

# 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 <a href="https://www.hsa.gov.sg/consumer-safety/">https://www.hsa.gov.sg/consumer-safety/</a> 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: <a href="mailto:hsa\_is@hsa.gov.sg">hsa\_is@hsa.gov.sg</a>.

## 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	Applor Jea Time To Desax	Sibutramine	Switzerland Swissmedic
Alpiflor Tea / Time to detox	This product is available in other colour variations.	Sibutramine and Sildenafil (PDE-5 inhibitor)	Switzerland Swissmedic

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Boneafide Shred	MODES TO THE BONE	Yohimbine	Health Canada
Boners Libido Performa	BONERS  LIBIDO PERFORMA  ENECTION ROOSTER; DICTART SUPPLEMENT; TOOL BATURAL  ALEMANNAMENT SUPPLEMENT SUPPLEM	Nortadalafil (PDE-5 inhibitor)	Switzerland Swissmedic
Black Ant	里妈就	Sildenafil (PDE-5 inhibitor)	Switzerland Swissmedic

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Bull Male Sexual Enhancer 2500	BIGGER PIRMER STRONGER  72 HRS OF FUN  MALE SEXUAL ENHANCER 2500 pwr  Last Longer  Fast Acting  Dietary Supplement  No Headache	Sildenafil (PDE-5 inhibitor)	Health Canada
Cherry Detox tea	Cherry detos tea	Fluoxetine and Phenolphthalein	Switzerland Swissmedic

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Chemix Energy	CHEMINATOR AND ENHANCED TO SERVICE SERVICES OF HODD CLUMATOR	Yohimbine	Health Canada
Epimedyumlu Macum (Paste)	Epinedyunlu  Repinedyunlu  Epinedyunlu  Macur	Sildenafil (PDE-5 inhibitor)	Switzerland Swissmedic

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Esillaa Elma-Apple	ESILLAN	Lidocaine and Sildenafil (PDE-5 inhibitor)	Switzerland Swissmedic
Esillaa Live beautiful	ESILLAA	Sibutramine	Switzerland Swissmedic
Esillaa Mango	ESILLAA MANGO-MANGO	Lidocaine and Sildenafil (PDE-5 inhibitor)	Switzerland Swissmedic
Festal chocolate bar	TACUTERNOEN SAUNNYZ  FESTINA  YETISKIN ERKEKLERUÇİN  WARRINGALININ MARKALININ MARKALINI MARKAL	Sildenafil (PDE-5 inhibitor)	Switzerland Swissmedic
FLASHH Night Cream	NIGHT CREAM  ROM NOT DOMONOUS AND THE PROPERTY OF THE PROPERTY	Hydroquinone	Malaysia National Pharmaceutical Regulatory Agency

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
FLASHH Treatment Cream	TREATMENT CREAM  REAL ROLL 2000/034698  REAL ROLL 2000/034698	Mercury	Malaysia National Pharmaceutical Regulatory Agency
Genone Laboratories Oxy Lean	GENONE  OXY LEAN  NORMELIPOLYTIC AGENT  ACTIVE THEREO  ACTIVE THER	Rauwolscine	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Gold Rhino Extreme 188K	NEW 188K COLDELING SUPER LONGLASTING	Sildenafil (PDE-5 inhibitor)	Health Canada
Gorilla / Tigra Blue		Sildenafil (PDE-5 inhibitor)	Health Canada
Happy Night Energy Chocolate	Wappy Wight	Sildenafil (PDE-5 inhibitor)	Switzerland Swissmedic
HAVYCO-Vy &Tea	The state and the state of the	Sibutramine	Switzerland Swissmedic

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Hilti gold (capsules)	Spined little Commonwer Agreement Vision	Sildenafil (PDE-5 inhibitor)	Switzerland Swissmedic
Hilti gold (Paste)	gold gold	Sildenafil (PDE-5 inhibitor)	Switzerland Swissmedic

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Iron Brothers Thermo Burn	BROTHERS SUPPLEMENTS THERMO BURN HIGH POTENCY CLEAN ENERGY CUSE DESCRIPTION	Yohimbe	Health Canada
Imperia Elita Vitaccino	Vitaccino  Vitaccino  Name of the control of the co	Sibutramine	Switzerland Swissmedic
Kone Tokyo Japan	Kone' Tokyo Japan Canousan Takun Tak	Mercury	Cambodia Ministry of Health
Li Da		Fluoxetine	Switzerland Swissmedic

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Libido Forte	Ilbidoforte the natural solution  The natural solution  100% natural  Trailing managements  Trailing managemen	Nortadalafil (PDE-5 inhibitor)	Switzerland Swissmedic
Liquid XXX plus	Company of the compan	Hydroxy- thiohomo- sildenafil (PDE-5 inhibitor)	Switzerland Swissmedic
Magnum Male Sexual Enhancement XXL 1000K	NO SIDE EFFECTI NO HEADACHEI  A G A U M MALE SEXUAL ENHANCEMENT XXL  FAST ACTING LONG LASTING  Prostate Improvement Increases Time of INTERCOURSE Increases SIZE and ROCK HARD INCREASE AND ROCK HARD IN	Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Magnum Gold 24K	MAGNUM MALE SEXUAL ENHANCEMENT  Prostate Improved Increases TIME of INTERCOURSE Increases SIZE and HARDNESS Increases STAMINA SEX DRIVE  Capsule for 7 DAYS Increases Increases Stamina Increases Increases STAMINA SEX DRIVE	Tadalafil (PDE-5 inhibitor)	Health Canada
MAGNUM XXL 9800	NO SIDE EFFECTI NO HEADACHEI  PRODUCTION  MALE SEXUAL ENHANCEMENT XXL  PROSTITUTE LIGHTEL LASTITUTE  Prostate Improvement Increases TIME of INTERCOURSE Increases TIME of INTERCOURSE Increases TIME and HARDNESS Increases TIME And SEX DRIVE  1 Capsule for 7 DAYS 100% Natural Herbal Extract	Tadalafil (PDE-5 inhibitor)	Health Canada
Maxman	PRINCIPAL LINE LINE SPINISTER DE DE LA PRINCIPAL DE DE LA PRINCIPAL DE LA PRIN	Sildenafil (PDE-5 inhibitor)	Switzerland Swissmedic

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Members Only Sexual Performance Supplement	PERFORMANCE SUPPLEMENT All Natural Male Herbal Sexual Enhancement	Methandroste- nolone and Sildenafil (PDE-5 inhibitor)	Health Canada
Miel du Soudan Aphrodisiaque	Mich Du Soudall  Mich Du Soudall  All of The Manufactures  And an	Sildenafil (PDE-5 inhibitor)	Switzerland Swissmedic
MV7 Days Extreme 3500	Extreme  3500  No.  Increases TIME of INTERCOURSE Lasting Your Sex Time  Ond Increases ST and ROCK HARD Grow Length by Wol  Ord Increases STAMIVAS ASSEX DRIVE Gain Vience Organ, Rocks Yowerful	Tadalafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MV7 Days Power Gummy	Poy'er Gun III  Long Lasting Energy Booster  Loaded with Vitamins & Minerals  NOT Suitable for Children	Tadalafil (PDE-5 inhibitor)	Health Canada
MYO-BURN	WYO-BUR WYO-BUR WEAR FACER WARE ACCURATE ONLY I FEE	Yohimbine	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-CARD	WYO-CARI MYO-CARI MANNE ENERGE MANNE ENERGE MANNE ENERGE MANNE ENERGE MANNE ENERGE MANNE ENERGE MANNE ENERGE	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	MONE ENHANCER  VO-LG  MANGEN MK-677   Ibutamoren (MK-677)		
MYO-LGD	MYO-LCD  MANDROL LGD. 4033 PRO  MCRASE IN  HAN GTH LEVELS  MAS WILSCLE  RESULCED BODY FAT  HALING PROPERTIES  GADEIULES  GADEIULES  GADEIULES	Ligandrol (LGD-4033)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-RAD	MYO-RAD  RAD 140 TESTOLONE  TESTO	Testolone (RAD-140)	Health Canada
MYO-SLEEP	HARDORE SERVING SERVIN	Ibutamoren (MK-677)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-SR	SUPER PART ALPHA MODIFIER MYOURANCE ACTIVITY MERORTS GAINS TIMERORY MERORTS IMPROVED MARABOLIC FUNCTION AT LOSSO	Cardarine (SR-9009)	
MYO-STA	MYO-SIA  MARINEME PEGE  MARINEME PEG	Ostarine (MK-2866)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-S4	AN MUSCLE MASS BUILDS NO SA MOARINE SA MOARINE SA MASS BUILDER MASS BU	Andarine	Health Canada
MYO-TKO (Blue Raspberry)	CO-TIKU  DTAL KNOCK-OUT  STATE OF THE STATE	Ostarine (MK-2866)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-TKO (Fruit Punch)	THEORY SUSPLEMENT	Ostarine (MK-2866)	Health Canada
MYO-TKO (Fuzzy Peach)	DIAL KNOCK-OUT  WATER BUT  CAST OF  CONTROL OF  CONTRO	Ostarine (MK-2866)	Health Canada
MYO-TKO (Grape Candy)	DTAL KNOCK-DU	Ostarine (MK-2866)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-TKO (Pineapple Mango)	THE WORKOUT, TESTOSTANDO CONTROL KNOCK-OUT  WASHINGTON TO THE TO THE WORKOUT AND THE WORKOUT AND THE WORKOUT AND THE WORKOUT AND THE WORK AND THE WO	Ostarine (MK-2866)	Health Canada
MYO-TKO (Sour Gummies)	CALLANDOCK-OUT   Ostarine (MK-2866)	Health Canada	

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-YK	MYO-YA  MINISTER  MYOSTATINI  MINISTER  MUSCLE GAIN  ATLOSS WHILE  SETANNING MUSCLE	Myostine (YK-11)	Health Canada
MYO-TKO (Limited Gangster Series), Blueberry Pomegranate	Limited Logangster Series From	Cardarine (GW-501516) and Yohimbine	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MYO-TKO (Limited Gangster Series) (Watermelon)	CANDEST SERIES  DMAA CW SOISIS  OMAA CW SOISIS	Cardarine (GW-501516) and Yohimbine	Health Canada
MYO-TKO (Limited Gangster Series) (Cherry Cola)	Cangster Series  Gangster Series  WYCO TYPE  DMAA GW SOISIG  O ETITEME EMERGY  ENGRANCE & POWER	Cardarine (GW-501516) and Yohimbine	Health Canada
NewQueen		Sibutramine	Switzerland Swissmedic

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Oh Baby! Platinum 11000mg	LONG LASTING NO HEADACHE TIDOO MG  OH BABYE  PLATINUM  NATURAL FORMULA  100%  GENUINE  LISTS TONS  FASTER!  STRONGER!  BIGGER!	Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Oral product – no English name	EMBEY CANALES  La properties  La pro	Dexamethasone and Indomethacin	Hong Kong Department of Health

Name of product	Picture of	f product	Potent ingredient(s)	Source (Regulatory Agency)
Pillkings Plus 99K	PILLKINGS  Lend Of Vitamins And  Lend Of Vit		Sildenafil (PDE-5 inhibitor)	Health Canada
Protecvital plus	PLUS PLUS PLUS PLUS PLUS PLUS PLUS PLUS		N-phenyl propoxyphenyl carbodenafil (PDE-5 inhibitor)	Switzerland Swissmedic

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

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Raw Ignite	RAVV  REPLACE ENERGY I BURN MORE CALORIEST APPETITE SUPPRESSANT APPETITE SUPPRESSANT SUSTRIUS DELIVERALS SUSTRIUS DELIVERALS	Rauwolscine	Health Canada
Recharged Blue Rhino 79 Extreme 188K	Recharged 0 7/9 SUPER LONG LASTING	Sildenafil (PDE-5 inhibitor)	Health Canada

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

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
RYX Skin Sincerity Clear Bomb Advanced Exfoliating Toner	DAY & NIGHT  FYXSKINT  Clear bomb  MUNICED EXPOLATING TONER  60mL	Hydroquinone	Brunei Darussalam Ministry of Health

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
RYX Skin Sincerity Beyouthiful Starter Kit Day & Night Rejuvenating Toner	DAY RNIGHT  I S JUVENATING tone! 60 ml.	Hydroquinone	Brunei Darussalam Ministry of Health
Stiff Rox	BIGGER' STRONGER' J HEADACHE'  SINGLE DOSE IT CAPSULE	Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Teff Tohumlu Cay Mixed Herbal Tea	Telf Tohuralu Cay Karenik Birks Cays	Phenolphthalein Sennoside and Sibutramine	Switzerland Swissmedic
VIP Golden Royal Honey	Royal Honey	Tadalafil (PDE-5 inhibitor)	Switzerland Swissmedic
X7 Plus	スプPIUS	Phenolphthalein and Sibutramine	Switzerland Swissmedic
5 Day Forecast 1600mg	FAST ACTING NO HEADACHE  CONTRACTOR OF THE PROPERTY OF THE PRO	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.