sweden)


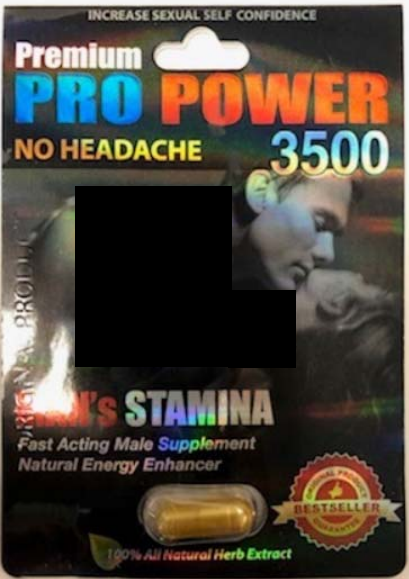
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
Optimal Wet Wipes Chamomile		Methylchloro-isothiazolinone (MCI) and Methyl-isothiazolinone (MI)	EU RAPEX (Cyprus)

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





Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Piment doux plus Crème de visage éclaircissante		Hydroquinone	EU RAPEX (France)
Platinum Amsterdam		Alkyl nitrite	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Poseidon Platinum 3500		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Powerplay Formula Leather Eagle		Isobutyl nitrite (Alkyl nitrites)	Health Canada
Premium Pro Power 3500		Sildenafil (PDE-5 inhibitor) and Yohimbe	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Prestige – Rejuvenating Plus Toner		Hydroquinone and Tretinoin	Brunei Darussalam, Ministry of Health
Pure Skin Body Cream		Kojic Acid	EU RAPEX (Germany)

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino Super Long Lasting 200K		Tadalafil (PDE-5 inhibitor)	Health Canada
Rhino XL 75K		Yohimbe	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 7 Platinum 3000		Desmethyl-carbodenafil (PDE-5 inhibitor) and Dapoxetine (SSRIs)	Health Canada
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 8 Platinum 80000		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
Rhino 12 Titanium 200K		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 25 Platinum 25000		Yohimbe	Health Canada
Rhino 69 Platinum 35000		Tadalafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 69 Platinum 75000		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
Rhino 69 Power 500K		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 96 Platinum 77000		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
Rhino 99 Extreme 90000		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhinozen 69 Platinum 25000		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
Rise 2.0 Liquid Cialis 30ml bottle(s)		Tadalafil (PDE-5 inhibitor)	Australia Therapeutic Goods Administration




Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rising Phoenix		Yohimbe	Health Canada
Rochefort		Isobutyl nitrite (Alkyl nitrites)	Health Canada





Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rush Hour 72		Sildenafil, Tadalafil, Desmethyl- carbodenafil and Dithiodesmethyl- carbodenafil (PDE-5 inhibitors)	Health Canada
Rush		Isobutyl nitrite (Alkyl nitrites)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rush Original		Isobutyl nitrite (Alkyl nitrites)	Health Canada
Sandal Whitening Beauty Cream		Mercury	EU RAPEX (Germany)



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Shark 5K		Yohimbe	Health Canada
Spanish Fly 22,000		Tadalafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Stiff Rox		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Stree Overlord		Sildenafil (PDE-5 inhibitor) and Ciprofloxacin	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Super Mamba-Triple Maximum		Yohimbe	Health Canada
Super RUSH Original		Isobutyl nitrite (Alkyl nitrites)	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Super RUSH Original- Black Label		Isobutyl nitrite (Alkyl nitrites)	Health Canada
S.W.A.G Sex with a grudge		Sildenafil (PDE-5 inhibitor)	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Titanium 4000		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Triple Green		Yohimbe	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Triple MiracleZEN Gold		Sildenafil, Tadalafil (PDE-5 inhibitors) and Dapoxetine (SSRIs)	Health Canada
Triple MiracleZEN Plus		Sildenafil, Tadalafil (PDE-5 inhibitors), Dapoxetine (SSRIs) and Yohimbe	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Trojan-X 300K		Yohimbe	Health Canada
Ultimate 3500		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
U.S.A. Viagra		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Unlabelled Slimming Products		Hydrochlorothiazide, Propranolol and Fluoxetine (SSRIs)	Hong Kong Department of Health
Vigorous Man		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
VIP Go Rhino Gold 69K		Yohimbe	Health Canada
Vita-X Revitalizing Capsules Extra Strength (sleeve package)		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Vita-X Revitalizing Capsules Extra Strength (blister package)	 A blister pack for Vita-X Revitalizing Capsules Extra Strength. The packaging is primarily red and white. The brand name 'LANLAY' is prominently displayed in a stylized font at the top. Below it, the product name 'Revitalizing Capsules' and 'Gélules revitalisantes' are visible. A single capsule is shown in a circular inset at the bottom.	Sildenafil (PDE-5 inhibitor)	Health Canada
V8 Super Energy	 A black, rectangular product container for V8 Super Energy. The container has a lid and a base, both featuring the 'V8 SUPER ENERGY' logo in yellow and white. The background of the container is black.	Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
White Panther Extreme 50K	 A blister pack for White Panther Extreme 50K. The packaging is black with a large, detailed image of a leopard's face. The text 'New' is in a red banner at the top left, and 'Extreme 50K' is in a yellow banner at the top right. The brand name 'WHITE PANTHER' is in large, bold, white letters. Below the leopard image, it says 'TIME SIZE STAMINA' and '1 Capsule Upto 7 Days'. At the bottom, there are two circular seals: one on the left says '100% GUARANTEED' and one on the right says 'NO SIDE EFFECTS'.	Yohimbe	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
White Panther Triple Maximum		Yohimbe	Health Canada
XOXO Hard Rock		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
XPanther 9X		Yohimbe	Health Canada
XXLant 3000		Yohimbe	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
7K		Yohimbe	Health Canada
777		Yohimbe	Health Canada

## **Annex B**

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

#### **Alkyl nitrites**

"Poppers" is a slang term for products that contain alkyl nitrites. Despite being labelled for various uses such as leather cleaners, room odourizers or liquid incense, these products are inhaled or ingested by consumers for recreational purposes. Alkyl nitrites, such as amyl nitrite, butyl nitrite and isobutyl nitrite, are prescription medicines and should be used only under medical supervision. Products containing alkyl nitrites may pose serious risks, including death, depending on the amount used, how frequently they are used and how long they are used for, as well as the person's health and the other medications they may be taking. Since it is difficult to control how much is inhaled, people can accidentally overdose. Swallowing these products can lead to serious medical complications and may be fatal.

#### **Ciprofloxacin**

Ciprofloxacin is an antibiotic used to treat 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.

#### **Corticosteroids**

Clobetasol propionate and dexamethasone are potent steroids that are usually prescribed for inflammatory conditions and should only be used under strict medical supervision. Long-term unsupervised use of steroids (including topical use where the steroid can be absorbed into the body) can cause increased blood glucose levels (which may lead to diabetes), high blood pressure, cataracts, muscular and bone disorders, an increased risk of infections and Cushing's syndrome (a round face or 'moon face' appearance and upper body obesity with thin limbs). Discontinuation of steroids without proper medical supervision can cause serious withdrawal symptoms such as fatigue, confusion and low blood pressure, especially when the product has been taken for more than a few weeks.

#### **Flibanserin**

Flibanserin was originally developed as an antidepressant. Side effects include dizziness, nausea, sense of tiredness, sleepiness and difficulty in falling asleep.

#### **Hydrochlorothiazide**

Hydrochlorothiazide is a prescription medicine used to eliminate water and salt from the body and should be used under medical supervision. The side effects associated with its use include loss of appetite, vomiting, diarrhoea, low blood pressure, electrolyte imbalance and dehydration.

## **Hydrogen Peroxide**

Hydrogen peroxide is commonly used in teeth whitening products and mouth rinses. At high concentrations, however, it causes skin irritation and is harmful if swallowed. It should not be used to treat deep wounds, animal bites or serious burns. Side effects associated with its use include redness, stinging or irritation at the application site. Serious allergic reactions are rare but may be life-threatening.

## **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.

## **Kojic Acid**

Kojic acid is made from several different types of fungi and it is a by-product of fermentation. It can be found in cosmetic products as it inhibits the production of the skin pigment, melanin. In high concentrations, however, it can cause contact dermatitis, manifesting as redness, rashes, irritation, itchiness, swollen skin or pain and discomfort. Long-term use of high concentrations of Kojic acid can induce skin sensitization and make your skin more susceptible to sunburns.

## **Methylchloroisothiazolinone (MCI) and Methylisothiazolinone (MI)**

Methylchloroisothiazolinone (MCI) and Methylisothiazolinone (MI) are used as preservatives in water-based cosmetics and personal care products, as well as in industrial products such as paints and adhesives. They can cause chemical burns and have been associated with skin allergic reactions, such as allergic contact dermatitis.

## **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.

## **Octamethylcyclotetrasiloxane (D4)**

Octamethylcyclotetrasiloxane, also called D4, has been used in cosmetics, personal care and commercial cleaning products such as polishes and waxes. It is a chemical classified as a 'substance of very high concern' by health authorities due to its persistent, bio-accumulative and toxic nature. It is suspected of damaging fertility.

## **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.

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

This class of medicine includes desmethylcarbodenafil, dithiodesmethylcarbodenafil, 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 while on nitrates have been reported overseas.

## **Propranolol**

Propranolol is a prescription medicine used to treat high blood pressure and should be used under medical supervision. Common side effects include diarrhoea, nausea, weakness and tiredness. The inappropriate use of propranolol without medical supervision may lead to serious side effects such as vomiting, breathing difficulty, muscle cramps or weakness and changes in blood sugar.

## **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 has 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 Ibutamoren (MK-677), ostarine (MK 2866), testolone, and RAD-140.

## **Selective Serotonin Reuptake Inhibitors (SSRIs)**

Selective Serotonin Reuptake Inhibitors (SSRIs) are a class of medicines typically used to treat conditions like depression and eating disorders, and they should be used under medical supervision. They include dapoxetine and fluoxetine. The use of SSRIs has been associated with side effects including headaches, insomnia, palpitations and dizziness.

## **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 derived from yohimbe, a bark extract. Side effects associated with yohimbe 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.