



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

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators in December 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)
<p>Abyra Seaweed Skin Care- Seaweed Cell Renewal Night Cream</p>		<p>Mercury</p>	<p>Malaysia National Pharmaceutical Regulatory Agency</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Alien Power Platinum 11000 (green)</p>		<p>Sildenafil (PDE-5 inhibitor)</p>	<p>Health Canada</p>
<p>Alien 2 Power Platinum 11000 (red)</p>		<p>Tadalafil (PDE-5 inhibitor)</p>	<p>Health Canada</p>

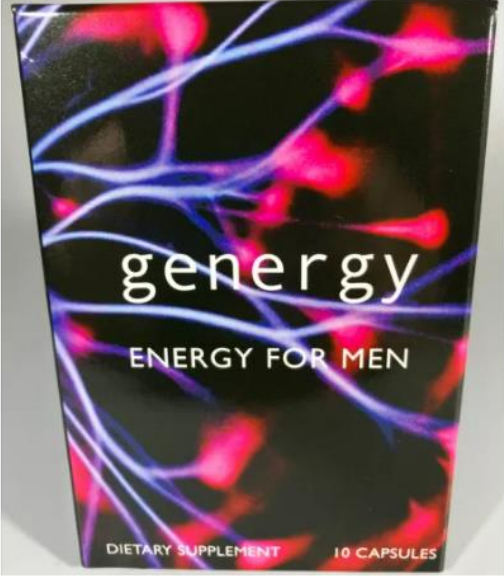
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Artri King		Diclofenac (NSAID)	United States Food and Drug Administration
BAIWEI Maximum Powerful tablets		Sildenafil (PDE-5 inhibitor)	Australia Therapeutic Goods Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Bestie Moisturizer Cream	 <p>The image shows the packaging for Bestie Moisturizer Cream. It features a large circular lid with a pink and green design, including the brand name 'Bestie Skincare' and 'Bestie Moisturizer Cream'. Below the lid are two smaller images: one of the lid's base and one of the cream jar.</p>	Mercury	Malaysia National Pharmaceutical Regulatory Agency
Beau Slim	 <p>The image shows three small white plastic bottles of Beau Slim capsules. Each bottle has a blue label with the product name 'Beau Slim' and other text in Indonesian.</p>	Sibutramine	Indonesia Food and Drug Authority
Beruang Emas	 <p>The image shows three boxes of Beruang Emas capsules. The packaging is colorful and features a woman's image. The text on the boxes includes 'BERUANG EMAS' and 'PENINGKAT STAMINA PRIA'.</p>	Yohimbine	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Bigger Longer More Time More Sperms capsules</p>		<p>Sildenafil (PDE-5 inhibitor)</p>	<p>Australia Therapeutic Goods Administration</p>
<p>Big Guys Male Energy Supplement</p>		<p>Sildenafil (PDE-5 inhibitor)</p>	<p>United States Food and Drug Administration</p>



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Black Panther Triple Maximum</p>		<p>Yohimbe</p>	<p>Health Canada</p>
<p>Concentrate orange cream in blue product package labelled as Dr. วุฒิสศักดิ์ 3 ครีมทาฝ้า กระ สิว ปรับสภาพผิว"</p>		<p>Mercury</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Cula Mas Asli		Tadalafil (PDE-5 inhibitor)	Indonesia Food and Drug Authority
Gemuk Sehat-Flu Tulang Asam Urat		Paracetamol	Indonesia Food and Drug Authority
Gemuk Sehat 151		Paracetamol	Indonesia Food and Drug Authority




Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Genergy		Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration


Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Gerbera Beauty - Treatment & Repairing Night Cream</p>		<p>Betamethasone (Corticosteroid), Hydroquinone and Tretinoin</p>	<p>Malaysia National Pharmaceutical Regulatory Agency</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Gerbera Beauty - Whitening Night Cream</p>	 <p>The first image shows the product box with the Gerbera logo and 'Gerbera NIGHT CARE' text. The second image shows the top of the jar lid with 'Gerbera Whitening Night Cream' and 'STEP 2 58' printed on it. The third image shows the open jar containing a light pink cream.</p>	<p>Betamethasone (Corticosteroid) and Mercury</p>	<p>Malaysia National Pharmaceutical Regulatory Agency</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Ginseng 9800 Male Sexual Enhancement XXL</p>		<p>Tadalafil (PDE-5 inhibitor)</p>	<p>Health Canada</p>
<p>Godong Ijo</p>		<p>Dexamethasone (Corticosteroid) and Paracetamol</p>	<p>Indonesia Food and Drug Authority</p>



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Gold Rhino Extreme 500K		Tadalafil (PDE-5 inhibitor)	Health Canada
Hadalabo Pearl Barley Facial Foam (Skin treatment)		Aminocaproic acid	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Hercules X	 <p>The image shows a box of Hercules X medicine. The box is primarily black and yellow. At the top, it says '7X LEBIH BANYAK LEBIH KUAT & TAHAN LAMA'. Below that is a picture of a woman's face. The main title 'HERCULES X' is in large, bold, yellow letters. Underneath, it says 'OBAT KUAT & TAHAN LAMA'. At the bottom, it mentions 'P.L. STRONG KING'.</p>	Sildenafil (PDE-5 inhibitor)	Indonesia Food and Drug Authority
Jakarta Bandung Plus	 <p>The image shows three boxes of Jakarta Bandung Plus medicine. The boxes are yellow and orange. The main title 'JAKARTA BANDUNG PLUS' is prominent. Below it, it says 'Meningkatkan Stamina Pria Perkasa'. At the bottom, it mentions 'P.L. JAMU AKROD SENTRA'.</p>	Yohimbine	Indonesia Food and Drug Authority
Jamu Urat Kuda Formula Plus	 <p>The image shows a box of Jamu Urat Kuda Formula Plus medicine. The box is red and white. At the top, it says 'KAPSUL KHUSUS LELAKI SEJATI LEBIH KUAT & LEBIH LAMA'. Below that is a picture of a woman's face. The main title 'URAT KUDA' is in large, bold, red letters. Underneath, it says 'FORMULA PLUS'. At the bottom, it mentions 'HERBAL SUPLEMEN UNTUK LELAKI' and 'GINAL ORIGINAL ORIGINAL ORIGINAL ORIGINAL'.</p>	Paracetamol and Sildenafil (PDE-5 inhibitor)	Indonesia Food and Drug Authority

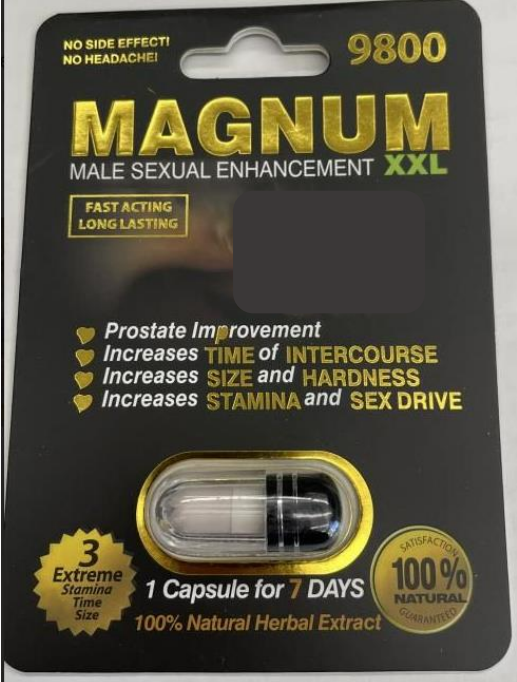

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Light yellow cream in blue product package labelled as Dr. วุฒิสักดิ์ 2 ครีมป้องกันแสงแดด SPF 60 PA++"</p>		<p>Mercury</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Light yellow cream in blue product package labelled as Dr. วุฒิสักดิ์ 4 ครีมทาฝ้า กระ สิว ผลัดเซลล์</p>		<p>Betamethasone (Corticosteroid), Hydroquinone, Mercury and Retinoic acid</p>	<p>Thailand Food and Drug Administration</p>
<p>Kuka Flex Forte</p>		<p>Diclofenac (NSAID)</p>	<p>United States Food and Drug Administration</p>




Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Li Da Daidaihua capsules		Sibutramine	Australia Therapeutic Goods Administration
LIPOVON capsules,		Sibutramine	Mexico COFEPRIS
LOVELY WHITE AURA CREAM เลิฟลี่ ไลท์ ออรั ครีม		Clobetasol (Corticosteroid)	Thailand Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
<p>Lovely White Aura Body Cream เลิฟลี่ ไวท์ ออรา บอดี้ ครีม</p>		<p>Mercury</p>	<p>Thailand Food and Drug Administration</p>


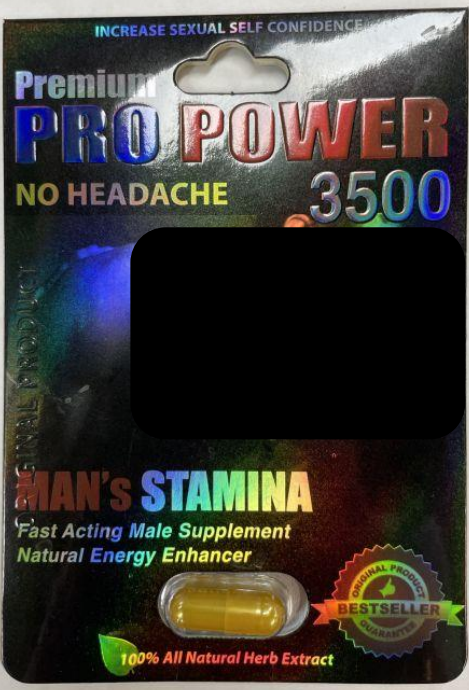

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
<p>Magnum Gold 24K</p>		<p>Tadalafil (PDE-5 inhibitor)</p>	<p>Health Canada</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Magnum XXL 9800		Levodopa and Prasterone	Health Canada
MANNERS Energy Boost		Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
Mens Maximum Energy Supplement		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Moya Slimming	 <p>The image shows a rectangular box for 'MOYA Slimming' capsules. The box is primarily yellow and brown. The brand name 'MOYA' is prominently displayed in large, bold, black letters. Below it, 'Slimming' is written in a cursive font. Underneath, it says 'Diet & Weight Loss'. There is also a small circular logo with a star and the letters 'DIA'. At the bottom of the box, it indicates '30 Kapsul'.</p>	Sibutramine	Indonesia Food and Drug Authority
Muntalinu	 <p>The image shows a rectangular box for 'MUNTALINU' capsules. The box has a red border and a green and yellow background. The brand name 'MUNTALINU' is written in large, bold, red letters. Below it, there is a smaller line of text: 'RAMU ASAN BATU DAN FICAL LITE'. The box features an illustration of a person's torso and some green leaves. At the bottom, it says 'ASTI'.</p>	Dexamethasone (Corticosteroid) and Paracetamol	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
New Guna Sari Sari Gemuk Sehat		Dexamethasone (Corticosteroid)	Indonesia Food and Drug Authority
Notoginseng Formula Special Gout Granule		Dexamethasone (Corticosteroid) and Diclofenac (NSAID)	United States Food and Drug Administration
Osagi Gajah Kuat		Dexamethasone & Prednisolone (Corticosteroids), Mefenamic acid (NSAID) and Paracetamol	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Power Sex		Sildenafil (PDE-5 inhibitor)	Indonesia Food and Drug Authority
Praewa Night Cream แพรวา ครีมสมุนไพรมะขามป้อม VS น้ำมันมะพร้าว		Betamethasone (Corticosteroid) and Mercury	Thailand Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
Premium Pro Power 3500		Sildenafil (PDE-5 inhibitor) and Yohimbe	Health Canada
Ram It		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Ramuan Madura Asam Urat, Flu Tulang, Pegal Linu, Sakit Pinggang, Rheumatik, Kolesterol</p>	 <p>The image shows a yellow and orange sachet for 'RAMUAN MADURA'. The text on the sachet lists ailments: 'Asam Urat, Flu Tulang, Pegal Linu, Sakit Pinggang, Rheumatik, Kolesterol'. It also includes the phrase 'UNTUK PESELE DAN WANITA' and an illustration of a person in traditional attire.</p>	<p>Paracetamol</p>	<p>Indonesia Food and Drug Authority</p>
<p>Ramuan Urat Naga Super</p>	 <p>The image shows three red cylindrical containers with white caps. The label on the containers reads 'RAMUAN URAT NAGA SUPER' and 'HOMIOPATI'.</p>	<p>Paracetamol and Sildenafil (PDE-5 inhibitor)</p>	<p>Indonesia Food and Drug Authority</p>
<p>Redak-Sam</p>	 <p>The image shows a box of 'redak-sam' medicine. The box is green and yellow with text in Indonesian: 'OTAKAN ASAMURAT RHEUMATIS FLU TULANG' and 'redak-sam'. It also features an illustration of a person and some plants.</p>	<p>Dexamethasone (Corticosteroid), Diclofenac and Phenylbutazone (NSAIDs)</p>	<p>Indonesia Food and Drug Authority</p>
<p>Reumo Flex</p>	 <p>The image shows a box of 'Reumo Flex' supplement. The box is green and white with the brand name 'Ypenza' and 'Reumo Flex' prominently displayed. It lists ingredients: 'GUASIMA, ENCINO BLANCO, GARRA DEL DIABLO, CANCERINA, CURCUMA, CARTILAGO DE TIBURON, BARDANA, MATARIQUE'. It also states 'SUPLEMENTO ALIMENTICIO' and 'CONTENIDO 30 CAPLETAS'.</p>	<p>Diclofenac (NSAID)</p>	<p>United States Food and Drug Administration</p>




Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 7 Platinum 5000		Sildenafil (PDE-5 inhibitor) and Yohimbe	Health Canada
Rhino 7 Platinum 10,000		Sildenafil (PDE-5 inhibitor)	Health Canada

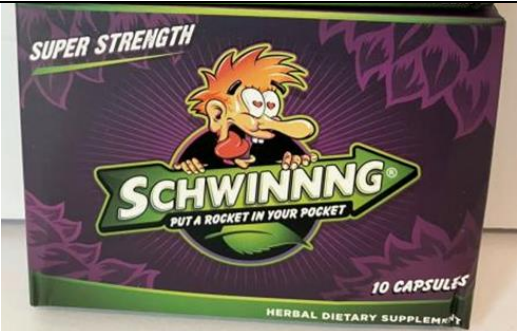


Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 7 Platinum 700k		Tadalafil (PDE-5 inhibitor)	Health Canada
Rhino 25 Platinum 25000		Sildenafil (PDE-5 inhibitor)	Health Canada




Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
Rhino 25 Titanium 500K		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 69 Extreme 600K		Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino 69 Extreme 990K		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Rhino 69 Gold 777K</p>		<p>Sildenafil (PDE-5 inhibitor)</p>	<p>Health Canada</p>
<p>Rhino 99 Diamond 30000</p>		<p>Tadalafil (PDE-5 inhibitor)</p>	<p>Health Canada</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Round 2	 <p>The image shows a box of Round 2 capsules. The box is green and white with the text '10 CAPS', 'THE POWER TO GO AGAIN!', 'ROUND 2', and 'STRENGTH * ENERGY * ENDURANCE'.</p>	Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
Sari Binahong	 <p>The image shows the packaging for Sari Binahong capsules. The packaging is colorful with text in Indonesian: 'SARI BINAHONG', 'ASAM URAT & PEGAL LIRU', and 'KEMASAN BARI'.</p>	Paracetamol	Indonesia Food and Drug Authority
Sari Buah Naga Kapsul	 <p>The image shows the packaging for Sari Buah Naga capsules. The packaging is red and white with text in Indonesian: 'SARI BUAH NAGA', 'ASAM URAT & PEGAL LIRU', and 'TRADISIONAL'.</p>	Paracetamol	Indonesia Food and Drug Authority
Sari Buah Tin	 <p>The image shows the packaging for Sari Buah Tin capsules. The packaging is green and white with text in Indonesian: 'SARI BUAH TIN'.</p>	Paracetamol	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Schwinng		Nortadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
Serbuk Guna Sehat Encok GS No.2		Paracetamol	Indonesia Food and Drug Authority
Simple Heart SPECIFIC SLIMMING PRODUCT		Frusemide, N-desmethyl-sibutramine and Sibutramine	Hong Kong Department of Health

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Singa Barong		Sildenafil (PDE-5 inhibitor)	Indonesia Food and Drug Authority
Slim Strong		Paracetamol and Sibutramine	Indonesia Food and Drug Authority
Spanish Fly 22,000		Tadalafil (PDE-5 inhibitor)	Health Canada


Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Stiff Rox		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
<p>SUNATCHA BRAND TANAKA & MILK RICE CREAM</p> <p>สมุนไพรรักษาผื่นข้าว</p>		Betamethasone (Corticosteroid) and Mercury	Thailand Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
Super Sehat Gemuk Sehat 1		Dexamethasone (Corticosteroid)	Indonesia Food and Drug Authority
Sustain		Avanafil and Tadalafil (PDE-5 inhibitors)	United States Food and Drug Administration
T XTRA Strength Test Booster		Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
THE ROCK, Male Sexual Performance Enhancement Capsules		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
TO THE MOON		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
Tusuk Jari Asam Urat		Diclofenac (NSAID) and Paracetamol	Indonesia Food and Drug Authority
U-One Slimming Herbal		Sibutramine	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Urat Naga		Sildenafil (PDE-5 inhibitor)	Indonesia Food and Drug Authority
WeFun		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration
โสมกลูต้า WHITE SMOOTH AURA		Mercury	Thailand Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
Wild Bull		Nortadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
Ying Da Wang tablets		Sildenafil (PDE-5 inhibitor)	Therapeutic Goods Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
3800 Hard Rock		Tadalafil (PDE-5 inhibitor)	Health Canada

Annex B

The possible side effects of the potent ingredients

Aminocaproic acid

Aminocaproic acid is a medicine used to treat certain bleeding disorders. Inappropriate use of aminocaproic acid without medical supervision may result in allergic and hypersensitivity reactions. Anaphylaxis has been reported with aminocaproic acid therapy. Blood clotting and blood coagulation disorder have also been reported with the use of aminocaproic acid.

Corticosteroids

Betamethasone 17-Valerate, Clobetasol propionate, Dexamethasone and Prednisolone 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.

Frusemide

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.

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.

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, also known as acetaminophen, 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 avanafil, 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, 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 / 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 like sibutramine and may have similar side effects.

Tretinoin / Retinoic acid

Tretinoin or Retinoic acid 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 / 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.