



HSA updates on products found overseas that contain potent ingredients (February 2022)

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators in February 2022 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).

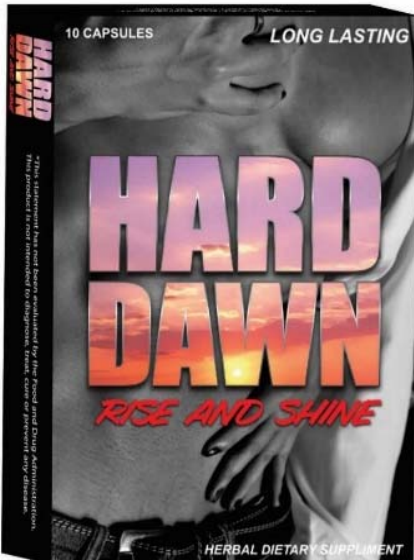
- 3 Additionally, members of the public are encouraged to visit <https://www.hsa.gov.sg/consumer-safety/> to learn more about the dangers of buying health products from dubious sources.


- 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


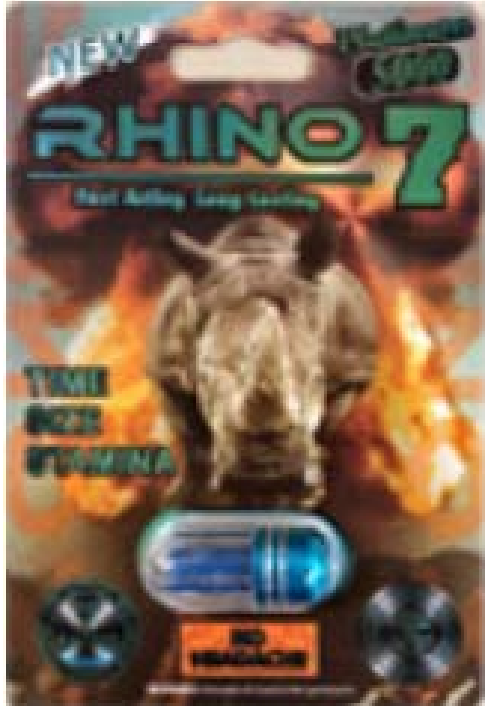
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Black Panther		Yohimbe	Health Canada
Hard Dawn Rise and Shine capsules		Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
HD Muscle PreHD Preworkout	NA	Yohimbine	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
HERBEREX		Nortadalafil (PDE-5 inhibitor)	Health Canada
Insane Labz Psychotic	NA	<i>Rauwolfia</i>	Health Canada
Insane Labz Redrum	NA	<i>Rauwolfia</i>	Health Canada
Iron Brothers Thermo Burn	NA	Yohimbine	Health Canada
Libido Support Yohimbine HCl	NA	Yohimbine	Health Canada
Japanese product for weight loss		Frusemide	Hong Kong Department of Health
Limited Gangster Series MYO-TKO	NA	Yohimbine and Cardarine GW 501516 (SARM)	Health Canada

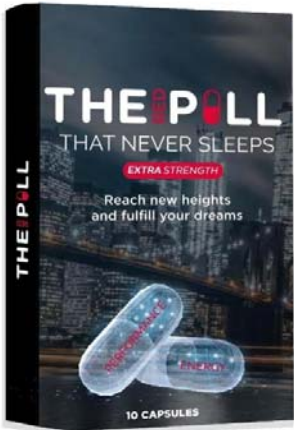

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MAC DADDY PURPLE		Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
MAC DADDY RED		Sildenafil and Tadalafil (PDE-5 inhibitors)	United States Food and Drug Administration
Maximum Power Bang All Night Long		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MegMan Performance Booster Capsules		Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
Million Burning		Sibutramine	Hong Kong Department of Health
MYO-CARD	NA	Cardarine GW-501516 (SARM)	Health Canada
MYO-HGH	NA	MK-677 (SARM)	Health Canada
MYO-RAD	NA	Testolone RAD-140 (SARM)	Health Canada
MYO-S4	NA	Andarine (SARM)	Health Canada
MYO-STA	NA	Ostarine MK-2866 (SARM)	Health Canada
MYO-YK	NA	Myostine YK-11 (SARM)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Nhan Sam Tuyet Lien Truy Phong Hoan</p>		<p>Chlorpheniramine , Dexamethasone and Furosemide</p>	<p>Australian Therapeutic Goods Administration</p>
<p>NutriFitt Serum</p>	<p>NA</p>	<p>Yohimbine and <i>Rauwolfia</i></p>	<p>Health Canada</p>
<p>Phenon</p>	<p>NA</p>	<p>Rauwolscine</p>	<p>Health Canada</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Red Mammoth		Sildenafil and Tadalafil (PDE-5 inhibitors)	United States Food and Drug Administration
Revive Yohimbine HCl	NA	Yohimbine	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)
Rise Up Red Edition	 <p>The image shows a dark red box for 'RISE UP RED EDITION' capsules. The box features the text 'RISE UP RED EDITION' in large white and red letters. Below this, it says 'Achieve your Full Potential' and lists three bullet points: 'Boost your confidence and energy', 'Promote quality and performance', and 'Powerful and quick acting natural formula'. At the bottom, it reads 'YOUR SATISFACTION, OUR PRIORITY!' and '10 Capsules'.</p>	Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
Stiff Rox	 <p>The image shows the packaging for 'STIFF ROX'. The word 'STIFF' is in large black letters, and 'ROX' is in large red letters. Below the text, there is a photograph of a couple in an intimate embrace. A white rectangular redaction box covers the lower portion of the image.</p>	Sildenafil and Tadalafil (PDE-5 Inhibitors)	Health Canada
TCP HOT Acquisition LLC dba HRB Brands Aerosol deodorant and antiperspirant sprays	 <p>The image displays five aerosol cans. On the left are three cans of 'BRUT CLASSIC' deodorant/antiperspirant in green packaging. On the right are two cans of 'SURE' deodorant/antiperspirant in white packaging with blue accents.</p>	Benzene	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
The Red Pill		Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
Triple Green		Yohimbe	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
365 Skinny Emergency Boutique		Sibutramine	United States Food and Drug Administration
365 Skinny High Intensity Pills		Sibutramine	United States Food and Drug Administration

Annex B

The possible side effects of the potent ingredients

Benzene

Benzene is a carcinogen that is not allowed in the composition of cosmetic products. Inhalation of benzene can cause central nervous system (CNS) effects, including drowsiness, dizziness, headache, vertigo, tremor and coma. Long-term exposure to excessive levels of benzene in the air can cause leukaemia, in particular - acute myeloid leukaemia and acute nonlymphocytic leukaemia. Exposure to benzene may also lead progressively to aplastic anaemia and multiple myeloma.

Chlorpheniramine

Chlorpheniramine is an antihistamine used to relieve allergic reactions such as hives and rhinitis. It should be used under medical supervision. Side effects from the use of chlorpheniramine include drowsiness, blurred vision, vomiting, constipation and poor coordination.

Dexamethasone

Dexamethasone is a potent steroid that is usually prescribed for inflammatory conditions and should only be used under strict medical supervision. 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). Discontinuation of steroids without proper medical supervision can cause serious withdrawal symptoms such as fatigue, confusion and low blood pressure.

Frusemide / Furosemide

Frusemide 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 and low blood pressure. When taken in excess, the 'water-eliminating' effect of frusemide can cause the depletion of sodium, chloride, body water and other minerals in the body.

Phosphodiesterase Type 5 (PDE-5) inhibitors

This class of medicine includes nortadalafil, 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.

***Rauwolfia* / Rauwolscine**

Rauwolscine (also known as alpha-yohimbine) is one of the many chemical compounds found in the *Rauwolfia* plant. The use of *Rauwolfia* has been associated with low blood pressure, dizziness, tiredness, drowsiness, irregular heartbeat and breathlessness. Its use can also cause depression or worsen depression.

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), myostine (YK-11), ostarine (MK 2866) and testolone (RAD-140).

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.

Yohimbe / Yohimbine

Yohimbine is a potent medicinal ingredient derived from yohimbe, a bark extract. Side effects associated with yohimbe or 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.