



HSA updates on products found overseas that contain potent ingredients (August 2023)

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators in August 2023 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.



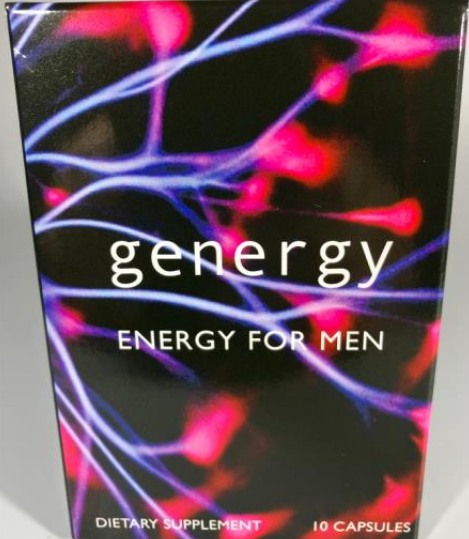
Annex A



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)
BANG	No picture available	Sildenafil (PDE-5 inhibitor)	Health Canada
BIG GUYS Extreme Power Male Energy Supplement		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
BL Ledehh Day Cream 2		Mercury	Malaysia National Pharmaceutical Regulatory Agency
BL Ledehh Night Cream		Mercury	Malaysia National Pharmaceutical Regulatory Agency


Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Black Panther		Sildenafil, Tadalafil (PDE-5 inhibitors) and Yohimbe	Health Canada
Black Panther Super 500K		Levodopa and Prasterone	Health Canada
Blue Rhino	No picture available	Sildenafil (PDE-5 inhibitor)	Health Canada


Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Blue Rhino Honey		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
FEG Eyelash Enhancer	No picture available	Bimatoprost	Health Canada
For U Night Cream		Betamethasone (Corticosteroid), Hydroquinone and Tretinoin	Malaysia National Pharmaceutical Regulatory Agency
FX 35000	No picture available	Sildenafil (PDE-5 inhibitor)	Health Canada
Genergy		Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Gimmick Whitening Day & Night Cream		Mercury	Thailand Food and Drug Administration
Ginseng Red	No picture available	Sildenafil (PDE-5 inhibitor)	Health Canada
Golden Men Plaster		Methyl salicylate	Malaysia National Pharmaceutical Regulatory Agency



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Golden Men Spray		Methyl salicylate	Malaysia National Pharmaceutical Regulatory Agency
HE-MINT		Tadalafil (PDE-5 inhibitor)	Hong Kong Department of Health
Jaguar	No picture available	Tadalafil (PDE-5 inhibitor)	Health Canada
Lucky Lady	No picture available	Tadalafil (PDE-5 inhibitor)	Health Canada
Magnum	No picture available	Tadalafil (PDE-5 inhibitor)	Health Canada
Magnum XXL 500K		Levodopa and Prasterone	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Magnum XXL 9800		Levodopa and Prasterone	Health Canada
MENS MAXIMUM Energy Supplement		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
Multi-Peptide Lash Serum	No picture available	Bimatoprost	Health Canada
Pink Pussycat	No picture available	Hydroxythiohomo sildenafil (PDE-5 inhibitor)	Health Canada
Pink Unicorn	No picture available	Sildenafil (PDE-5 inhibitor)	Health Canada




Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Q'Care White คิวแคร์ ครีมประทึนผิว สูตร ขมึ้น</p>	 <p>The top image shows the front of the Q'Care White cream box. It features a close-up of a woman's face with dark eye makeup and red lipstick. To the right of the face is a logo consisting of a crown above a square containing a stylized 'Q'. Below the logo, the text reads 'Q' CARE WHITE', 'คิวแคร์', and 'ครีมประทึนผิว สูตรขมึ้น'.</p> <p>The middle image shows the back of the box. It contains a barcode on the left and Thai text on the right. The text includes instructions for use: 'วิธีใช้ ก่อนนอน ใช้ทาให้ทั่วใบหน้าก่อนนอนวันละ 1 ครั้ง จะทำให้รอยด่าง จุดดำผิวสีที่เข้มเสมอกัน ขาวเนียนอย่างน่าพอใจ'. It also states 'ผลิตภัณฑ์จำหน่ายในและนอกประเทศ' and 'จำหน่ายโดย คิวแคร์ คอสเมติกส์ 89/121 ถ. เพชรเกษม กรุงเทพฯ'.</p> <p>The bottom image shows the front of the box again, but with the net weight 'NET 5.0g' printed at the bottom.</p>	<p>Betamethasone (Corticosteroid) and Mercury</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Q'Care White คิวแคร์ ลดรอยดำ</p>		<p>Betamethasone (Corticosteroid) and Hydroquinone</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 7 Platinum 900K		Levodopa and Prasterone	Health Canada
Rhino 25	No picture available	Yohimbe	Health Canada
Rhino 15000	No picture available	Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino 70000	No picture available	Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino X 69 Gold 500k		Tadalafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino X 69 Silver 500K		Tadalafil (PDE-5 inhibitor)	Health Canada
ROUND 2		Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
Rush Hour Plus	No picture available	Tadalafil (PDE-5 inhibitor)	Health Canada
Shiva Gold	No picture available	Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Stiff Rock	No picture available	Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Super Panther	No picture available	Yohimbe	Health Canada
Titanium 4000	No picture available	Tadalafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Vegetal Vigra 200mg		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
WeFun		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
White Panther	No picture available	Yohimbe	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
X MAX Triple Shot Energy Honey		Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
3800 HARD ROCK		Tadalafil (PDE-5 inhibitor)	Health Canada
康王草本乳膏		Clobetasol (Corticosteroid), Miconazole and Terbinafine	Hong Kong Department of Health

Annex B

The possible side effects of the potent ingredients

Bimatoprost

Bimatoprost is a medicine used to lower the intraocular pressure of the eye in glaucoma. It should be used under medical supervision as it can cause side effects such as blurred vision, eye irritation, darkened eyelid skin, iris colour change, eye inflammation and macular oedema and hyperemia.

Corticosteroids

Betamethasone 17-Valerate, Clobetasol propionate 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.

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.

Levodopa

Levodopa or L-Dopa is a prescription medicine used in the treatment of Parkinson's Disease and should be used under medical supervision. Levodopa may potentially interact with medicines used to treat high blood pressure. Side effects of levodopa may include low blood pressure, irregular heart rate and breathing abnormalities.

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.

Methyl salicylate

Methyl salicylate is commonly used in topical medicines for temporary relief of muscle or joint pain caused by sprains or arthritis. Side effects are usually allergy related, such as hives, difficulty in breathing and swelling of the face, lips, tongue or throat. Methyl salicylate can cause serious side effects in young children and patients allergic to aspirin and other salicylates.

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.

Phosphodiesterase Type 5 (PDE-5) inhibitors

This class of medicine includes carbodenafil, sildenafil, tadalafil, vardenafil and their derivatives. 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 is also known as Dehydroepiandrosterone (DHEA). It 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.

Terbinafine

Terbinafine is a medicine used to treat fungal infections. Side effects associated with inappropriate use of creams containing terbinafine include skin peeling, itching, redness, and burning.

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.

Yohimbe

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.