



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

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

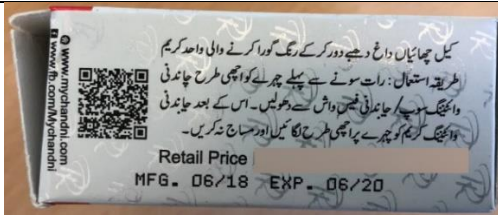



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
All Nite Long		<i>Mucuna pruriens</i> seed extract (10% Levodopa)	Health Canada
Ayuthidhi Thetshay Hsay		Arsenic (Toxic heavy metal)	Myanmar Ministry of Health and Sports
Beneks' Fashion Fair Cream		Clobetasol propionate (Corticosteroid)	Health Canada


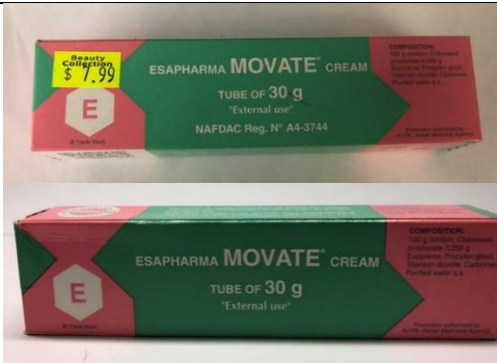
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Beneks' Fashion Fair Gel Plus		Betamethasone dipropionate (Corticosteroid)	Health Canada
Beneks' Hot Movate Gel		Betamethasone dipropionate (Corticosteroid)	Health Canada
Beneks' New Hot Movate Gel		Betamethasone dipropionate (Corticosteroid)	Health Canada
Big Rhino Diamond 100,000		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Black Mamba Premium		Yohimbine	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Black Panther #1		Yohimbine	Health Canada
Black Panther		Yohimbine	Health Canada
Black Panther 200K		Yohimbine	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Black Panther Extreme 25000		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Blue Rhino 100000	N/A	<i>Mucuna pruriens</i> seed extract (Levodopa)	Health Canada
Bravo for Him		Sildenafil, Tadalafil, Desmethylocarbodenafil, and Dithiodesmethylcarbodenafil (PDE-5 inhibitors)	Health Canada
Chandni Whitening Cream		Mercury (Toxic heavy metal)	EU RAPEX (Sweden)





Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
Civic Cream		Clobetasol propionate (Corticosteroid)	Health Canada
MAKARI Crème Clarifiante		Clobetasol propionate (Corticosteroid)	EU RAPEX (France)
Dragon 69 12000		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Dr White Cream		Clobetasol propionate (Corticosteroid)	Health Canada
Espharma Movate Cream		Clobetasol propionate (Corticosteroid)	Health Canada




Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Faiza Beauty Cream		Mercury (Toxic heavy metal)	EU RAPEX (Sweden)
FX 5000		Yohimbine	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Gold Rhino 100000		Yohimbine	Health Canada
Golden Pearl Beauty Cream		Mercury (Toxic heavy metal)	EU RAPEX (Sweden)

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
Green Mamba		Yohimbine	Health Canada
Hard Rock 3800		Yohimbine	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Horny Goat Weed		<i>Mucuna pruriens</i> seed extract (12% Levodopa)	Health Canada
H2O Jours Natural Gel Plus		Betamethasone dipropionate (Corticosteroid)	Health Canada
Jaguar 30000		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Janet Cream		Clobetasol propionate (Corticosteroid)	Health Canada
Janet Gel Plus Aloe Vera		Clobetasol propionate (Corticosteroid)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Janet Papaya Cream		Clobetasol propionate (Corticosteroid)	Health Canada
Kyal Phyu for Rheumatic arthritis and aching		Paracetamol and Diclofenac	Myanmar Ministry of Health and Sports
Lemonvate Cream		Clobetasol propionate (Corticosteroid)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Libigrow 130K Platinum		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Mamba is Hero		Sildenafil, Desmethylcarbodenafil (PDE-5 inhibitors) and Dapoxetine	Health Canada
Manasmithra Vatika (Manasmitram Pills) Ayurvedic medicine	N/A	Lead (Toxic heavy metal)	Australia Therapeutic Goods Administration (TGA)
Master Zone 1500		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada




Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Masterbrain Kit		Levodopa	Health Canada
Maximum Power Bang All Night Long		Sildenafil (PDE-5 inhibitor)	Health Canada
Mekako Lightening Cream		Clobetasol propionate (Corticosteroid)	Health Canada
MYO-CARD		Cardarine GW 501516 (SARMs)	Health Canada





Name of product	Picture of product		Potent ingredient(s)	Source (Regulatory Agency)
MYO-HER			Ostarine MK-2866 (SARMs)	Health Canada
MYO-HGH			Ibutamoren 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-S4			Andarine S4 (SARMs)	Health Canada
MYO-SR			Stenabolic SR9009 (SARMs)	Health Canada
MYO-STA			Ostarine MK-2866 (SARMs)	Health Canada


Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-YK		Myostine YK-11 (SARMs)	Health Canada
Nadinola Extra Strength Discoloration Fade Cream		Hydroquinone	Health Canada
Natural Face Beauty Cream		Mercury (Toxic heavy metal)	EU RAPEX (Sweden)

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
Nature Secrete with the Oil Argon Cream		Clobetasol propionate (Corticosteroid)	Health Canada
Naturel Cream Aloe Vera		Clobetasol propionate (Corticosteroid)	Health Canada
Naturel Gel Plus		Betamethasone dipropionate (Corticosteroid)	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Naturel Lemon Cream	 A box of Naturel Lemon Cream. The box is yellow and green. It features a woman's face on the right side. Text on the box includes "H 20 JOURS", "NATUREL LEMON CREAM", "CLOBETASOL PROPIONATE 0.05%", "50g Tube", and "FAST ACTION".	Clobetasol propionate (Corticosteroid)	Health Canada
Naturel Papaya Cream	 A box of Naturel Cream Aloe Vera. The box is red and white. It features a woman's face on the left side. Text on the box includes "H 20 JOURS", "NATUREL CREAM ALOE VERA", "CLOBETASOL PROPIONATE 0.05%", "50g Tube", and "FAST ACTION".	Clobetasol propionate (Corticosteroid)	Health Canada
Othine Skin Bleach	 A box of Othine skin bleach. The box is white with green and black text. It features the Othine logo and a sunburst icon. Text on the box includes "Othine skin bleach" and "NET WT 2.25 OZ (64g)".	Hydroquinone	Health Canada
Othine Skin Discoloration Fade Cream	 A box of Othine skin discoloration fade cream. The box is white with green and black text. It features the Othine logo and a sunburst icon. Text on the box includes "fades dark spots", "for a more even skin tone", "with sunscreen", "Othine skin discoloration fade cream", and "NET WT 2.25 OZ (64g)".	Hydroquinone	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Passion Classic		Yohimbine	Health Canada
Pop Popular Cream		Clobetasol propionate (Corticosteroid)	Health Canada
Premium Xpluse 2000		Yohimbine	Health Canada
Premium Pro Power 3500		Yohimbine	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>"Red- E" Male Enhanceme nt Tablet</p>		<p>Sildenafil (PDE-5 inhibitor)</p>	<p>United States Food and Drug Administration</p>





Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino Super Long Lasting 200K	 The image shows the packaging for Rhino Super Long Lasting 200K. It features a blue and black design with a large rhinoceros and a woman. The text 'RHINO' is prominent at the top, and '200K' is at the bottom. A small image of the product is shown at the bottom.	Tadalafil (PDE-5 inhibitor)	Health Canada
Rhino 11 10k	 The image shows the packaging for Rhino 11 10k. It features a black and white design with a rhinoceros. The text 'RHINO 11' is prominent at the top, and '10k' is at the bottom. A small image of the product is shown at the bottom.	Yohimbine	Health Canada
Rhino 25 Platinum 25000	 The image shows the packaging for Rhino 25 Platinum 25000. It features a yellow and black design with a rhinoceros. The text 'RHINO 25' is prominent at the top, and '25000' is at the bottom. A small image of the product is shown at the bottom.	Yohimbine	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 7 Platinum 5000		Sildenafil (PDE-5 inhibitor) and Yohimbine	Health Canada
Rhino King 15000		Tadalafil (PDE-5 inhibitor)	Health Canada
Rodeo Fantasy		Yohimbine	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rush Hour 72		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
So Nice Cream		Clobetasol propionate (Corticosteroid)	Health Canada
Spanish Fly 20,000		Tadalafil (PDE-5 inhibitor)	Health Canada


Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Super Panther 7k		Yohimbine	Health Canada
Thermoxyn		Rauwolfia	Health Canada
Titanium 4000		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Top Gel Plus		Fluocinonide (Corticosteroid) and Neomycin sulphate	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Triple Green		Yohimbine	Health Canada
VIP Go Rhino Gold 69k		Yohimbine	Health Canada
Visible Difference Cream		Clobetasol propionate (Corticosteroid)	Health Canada
Visible Difference Gel		Betamethasone dipropionate (Corticosteroid)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
White Express Fast Action Cream	 <p>The image shows a box of 'White Express' cream. The box is white with a red border. At the top left, it says 'NEW' in a red banner. At the top right, it says 'Cream 50 g'. The brand name 'White' is written in a large, stylized script, with 'EXPRESS' in smaller capital letters below it. Underneath, it says 'FAST ACTION CREAM' and 'ADVANCED FORMULA'. A claim 'Results in 10 DAYS' is visible above a circular inset image showing a person's face. At the bottom of the box is a larger image of a smiling woman's face.</p>	Clobetasol propionate (Corticosteroid)	Health Canada
White Panther	 <p>The image shows the packaging for 'White Panther' male enhancement pills. It features a black background with a white panther's face in the center. The words 'WHITE PANTHER' are printed in large, bold, white capital letters at the top. Below the panther's face, the text 'MALE ENHANCEMENT PILLS' is visible. At the bottom, there are two circular icons: a red one on the left and a blue one on the right, each containing a white symbol.</p>	Yohimbine	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
XOXO Hard Rock		Sildenafil (PDE-5 inhibitor)	Health Canada
XXLANT 3000		Yohimbine	Health Canada
7k		Yohimbine	Health Canada



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

## **Annex B**

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

#### **Corticosteroids**

Betamethasone dipropionate, clobetasol propionate and flucinonide 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.

#### **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.

#### **Diclofenac**

Diclofenac is a potent painkiller and may potentially cause cardiovascular events such as heart attacks and strokes, as well as serious gastric bleeding, when used for a prolonged period. It should be used under close medical supervision, especially in patients with underlying heart conditions, stomach bleeding and ulceration.

#### **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.

#### **Levodopa (L-Dopa)**

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.

## **Neomycin sulphate**

Neomycin sulphate is an antibiotic used to treat bacterial infections. It is a prescription medicine and should be used under medical supervision. Neomycin can potentially cause serious side effects including hearing problems or ringing in the ears, loss of balance or coordination, seizures or convulsions, vomiting, watery or bloody diarrhea, severe stomach cramps and nausea.

## **Paracetamol**

Paracetamol is used for the relief of 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 sildenafil, tadalafil, desmethylcarbodenafil and dithiodesmethylcarbodenafil. 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.

## **Rauwolfia**

The use of rauwolfia has been associated with dizziness, drowsiness, impotence and anxiety.

## **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 andarine S4, cardarine (GW 501516), Ibutamoren (MK-677), ligandrol (LDG-4033), myostine (YK-11), ostarine (MK 2866), stenabolic (SR 9009), testolone, and RAD-140

## **Toxic heavy metals**

Consumption of excessive amounts of toxic heavy metals such as arsenic, lead and mercury poses serious health risks and may increase the chance of poisoning. Possible symptoms of arsenic poisoning include vomiting, abdominal pain, diarrhoea, heart-related problems, breathing difficulties and numbness of the limbs. Exposure to high levels of lead may cause anemia, weakness, and kidney and brain damage. High levels of mercury may cause kidney injury (e.g. protein in urine and edema) and affect the nervous system (e.g. numbness, tingling, dizziness, forgetfulness, headaches and depression).

## **Yohimbine**

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.