HSA updates on products found overseas that contain potent ingredients (March 2021)

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators in March 2021 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)
Aryana Beauty & Body Doctor Skin Night Cream		Tretinoin	The Philippines Food and Drug Administration
BabyFlo® Baby Cologne Butterfly Kissess		Methanol	The Philippines Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
BabyFlo® Baby Cologne Pink Fantasy		Methanol	The Philippines Food and Drug Administration
Blackruby_ shop		Sibutramine	Hong Kong Department of Health

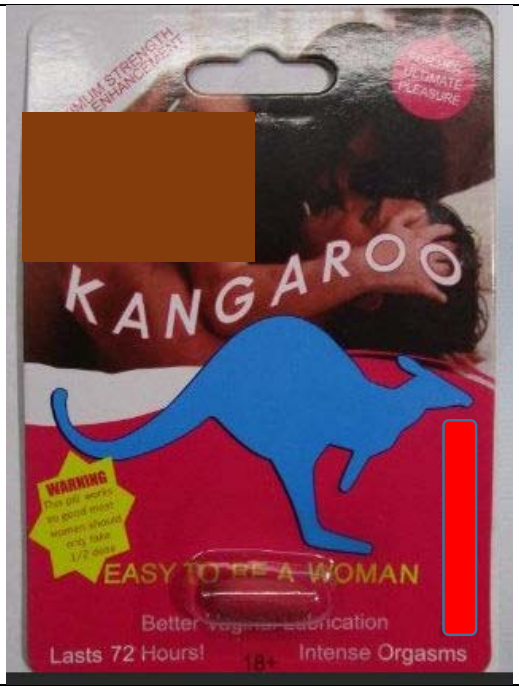
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Brilliant Skin® Essentials Rejuvenating Facial Cream		Tretinoin	The Philippines Food and Drug Administration

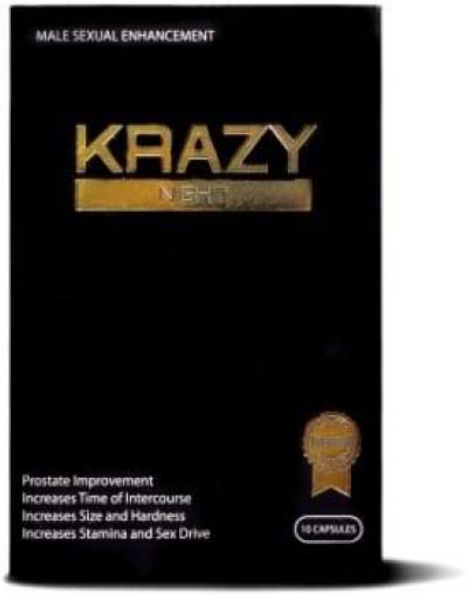
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Brilliant Skin® Essentials Rejuvenating Facial Toner		Hydroquinone	The Philippines Food and Drug Administration
FS Turmeric Cream	 	Betamethasone 17-valerate and Mercury	Malaysia National Pharmaceutical Regulatory Agency

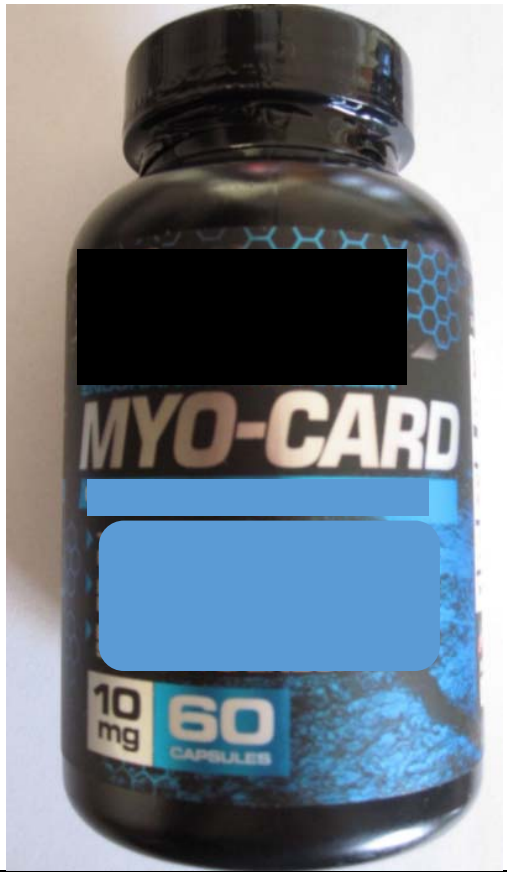
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Furious X 1350		Sildenafil and Tadalafil (PDE-5 inhibitors)	United States Food and Drug Administration
Harmony		Tadalafil (PDE-5 inhibitor)	Health Canada

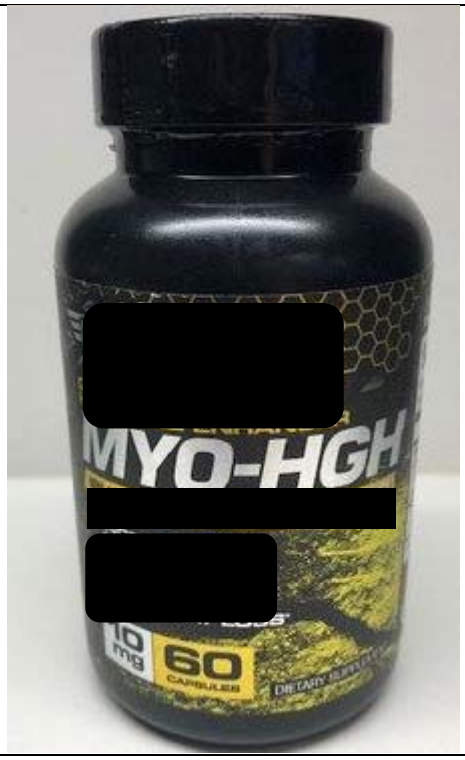
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Imperial Extreme 2000mg capsules		Sildenafil and Tadalafil (PDE-5 inhibitors)	United States Food and Drug Administration

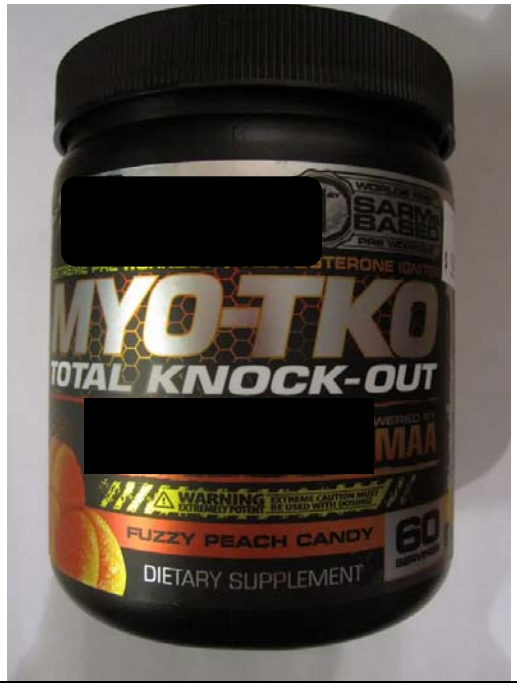
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Kangaroo		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Kangaroo 2019		Sildenafil (PDE-5 inhibitor)	Health Canada

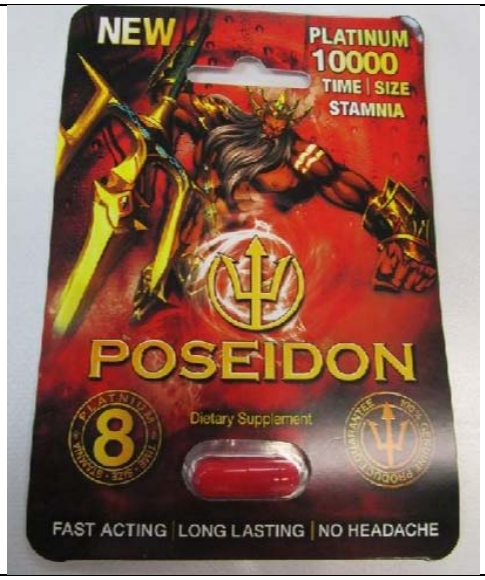
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Kangaroo 2020		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Krazy Night capsules	 	Tadalafil, Sildenafil & Vardenafil (PDE-5 inhibitors)	United States Food and Drug Administration

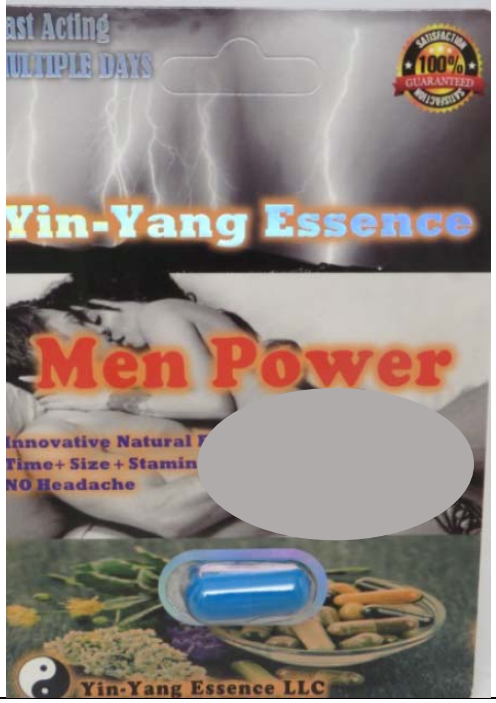
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
LKS Coffee		Sibutramine	Hong Kong Department of Health
MYO-CARD		Cardarine (SARM)	Health Canada

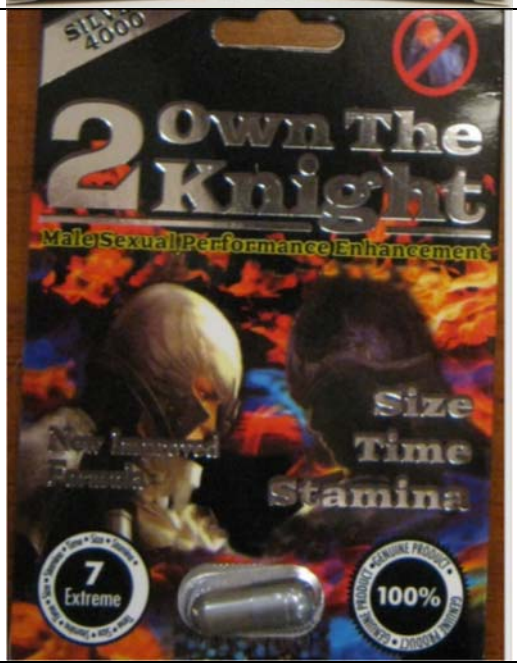
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-HGH		Ibutamoren (SARM)	Health Canada
MYO-LGD		Ligandrol (SARM)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-STA		Ostarine (SARM)	Health Canada
MYO-TKO Total		Ostarine (SARM)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Poseidon Platinum 10000		Sildenafil (PDE-5 inhibitor)	Health Canada
Red Mamba		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Sexy Lady		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Titanium 18K		Sildenafil and Tadalafil (PDE-5 inhibitors)	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Vy & Tea		Sibutramine	United States Food and Drug Administration
Yin-Yang Essence Men Power		Sildenafil and Tadalafil (PDE-5 inhibitors)	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Zing Plus		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
2 Own The Knight Silver 4000		Sildenafil and Tadalafil (PDE-5 inhibitors)	United States Food and Drug Administration

Annex B

The possible side effects of the potent ingredients

Betamethasone 17-valerate

Betamethasone is a potent steroid. Long term use of an oral steroid without medical supervision can cause high blood pressure, cataracts, an increased risk of infections, and Cushing's syndrome (characterised by the appearance of round face or 'moon face' and upper body obesity with thin limbs).

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.

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.

Methanol

Methanol or methyl alcohol, also known as wood alcohol, is commonly used for industrial purposes. It can be toxic when absorbed through the skin, and dangerous when ingested. Prolonged exposure to methanol can affect the central nervous system and lead to side effects including nausea, vomiting, headache, blurred vision, blindness and confusion.

Phosphodiesterase Type 5 (PDE-5) inhibitors

This class of medicine includes sildenafil, tadalafil and vardenafil. 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 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 cardarine (GW 501516), Ibutamoren (MK-677), ligandrol (LDG-4033) and ostarine (MK 2866).

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.