



HSA updates on products found overseas that contain potent ingredients (January 2024)

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators in January 2024 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

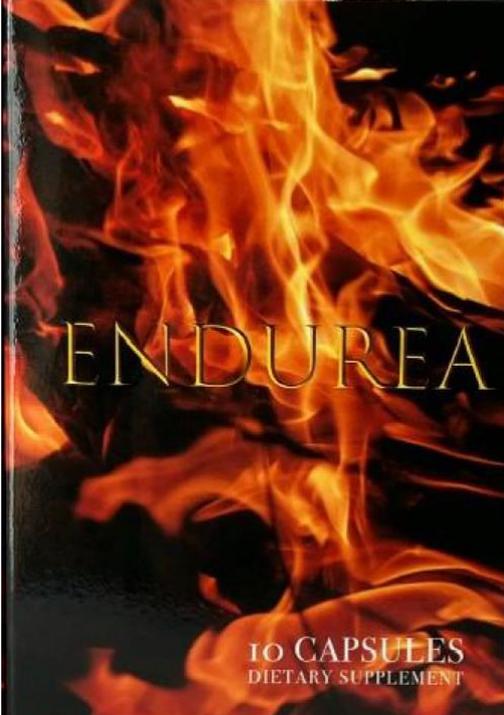
List of Products

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	 <p>The image shows the packaging for Arize, a herbal dietary supplement. The box is dark with the brand name 'Arize' in large, stylized red letters. Below it, the tagline reads 'For a Rise That's HARD to Forget'. At the bottom, it specifies 'Herbal Dietary Supplement 10 Capsules'.</p>	Nortadalafil (PDE-5 inhibitor)	United States Food and Drug Administration
Artri King	 <p>The image shows the packaging for Artri King, a joint supplement. The box is yellow and blue, featuring a hand holding a joint. Text on the box includes 'Artri King', 'Omega 3', and '900 TABLETS'. It also lists ingredients like Glucosamine, Chondroitin, and MSM.</p>	Dexamethasone, Diclofenac and Phenolphthalein	Australian Therapeutic Goods Administration
<p>บียอน ไวท์เทนนิ่ง ครีม BEYOND WHITENING CREAM</p>	 <p>The image shows four items related to Beyond Whitening Cream: a box of 'Beyond WHITENING CREAM', a box of 'Beyond WHITENING CREAM' with Thai text, a tube of cream, and a box of cream.</p>	Mercury	Thailand Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Bullblood tablets		Sildenafil (PDE-5 inhibitor)	Australian Therapeutic Goods Administration
Chilli Day Cream		Betamethasone and Mercury	Thailand Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Chilli Night Cream		Betamethasone and Mercury	Thailand Food and Drug Administration
Commander Stamina Time tablets		Tadalafil (PDE-5 inhibitor)	Australian Therapeutic Goods Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Daisy BEAUTY RICH		Mercury	Thailand Food and Drug Administration
Daisy BEAUTY RICH		Mercury and Retinoic acid	Thailand Food and Drug Administration
ENDUREA		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Excite for her tablets		Sildenafil (PDE-5 inhibitor)	Australian Therapeutic Goods Administration
ForeverMen		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Labskin ACTIVELHITE White Cream Secret Recipe ไวท์ ครีม ซีเครีท เรซีพี (ครีมขาวสูตรลับ)</p>		<p>Betamethasone</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Labskin white Cream secret Resipe ไวท์ ครีม ซีเคร็ท เรซิพี (ยาเร่งขาว)</p>		<p>Mercury</p>	<p>Thailand Food and Drug Administration</p>
<p>LADY GOLD (Blue jar lid with yellow cream)</p>		<p>Betamethasone, Hydroquinone, Mercury and Retinoic acid</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
<p>LADY GOLD (Gold jar lid with orange cream)</p>		<p>Betamethasone and Mercury</p>	<p>Thailand Food and Drug Administration</p>

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

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>MEYYONG RA เหมยหยง อาร์โอ ครีมสมุนไพรสาทร์ าย (SEAWEED) SUPER WHITENING DAY CREAM เดย์ ครีม NIGHT CREAM ในท์ ครีม MOISTURIZER CREAM มอยส์เจอไรเซอร์ ครีม</p>		<p>Hydroquinone, Mercury and Retinoic acid</p>	<p>Thailand Food and Drug Administration</p>
<p>MEIYONG ฝาสีเขียว (Green jar lid with green cream)</p>		<p>Betamethasone and Mercury</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>MEIYONG ฝาสีชมพู (Pink jar lid with yellow cream)</p>		<p>Betamethasone</p>	<p>Thailand Food and Drug Administration</p>
<p>MEIYONG ฝาสีน้ำเงิน (Blue jar lid with yellow cream)</p>		<p>Hydroquinone and Retinoic acid</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>MEIYONG ฝาสีเขียว (Green jar lid)</p>		<p>Mercury</p>	<p>Thailand Food and Drug Administration</p>
<p>MEIYONG ฝาสีน้ำเงิน (Blue jar lid)</p>		<p>Hydroquinone and Retinoic acid</p>	<p>Thailand Food and Drug Administration</p>
<p>MEIYONG ฝาสีชมพู (Pink jar lid)</p>		<p>Mercury</p>	<p>Thailand Food and Drug Administration</p>
<p>MEIYONG ฝาสีเขียว (Green jar lid)</p>		<p>Betamethasone and Mercury</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>MEIYONG ฝาสีชมพู (Pink jar lid)</p>		<p>Betamethasone and Mercury</p>	<p>Thailand Food and Drug Administration</p>
<p>MEIYONG ฝาสีน้ำเงิน (Blue jar lid)</p>		<p>Betamethasone and Retinoic acid</p>	<p>Thailand Food and Drug Administration</p>
<p>MEYYONG RA เหมยหยง อาร์โอ ครีมสมุนไพรสำหรับ (SEAWEED) EXTRA WHITENING & FACE LIFT MOISTURIZER CREAM มอยส์เจอไรเซอร์ ครีม</p>		<p>Betamethasone, Mercury and Retinoic acid</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>MEYYONG RA เหมยหยง อาร์โอ ครีมสมุนไพรสำหรับ (SEAWEED) EXTRA WHITENING & FACE LIFT MOISTURIZER CREAM มอยส์เจอไรเซอร์ ครีม</p>		<p>Betamethasone and Mercury</p>	<p>Thailand Food and Drug Administration</p>
<p>MEYYONG RA เหมยหยง อาร์โอ ครีมสมุนไพรสำหรับ (SEAWEED) SUPER WHITENING DAY CREAM เดย์ ครีม NIGHT CREAM ในที่ ครีม MOISTURIZER CREAM มอยส์เจอไรเซอร์ ครีม</p>		<p>Betamethasone, Hydroquinone, Mercury and Retinoic acid</p>	<p>Thailand Food and Drug Administration</p>
<p>Mhor Yanhee (Green box)</p>		<p>Betamethasone, Hydroquinone and Mercury</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
<p>Mhor Yanhee (Gold jar lid with green cream)</p>		<p>Betamethasone and Mercury</p>	<p>Thailand Food and Drug Administration</p>
<p>Mhor Yanhee (Gold jar lid with light yellow-white cream)</p>		<p>Betamethasone and Hydroquinone</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Mhor Yanhee (Gold box)		Betamethasone, Hydroquinone, Mercury and Retinoic acid	Thailand Food and Drug Administration
Mhor Yanhee (Brown jar lid with light orange-white cream)		Mercury	Thailand Food and Drug Administration

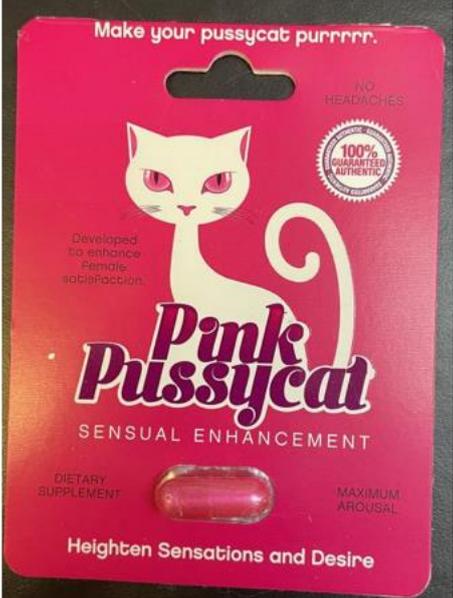
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Mhor Yanhee (Brown jar lid with light yellow-white cream)		Betamethasone, Hydroquinone and Retinoic acid	Thailand Food and Drug Administration
Mhor Yanhee (Pink box)		Betamethasone, Hydroquinone and Mercury	Thailand Food and Drug Administration
Mhor Yanhee (Light yellow jar lid with pink cream)		Mercury	Thailand Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
<p>Mhor Yanhee (Light yellow jar lid with light yellow cream)</p>	 	<p>Betamethasone and Hydroquinone</p>	<p>Thailand Food and Drug Administration</p>
<p>Mhor Yanhee (Purple box) (within the box, there is a light red jar lid with light pink cream)</p>		<p>Mercury</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
<p>Mhor Wutti sak 3 (Green jar lid with green cream)</p>		<p>Mercury</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Mhor Wutti sak 4 (Green jar lid with light yellow cream)</p>		<p>Betamethasone, Hydroquinone and Mercury</p>	<p>Thailand Food and Drug Administration</p>
<p>Mhor Yanhee (Blue jar lid with orange cream)</p>		<p>Betamethasone and Mercury</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
<p>Mhor Yanhee (Blue jar lid with clear white cream)</p>		<p>Hydroquinone and Retinoic acid</p>	<p>Thailand Food and Drug Administration</p>

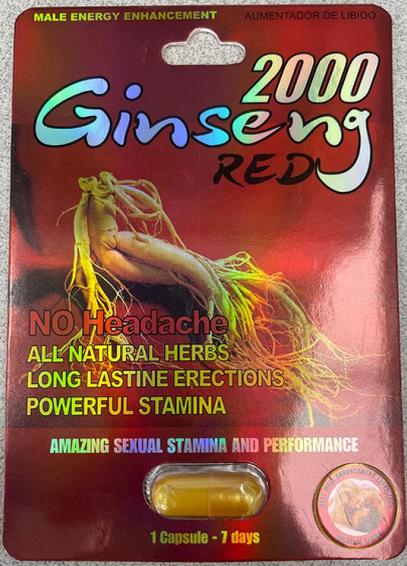
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
Pink Pussycat		Hydroxythiohomo sildenafil (PDE-5 inhibitor)	Health Canada
Polla GOLD SUPER WHITE PERFECTS		Betamethasone and Mercury	Thailand Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Polla Anti-Acne Cream		Mercury	Thailand Food and Drug Administration
Polla Anti-Melasma Cream		Mercury	Thailand Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Premier Love Gold 22000		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Rhino 7 Platinum 5000		Sildenafil (PDE-5 inhibitor)	Health Canada
Seraphim Z		Sildenafil (PDE-5 inhibitor)	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
SnowWhite Armpit Whitening Underarm Cream		Betamethasone and Mercury	Thailand Food and Drug Administration
Throb Herbal supplement tablets		Vardenafil (PDE-5 inhibitor)	Australian Therapeutic Goods Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>U NICE ไอท์ เทนนิ่ง ครีมสิว- ฝ้า ไซท์โฟผสมน้ำผึ้ง</p>		<p>Mercury</p>	<p>Thailand Food and Drug Administration</p>
<p>U NICE ครีมฝ้า น้ำนมข้าวผสมโยเกิร์ต</p>		<p>Mercury</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
88 Whitening Night Cream		Betamethasone and Mercury	Thailand Food and Drug Administration
2000 Ginseng Red		Sildenafil (PDE-5 inhibitor)	Health Canada

Annex B

The possible side effects of the potent ingredients

Betamethasone and Dexamethasone

Betamethasone 17-Valerate 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.

Diclofenac

Diclofenac is a potent painkiller and may potentially cause cardiovascular events such as heart attacks and strokes, as well as serious gastric bleeding, when used for a prolonged period. It should be used under close medical supervision, especially in patients with underlying heart conditions, stomach bleeding and ulceration.

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.

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 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.

Retinoic acid

Retinoic acid, also known as tretinoin or isotretinoin, 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 retinoic acid could lead to side effects such as redness and peeling of skin.