



## **HSA updates on products found overseas that contain potent ingredients (October 2022)**

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators in October 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](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)
Africa Black Ant	 The image shows the packaging for 'Africa Black Ant' medicine. It features a red background with a large black ant in the center. Text includes 'AFRICA BLACK ANT' at the top, '非洲黑蚁王' (Africa Black Ant King) in Chinese characters, '中. 老年人专用' (Middle-aged, elderly people special use), '7天持续有效' (7 days continuous effective), and 'PREMIUM' at the bottom. There is also a small illustration of a pill.	Sildenafil (PDE-5 inhibitor)	Indonesian Food and Drug Authority
Asam Urat	 The image shows a brown glass bottle of 'Asam Urat' medicine. The label is yellow and features the text 'ASAM URAT' in large red letters. Below it, there is a smaller label with 'DAUN DEWA' in red letters. The label also includes some smaller text and a logo.	Paracetamol	Indonesian Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Beruang Putih		Sildenafil (PDE-5 inhibitor)	Indonesian Food and Drug Authority
Bintang Dua Mustika Dewa		Piroxicam (NSAID)	Indonesian Food and Drug Authority
Black Panther Power Gummy		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Del Cing Fung San Powder		Ephedrine and Pseudoephedrine	Indonesian Food and Drug Authority
Delias (Ke Cie Siao Chuan Yen)		Ephedrine and Pseudoephedrine	Indonesian Food and Drug Authority


Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Gaining Weight Capsule		Cyproheptadine and Dexamethasone (Corticosteroid)	Indonesian Food and Drug Authority
Gan Mao Tong Kaplet		Ephedrine and Pseudoephedrine	Indonesian Food and Drug Authority
Gold Rhino Super Long Lasting Extreme 285k		Tadalafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Greeng Jos Kopi BAPAK		Sildenafil (PDE-5 inhibitor)	Indonesian Food and Drug Authority
GS Serbuk Guna Sehat		Cyproheptadine	Indonesian Food and Drug Authority
Guci Emas		Paracetamol	Indonesian Food and Drug Authority
Haemun Cream		Miconazole	Malaysia Ministry of Health



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
	 The image displays the product packaging and the jar. At the top is a green box with a gold logo and the text 'HAEMUN CREAM SKIN TREATMENT'. Below it is a black jar with a green label featuring the same logo and text. At the bottom are two smaller images: one showing the jar's contents and another showing the jar's lid.		



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Hammer of Thor		Sildenafil (PDE-5 inhibitor)	Indonesian Food and Drug Authority
Herb Viagra		Sildenafil (PDE-5 inhibitor)	Indonesian Food and Drug Authority



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Jamu “Duan Dewa”: Pegel Linu</p>		<p>Mefenamic acid (NSAID)</p>	<p>Indonesian Food and Drug Authority</p>
<p>Jamu “Duan Dewa”: Asam Urat</p>		<p>Mefenamic acid and Piroxicam (NSAIDs)</p>	<p>Indonesian Food and Drug Authority</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
JIU JENG PUSHEN JIAO NANG		Tadalafil (PDE-5 inhibitor)	Thailand Food and Drug Administration
Kaplet C-100		Sildenafil (PDE-5 inhibitor)	Indonesian Food and Drug Authority
Karisma Birds Nest Gel		Hydroquinone and Tretinoin	Malaysia Ministry of Health

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Kopi Cethot		Sildenafil (PDE-5 inhibitor)	Indonesian Food and Drug Authority
Kopi Rempah Grenk		Sildenafil (PDE-5 inhibitor)	Indonesian Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Kuat Lelaki Suromadu 100ml</p>		<p>Sildenafil (PDE-5 inhibitor)</p>	<p>Indonesian Food and Drug Authority</p>
<p>LAB LUMINUS ANTI-SENSITIVE SERUM</p>		<p>Betamethasone (Corticosteroid)</p>	<p>Hong Kong Department of Health</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Lalake		Sildenafil (PDE-5 inhibitor)	Indonesian Food and Drug Authority
Libigrow Platinum 10,000		Prasterone	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
New Cobra Mas		Paracetamol	Indonesian Food and Drug Authority
Ninaskincare Skin Puteh Moisturizer		Mercury	Malaysia Ministry of Health
Obat Gatal-Gatal Cap Cobra		Chlorpheniramine	Indonesian Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Obat Kuat dan Tahan Lama Urat Jantan		Sildenafil (PDE-5 inhibitor)	Indonesian Food and Drug Authority
Obat Sakit Gigi Kombinasi		Chlorpheniramine, Dexamethasone (Corticosteroid), Indomethacin (Antalgin) (NSAID) and Paracetamol	Indonesian Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Pegal Linu Raja Madu Klanceng Plus		Dexamethasone (Corticosteroid) and Phenylbutazone (NSAID)	Indonesian Food and Drug Authority
Pemikat		Paracetamol	Indonesian Food and Drug Authority



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Pi Yen Pian		Ephedrine and Pseudoephedrine	Indonesian Food and Drug Authority
Pinky		Sibutramine and Theophylline	Indonesian Food and Drug Authority




Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Plus Power Love 20,000		Sildenafil (PDE-5 inhibitor)	Health Canada
Ramping Herbal Alami RHA		Sibutramine	Indonesian Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Ramuan Pak Kumis 120ml</p>		<p>Sildenafil (PDE-5 inhibitor)</p>	<p>Indonesian Food and Drug Authority</p>
<p>Rhino Super Long Lasting Premium 500k</p>		<p>Sildenafil (PDE-5 inhibitor)</p>	<p>Health Canada</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino Super Long Lasting 750k		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Samuraten		Dexamethasone (Corticosteroid) and Paracetamol	Indonesian Food and Drug Authority
Skin Dessert Cream		Mercury	Malaysia Ministry of Health

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Slim by Mimo		Sibutramine and N-desmethyl Sibutramine	Indonesian Food and Drug Authority
Super Kecetit Asam Urat		Paracetamol	Indonesian Food and Drug Authority
Sweet 13 Skincare Treatment Cream		Mercury	Malaysia Ministry of Health

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Tang Bing Yao		Metformin	Indonesian Food and Drug Authority
Tangkur Ganas		Sildenafil (PDE-5 inhibitor)	Indonesian Food and Drug Authority
Tou Gubao		Phenylbutazone (NSAID)	Indonesian Food and Drug Authority
Urat Madu Black		Sildenafil (PDE-5 inhibitor)	Indonesian Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Viagra Gold		Sildenafil (PDE-5 inhibitor)	Indonesian Food and Drug Authority
Wantong Pegel Linu		Dexamethasone (Corticosteroid)	Indonesian Food and Drug Authority
Xian Ling		Paracetamol	Indonesian Food and Drug Authority

## **Annex B**

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

#### **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.

#### **Corticosteroids**

Betamethasone and dexamethasone 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.

#### **Cyproheptadine**

Cyproheptadine is an antihistamine used to relieve allergy symptoms. Side effects associated with its use include weight gain, diarrhoea, nausea, and vomiting.

#### **Ephedrine and Pseudoephedrine**

Ephedrine and pseudoephedrine are medicines used in the treatment of low blood pressure. The inappropriate use of ephedrine or pseudoephedrine may lead to side effects such as nausea, high blood pressure, irregular heart rate, vomiting 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.

#### **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.

### **Metformin**

Metformin is a prescription medicine for the treatment of diabetes and should be used under medical supervision. Common side effects include diarrhoea, nausea and abdominal pain. An overdose can cause severe hypoglycemia or lactic acidosis, which can be fatal.

### **Miconazole**

Miconazole is a medicine used to treat fungal infections. Side effects from inappropriate use of creams containing miconazole include burning, stinging, swelling, irritation, redness and flaking of the skin.

### **Nonsteroidal Anti-inflammatory Drugs (NSAIDs)**

NSAIDs are anti-inflammatory medications used to relieve pain and reduce inflammation. Their prolonged use may potentially cause serious gastric bleeding, nausea, high blood pressure and cardiovascular events such as heart attacks and strokes. They should be used under close medical supervision, especially in patients with underlying heart conditions, stomach bleeding and ulceration. Examples include aspirin, diclofenac, ibuprofen, indomethacin, mefenamic acid, meloxicam, phenylbutazone and piroxicam

### **Paracetamol**

Paracetamol is used for relieving 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 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 while on nitrates have been reported overseas.

### **Prasterone**

Prasterone, also known as dehydroepiandrosterone (DHEA), is a hormone that could increase the risk of prostate, breast, ovarian and other hormone-sensitive cancers. Side effects may include serious cardiovascular disease, changes in fertility and sperm production, hair loss, voice deepening, insulin resistance, changes in menstrual pattern, liver dysfunction, abdominal pain, and high blood pressure.

### **Sibutramine and N-desmethyl 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. N-desmethyl sibutramine is similar to sibutramine and may have similar side effects.

### **Theophylline**

Theophylline is a prescription medicine used in the treatment of asthma and should be used under medical supervision. The use of theophylline has been associated with side effects including seizures, irritability, headaches, nausea and vomiting.

### **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.