



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

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

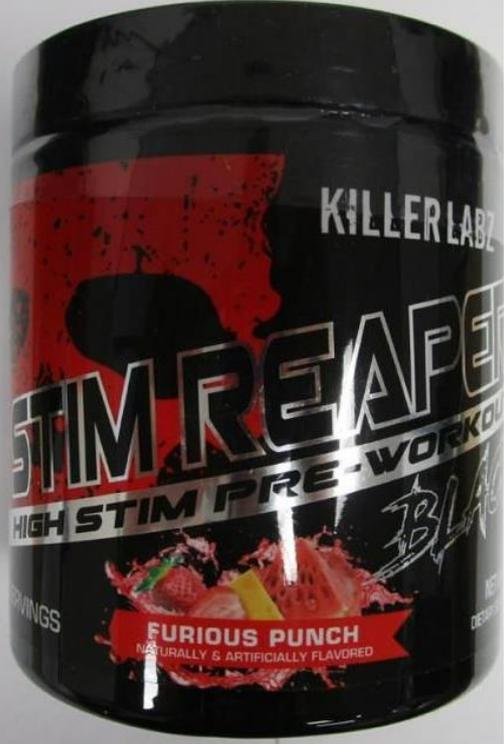
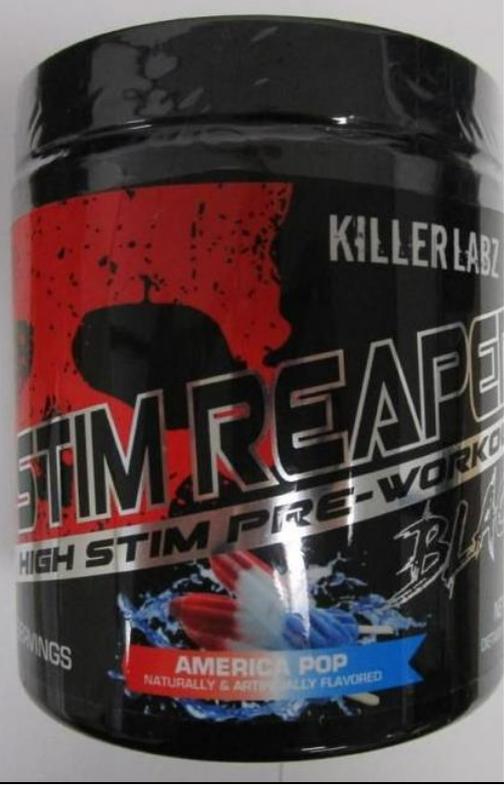
Note: There may be different versions or variants of the products listed below. You are advised to consult your doctor or pharmacist if you are unsure of any health product you intend to use, or if you need help for your acute and chronic medical symptoms and conditions

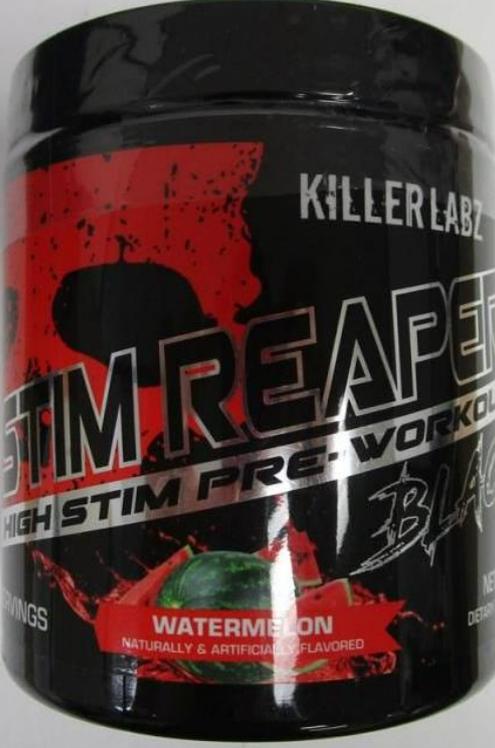
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Arize		Tadalafil or Nortadalafil (PDE-5 inhibitors)	Health Canada
Black Panther		Yohimbe	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Blue Rhino Super Long Lasting Extreme 1000K</p>		<p>Sildenafil (PDE-5 inhibitor)</p>	<p>Health Canada</p>
<p>Brilliant Skin Essentials Brilliant Rejuv Set</p>		<p>Hydroquinone and Tretinoin</p>	<p>Health Canada</p>
<p>Brilliant Skin Essentials Brilliant Rejuv Topical Solution (Toner)</p>		<p>Hydroquinone and Tretinoin</p>	<p>Health Canada</p>

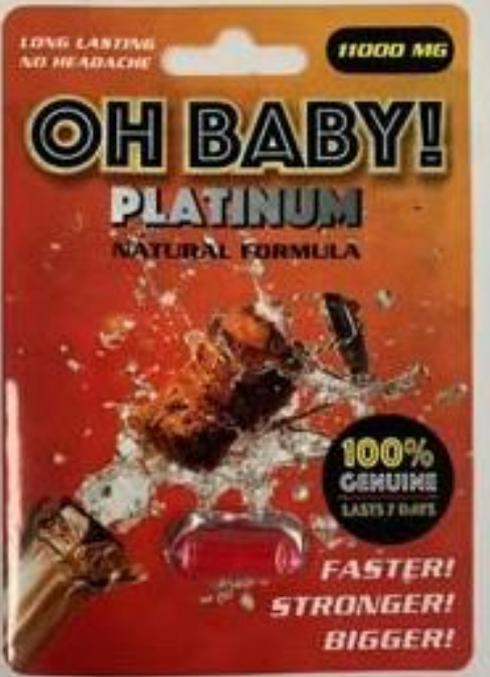
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Brilliant Skin Essentials Rejuvenating Facial Toner		Hydroquinone and Tretinoin	Health Canada
Flashhskinzz Moist Sunscreen		Mercury	Malaysia National Pharmaceutical Regulatory Agency

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Gold Lion Honey		Sildenafil (PDE-5 inhibitor)	Health Canada
Iron Brothers Supplements Thermo Burn		Yohimbine	Health Canada

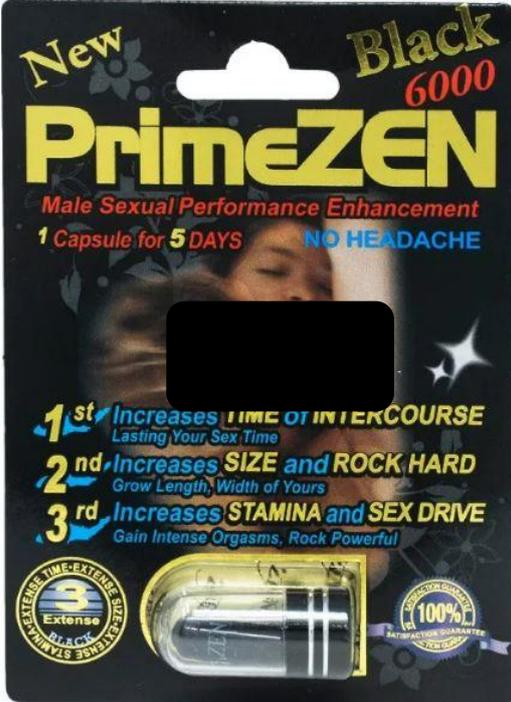
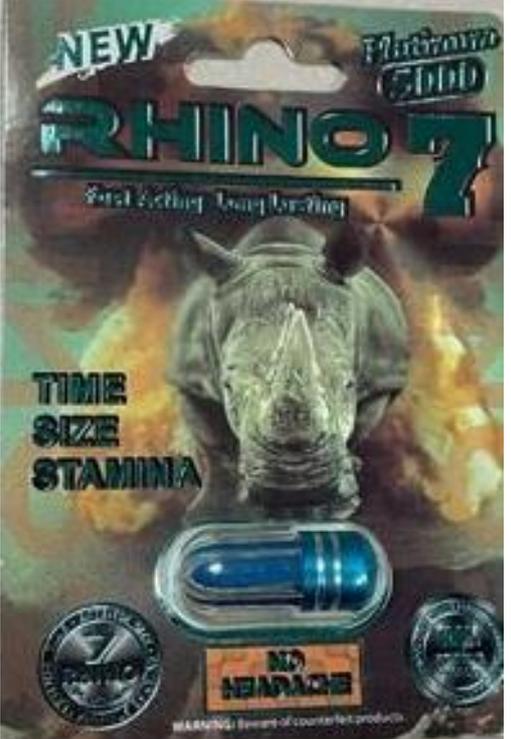
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Killer Labz Stim Reaper – Furious Punch</p>		<p>Rauwolscine</p>	<p>Health Canada</p>
<p>Killer Labz Stim Reaper – American Pop</p>		<p>Rauwolscine</p>	<p>Health Canada</p>

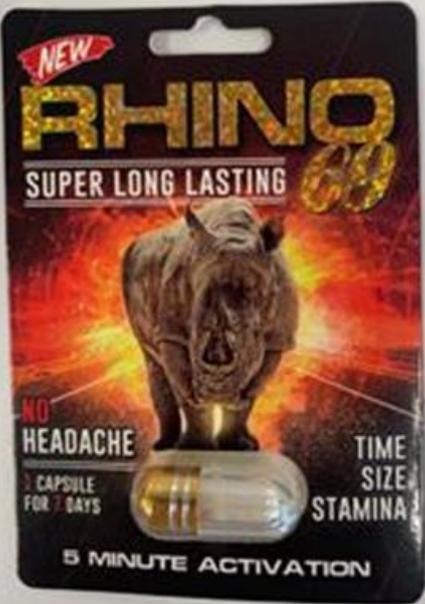
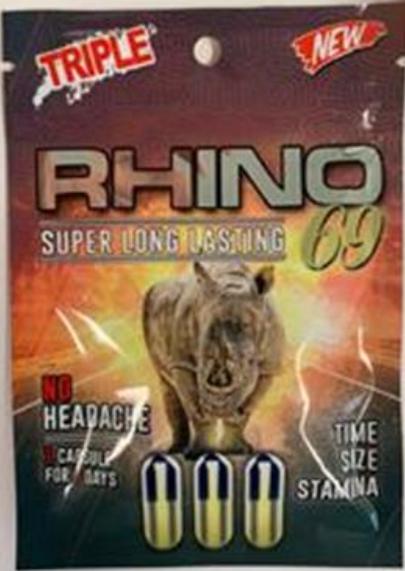
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Killer Labz Stim Reaper – Blue Raspberry		Rauwolscine	Health Canada
Killer Labz Stim Reaper – Watermelon		Rauwolscine	Health Canada

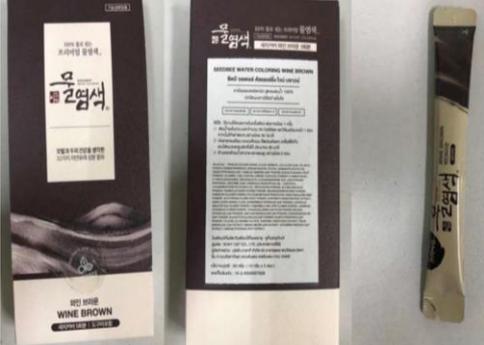
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Mielle Professional Blondie Anne Treatment Color Cream 9NY (Navy)</p>		<p>m-Phenylenediamine</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
NutriFitt Serum Pre Workout		Rauwolfia and Yohimbine	Health Canada
Oh Baby! Platinum		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Pink Pussycat		Hydroxythiohomosildenafil (PDE-5 inhibitor)	Health Canada
Pink Pussycat Honey		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>PrimeZen Black 6000</p>		<p>Sildenafil and Tadalafil (PDE-5-inhibitors)</p>	<p>United States Food and Drug Administration</p>
<p>Rhino 7 Platinum 5000</p>		<p>Sildenafil (PDE-5 inhibitor) and Yohimbe</p>	<p>Health Canada</p>

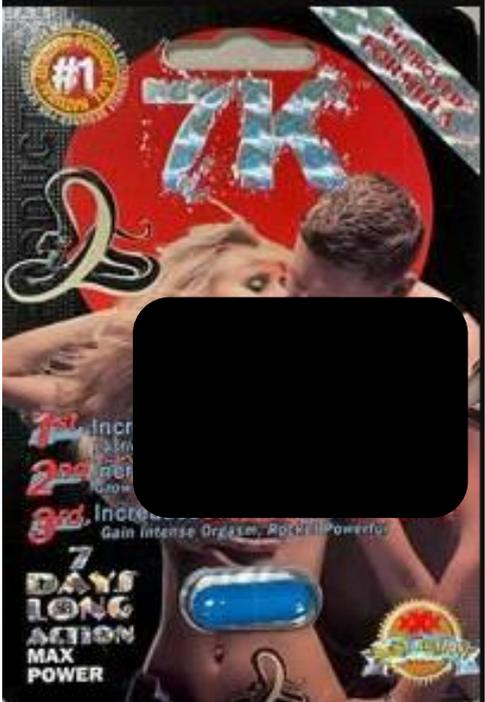
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 69		Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino 69 (Triple)		Sildenafil (PDE-5 inhibitor)	Health Canada

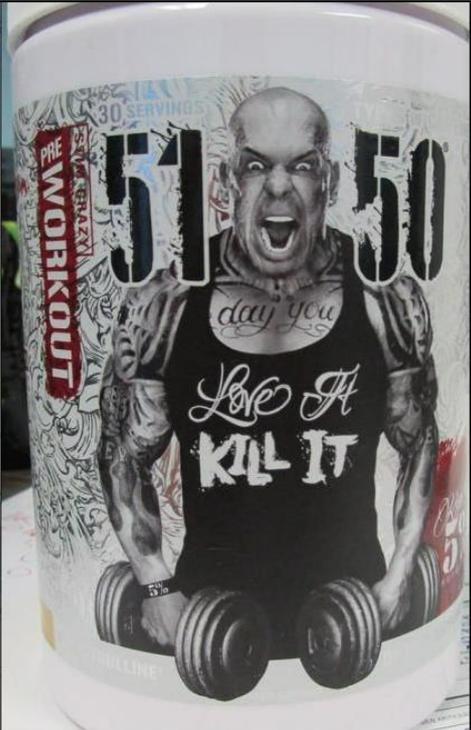
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 70000		Sildenafil (PDE-5 inhibitor)	Health Canada
SEEDBEE Water Coloring Medium Brown		o-Aminophenol	Thailand Food and Drug Administration
SEEDBEE Water Coloring Wine Brown		o-Aminophenol	Thailand Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Serene Treatment Cream		Mercury	Malaysia National Pharmaceutical Regulatory Agency
SL Two Kunyit		Betamethasone and Mercury	Malaysia National Pharmaceutical Regulatory Agency
SL Two Sarang Burung		Betamethasone, Hydroquinone and Tretinoin	Malaysia National Pharmaceutical Regulatory Agency
SL Two Kunyit		Betamethasone and Mercury	Malaysia National Pharmaceutical Regulatory Agency

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
SL Two Sarang Burung		Betamethasone, Hydroquinone and Tretinoin	Malaysia National Pharmaceutical Regulatory Agency
Soloco		Tadalafil (PDE-5-inhibitor)	Hong Kong Department of Health
Tempias Hawa Master Recovery Skin Rskin		Mercury	Malaysia National Pharmaceutical Regulatory Agency

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
VIP GO Rhino 69K		Yohimbe	Health Canada
7K		Yohimbe	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
7K Max Power		Yohimbe	Health Canada
3800 Hard Rock		Tadalafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
5150 Stim Crazy Pre Workout		Rauwolfia	Health Canada

Annex B

The possible side effects of the potent ingredients

o-Aminophenol

o-Aminophenol is a chemical that is not allowed to be present in hair dyes or hair colouring products. It can cause skin allergies and eye irritation, and potentially serious eye damage. Acute toxicity can occur when ingested orally or inhaled, causing asthma symptoms, or breathing difficulties. Damage to the kidneys may occur through prolonged or repeated exposure.

Betamethasone

Betamethasone is a potent steroid that is usually prescribed for inflammatory conditions, and it 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).

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.

m-Phenylenediamine

m-Phenylenediamine is a chemical that is not allowed to be present in cosmetic products, including hair dyes and hair colouring products. It is harmful if inhaled, swallowed or absorbed through the skin, causing irritation of the eyes, skin, mucous membrane and respiratory tract. Other symptoms of exposure include headache, dizziness, mental confusion, dermatitis, skin sensitization reactions, cyanosis and bronchial asthma. Eye contact may cause blurring of vision, conjunctivitis and swelling of the eye. Long-term exposure may lead to more serious symptoms such as methemoglobinemia, kidney and liver damage.

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.

Rauwolfia / Rauwolscine

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*.

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 / 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.