



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

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

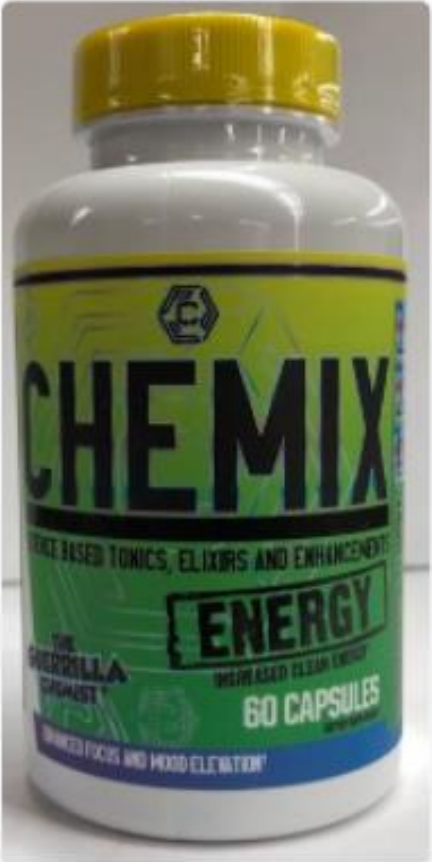

List of Products

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) |
|---------------------------------|---|--|----------------------------|
| Alpiflor Tea |  | Sibutramine | Switzerland Swissmedic |
| Alpiflor Tea / Time to detox |  <p data-bbox="427 1554 935 1581">This product is available in other colour variations.</p> | Sibutramine and Sildenafil (PDE-5 inhibitor) | Switzerland Swissmedic |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|------------------------|---|--------------------------------|----------------------------|
| Boneafide Shred |  | Yohimbine | Health Canada |
| Boners Libido Performa |  | Nortadafafil (PDE-5 inhibitor) | Switzerland Swissmedic |
| Black Ant |  | Sildenafil (PDE-5 inhibitor) | Switzerland Swissmedic |



| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|--------------------------------|--|--------------------------------|----------------------------|
| Bull Male Sexual Enhancer 2500 |  | Sildenafil (PDE-5 inhibitor) | Health Canada |
| Cherry Detox tea |  | Fluoxetine and Phenolphthalein | Switzerland Swissmedic |





| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|---------------------------|---|------------------------------|----------------------------|
| Chemix Energy |  | Yohimbine | Health Canada |
| Epimedyumlu Macun (Paste) |  | Sildenafil (PDE-5 inhibitor) | Switzerland Swissmedic |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|------------------------|---|--|--|
| Esillaa Elma-Apple |  | Lidocaine and Sildenafil (PDE-5 inhibitor) | Switzerland Swissmedic |
| Esillaa Live beautiful |  | Sibutramine | Switzerland Swissmedic |
| Esillaa Mango |  | Lidocaine and Sildenafil (PDE-5 inhibitor) | Switzerland Swissmedic |
| Festal chocolate bar |  | Sildenafil (PDE-5 inhibitor) | Switzerland Swissmedic |
| FLASHH Night Cream |  | Hydroquinone | Malaysia National Pharmaceutical Regulatory Agency |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|------------------------------|--|----------------------|--|
| FLASHH Treatment Cream |  | Mercury | Malaysia National Pharmaceutical Regulatory Agency |
| Genone Laboratories Oxy Lean |  | Rauwolscine | Health Canada |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|------------------------------|---|------------------------------|----------------------------|
| Gold Rhino Extreme 188K |  | Sildenafil (PDE-5 inhibitor) | Health Canada |
| Gorilla / Tigra Blue |  | Sildenafil (PDE-5 inhibitor) | Health Canada |
| Happy Night Energy Chocolate |  | Sildenafil (PDE-5 inhibitor) | Switzerland Swissmedic |
| HAVYCO-Vy & Tea |  | Sibutramine | Switzerland Swissmedic |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|------------------------------|--|-------------------------------------|-----------------------------------|
| <p>Hilti gold (capsules)</p> |  | <p>Sildenafil (PDE-5 inhibitor)</p> | <p>Switzerland Swissmedic</p> |
| <p>Hilti gold (Paste)</p> |  | <p>Sildenafil (PDE-5 inhibitor)</p> | <p>Switzerland Swissmedic</p> |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|---------------------------|---|----------------------|--------------------------------|
| Iron Brothers Thermo Burn |  | Yohimbe | Health Canada |
| Imperia Elita Vitaccino |  | Sibutramine | Switzerland Swissmedic |
| Kone Tokyo Japan |  | Mercury | Cambodia Ministry of Health |
| Li Da |  | Fluoxetine | Switzerland Swissmedic |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|--|---|--|----------------------------|
| Libido Forte |  <p>A white and blue box for Libido Forte capsules. The box features a stylized blue figure and the text 'libido forte™', 'the natural solution', '2 CAPSULES', and '100% natural'. A ruler is placed in front of the box for scale.</p> | Nortadalafil (PDE-5 inhibitor) | Switzerland Swissmedic |
| Liquid XXX plus |  <p>Three black plastic bottles of Liquid XXX plus. Each bottle has a red and white logo and the text 'LIQUID XXX FOR MEN ONLY'.</p> | Hydroxy-thiohomosildenafil (PDE-5 inhibitor) | Switzerland Swissmedic |
| Magnum Male Sexual Enhancement XXL 1000K |  <p>Blister pack for Magnum Male Sexual Enhancement XXL 1000K. The packaging is silver and black with red and white text. It includes the following text: 'NO SIDE EFFECT! NO HEADACHE!', '1000K', 'MAGNUM MALE SEXUAL ENHANCEMENT XXL', 'FAST ACTING LONG LASTING', 'Prostate Improvement', 'Increases Time of INTERCOURSE', 'Increases SIZE and ROCK HARD', 'Increases STAMINA and SEX DRIVE', '3 Extreme Stamina One Day', '100% NATURAL', '1 Capsule for 7 DAYS', and '100% natural Herbal Extract'.</p> | Sildenafil (PDE-5 inhibitor) | Health Canada |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|-----------------|---|------------------------------|----------------------------|
| Magnum Gold 24K |  | Tadalafil (PDE-5 inhibitor) | Health Canada |
| MAGNUM XXL 9800 |  | Tadalafil (PDE-5 inhibitor) | Health Canada |
| Maxman |  | Sildenafil (PDE-5 inhibitor) | Switzerland Swissmedic |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|--|---|---|----------------------------|
| Members Only Sexual Performance Supplement |  | Methandrostenolone and Sildenafil (PDE-5 inhibitor) | Health Canada |
| Miel du Soudan Aphrodisiaque |  | Sildenafil (PDE-5 inhibitor) | Switzerland Swissmedic |
| MV7 Days Extreme 3500 |  | Tadalafil (PDE-5 inhibitor) | Health Canada |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|----------------------|---|-----------------------------|----------------------------|
| MV7 Days Power Gummy |  | Tadalafil (PDE-5 inhibitor) | Health Canada |
| MYO-BURN |  | Yohimbine | Health Canada |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|-----------------|---|--------------------------|----------------------------|
| MYO-CARD |  | Cardarine (GW-501516) | Health Canada |
| MYO-HER |  | Ostarine (MK-2866) | Health Canada |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|-----------------|---|----------------------|----------------------------|
| MYO-HGH |  | Ibutamoren (MK-677) | Health Canada |
| MYO-LGD |  | Ligandrol (LGD-4033) | Health Canada |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|-----------------|---|----------------------|----------------------------|
| MYO-RAD |  | Testolone (RAD-140) | Health Canada |
| MYO-SLEEP |  | Ibutamoren (MK-677) | Health Canada |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|-----------------|---|----------------------|----------------------------|
| MYO-SR |  | Cardarine (SR-9009) | Health Canada |
| MYO-STA |  | Ostarine (MK-2866) | Health Canada |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|--------------------------|---|----------------------|----------------------------|
| MYO-S4 |  | Andarine | Health Canada |
| MYO-TKO (Blue Raspberry) |  | Ostarine (MK-2866) | Health Canada |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|--------------------------|---|-----------------------|----------------------------|
| MYO-TKO (Fruit Punch) |  | Ostarine (MK-2866) | Health Canada |
| MYO-TKO (Fuzzy Peach) |  | Ostarine (MK-2866) | Health Canada |
| MYO-TKO (Grape Candy) |  | Ostarine (MK-2866) | Health Canada |



| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|------------------------------|--|-----------------------|----------------------------|
| MYO-TKO (Pineapple Mango) |  | Ostarine (MK-2866) | Health Canada |
| MYO-TKO (Sour Gummies) |  | Ostarine (MK-2866) | Health Canada |


| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|--|---|-------------------------------------|----------------------------|
| MYO-YK |  | Myostine (YK-11) | Health Canada |
| MYO-TKO (Limited Gangster Series), Blueberry Pomegranate |  | Cardarine (GW-501516) and Yohimbine | Health Canada |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|--|---|--|-----------------------------------|
| <p>MYO-TKO (Limited Gangster Series) (Watermelon)</p> |  | <p>Cardarine (GW-501516) and Yohimbine</p> | <p>Health Canada</p> |
| <p>MYO-TKO (Limited Gangster Series) (Cherry Cola)</p> |  | <p>Cardarine (GW-501516) and Yohimbine</p> | <p>Health Canada</p> |
| <p>NewQueen</p> |  | <p>Sibutramine</p> | <p>Switzerland Swissmedic</p> |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|-----------------------------------|--|---|--------------------------------|
| Oh Baby! Platinum 11000mg |  | Sildenafil and Tadalafil (PDE-5 inhibitors) | Health Canada |
| Oral product – no English name |  | Dexamethasone and Indomethacin | Hong Kong Department of Health |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|--------------------|---|---|----------------------------|
| Pillkings Plus 99K |  | Sildenafil (PDE-5 inhibitor) | Health Canada |
| Protecvital plus |  | N-phenyl propoxyphenyl carbodenafil (PDE-5 inhibitor) | Switzerland Swissmedic |





| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|-----------------------------|---|---|--|
| Pussykilla |  | Sildenafil and Tadalafil (PDE-5 inhibitors) | Switzerland Swissmedic |
| Puteri Ratu Treatment Cream |  | Mercury | Malaysia National Pharmaceutical Regulatory Agency |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|---|---|------------------------------|----------------------------|
| Raw Ignite |  | Rauwolscine | Health Canada |
| Recharged Blue Rhino 79 Extreme 188K |  | Sildenafil (PDE-5 inhibitor) | Health Canada |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|-----------------------|---|------------------------------|----------------------------|
| Red Woody / Tigra Red |  | Sildenafil (PDE-5 inhibitor) | Health Canada |
| Red Devil |  | Sildenafil (PDE-5 inhibitor) | Health Canada |
| Rhino 79 Extreme 188K |  | Sildenafil (PDE-5 inhibitor) | Health Canada |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|---|--|----------------------|---|
| <p>RYX Skin Sincerity Clear Bomb Advanced Exfoliating Toner</p> |  | <p>Hydroquinone</p> | <p>Brunei Darussalam Ministry of Health</p> |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|--|--------------------|-------------------------------------|---|
| <p>RYX Skin Sincerity Beyouthiful Starter Kit Day & Night Rejuvenating Toner</p> | | <p>Hydroquinone</p> | <p>Brunei Darussalam Ministry of Health</p> |
| <p>Stiff Rox</p> | | <p>Sildenafil (PDE-5 inhibitor)</p> | <p>Health Canada</p> |

| Name of product | Picture of product | Potent ingredient(s) | Source (Regulatory Agency) |
|--------------------------------------|---|---|----------------------------|
| Teff Tohumlu Cay Mixed Herbal Tea |  | Phenolphthalein Sennoside and Sibutramine | Switzerland Swissmedic |
| VIP Golden Royal Honey |  | Tadalafil (PDE-5 inhibitor) | Switzerland Swissmedic |
| X7 Plus |  | Phenolphthalein and Sibutramine | Switzerland Swissmedic |
| 5 Day Forecast 1600mg |  | Sildenafil (PDE-5 inhibitor) | Health Canada |

Annex B

The possible side effects of the potent ingredients

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.

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.

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.

Indomethacin

Indomethacin is a non-steroidal anti-inflammatory drug (NSAID) used to relieve pain and reduce inflammation. Its prolonged use may potentially cause serious gastric bleeding, nausea, high blood pressure and cardiovascular events such as heart attacks and strokes. It should be used under close medical supervision, especially in patients with underlying heart conditions, stomach bleeding and ulceration.

Lidocaine

Lidocaine is a medicine used to decrease or eliminate the feeling of pain. The inappropriate use of products with high concentrations of lidocaine can cause low blood pressure and dizziness.

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.

Methandrostenolone

Methandrostenolone is an anabolic steroid. Anabolic steroids are not approved for use to increase muscle mass or boost athletic performance. Taking anabolic steroids without medical supervision can be dangerous as they can cause serious side effects such as insomnia, irritability, aggressive behaviour, hypertension, liver cancer, development of prominent breasts in men and impotence. In women, they can cause male characteristics such as an increase in facial hair growth, male pattern baldness, deepening of the voice and menstrual irregularities.

Phenolphthalein

Phenolphthalein may cause kidney disorders and has been found in animal studies to be associated with cancer. It may also cause breathing difficulties, rashes and abdominal cramps.

Phosphodiesterase Type 5 (PDE-5) inhibitors

This class of medicine includes hydroxythiohomosildenafil, N-phenylpropoxyphenyl-carbodenafil, 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.

Rauwolscine (also known as alpha-yohimbine)

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. Depression or worsening depression has been reported with the use of *Rauwolfia*.

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; SR-9009), ibutamoren (MK-677), ligandrol (LDG-4033), myostine (YK-11), ostarine (MK-2866) and testolone (RAD-140).

Sennosides

Sennosides are laxatives which can cause diarrhoea, stomach discomfort and abdominal cramps. Long-term consumption may be unsafe and cause serious side effects like electrolyte imbalance from decreased potassium levels in the body.

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

Yohimbe is a bark extract from which a potent medicinal ingredient, Yohimbine, is derived. 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.