



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

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators in March 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)
2000 Ginseng Red		Sildenafil (PDE-5 inhibitor)	Health Canada
2009 (NINETEEN COSMATICS)		Betamethasone Hydroquinone, Retinoic acid, Mercury	Thailand Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
3800 Hard Rock		Tadalafil (PDE-5 inhibitor)	Health Canada
88 TOTAL WHITE UNDERARM CREAM		Betamethasone, Clobetasol, Mercury	Thailand Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
	 <p>The first image shows the back of a box with Thai text and a barcode. The second image shows the lid of a jar with the '88' logo and 'TOTAL WHITE LINTECAM CREAM' text. The third image shows the jar itself.</p>		
ALPHASTRIP	 <p>The image shows a box for 'ALPHASTRIP MALE PERFORMANCE ENHANCER'. It features a male symbol logo and text: 'THE FASTEST-ACTING SUBLINGUAL', '7X FASTER THAN PILL', 'IMPROVE 4 TIMES SIZE & STAMINA', 'VEGAN', 'SUGAR FREE', and 'GLUTEN FREE'.</p>	Sildenafil and/or Tadalafil (PDE-5 inhibitors)	US Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
<p>NYLADY / Peachy (Eyeshadow Palette)(01)</p>		<p>Lead</p>	<p>Myanmar Department of Food and Drug Administration</p>
<p>baschi / Whitening Cream</p>		<p>Mercury</p>	<p>Myanmar Department of Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
Black Mamba Premium		Yohimbe	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Black Panther		Yohimbe	Health Canada
Bravo for Him		Desmethyl carbodenafil, Dithiodesmethyl carbodenafil, Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Flower Power		Sildenafil and/or Tadalafil (PDE-5 inhibitors)	US Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
<p>GREEN LAB WHITE COCKTAIL OVERNIGHT</p>		<p>Mercury</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Ginseng Red 2000		Sildenafil (PDE-5 inhibitor)	Health Canada
Glory Cosmetics Facecream		Mercury	National Pharmaceutical Regulatory Agency (NPRA)
Happy ครีมสมุนไพร ไข่มุกผสมบัวหิมะ ผสมน้ำมันข้าว THAI Notification Number 10-1- 6436587		Betamethasone, Clobetasol, Mercury	Thailand Food and Drug Administration



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
<p>Happy ครีมสมุนไพรรักษาผดผื่นแพ้ ไซมุกผสมบัวหิมะ ผสมน้ำมันข้าว THAI Notification Number 10-1-5277021</p>		<p>Betamethasone, Clobetasol, Mercury</p>	<p>Thailand Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Happy ครีมสมุนไพรรักษา ไข่มุกผสมบัวหิมะ ผสมน้ำมันข้าว THAI Notification Number 10-1- 5277021</p>		<p>Betamethasone, Clobetasol, Mercury</p>	<p>Thailand Food and Drug Administration</p>
<p>IT'SHUDABUEAT Y/ Glowish Blush POWDER BLUSH</p>		<p>Rhodamine B</p>	<p>Myanmar Department of Food and Drug Administration</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
IU Beauty / Lip Gloss (04)		Rhodamine B	Myanmar Department of Food and Drug Administration
Libigrow XTREME		Sildenafil and/or Tadalafil (PDE-5 inhibitors)	US Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
			
<p data-bbox="236 1272 416 1339">Magnum XXL 9800</p>		<p data-bbox="1010 1272 1198 1339">Levodopa and Prasterone</p>	<p data-bbox="1254 1290 1453 1323">Health Canada</p>


Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
MS GLOW – WHITENING LIFTING SERUM		Mercury	Brunei Darussalam Ministry of Health
N Glow EWSB		Betamethasone, Hydroquinone, Tretinoin	National Pharmaceutical Regulatory Agency (NPRA)


Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Polla Platinum</p>		<p>Mercury</p>	<p>Thailand Food and Drug Administration</p>
<p>Rhino 69 Platinum 700K</p>		<p>Sildenafil (PDE-5 inhibitor)</p>	<p>Health Canada</p>

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
<p>Rhino 25 Platinum 25000</p>		<p>Sildenafil (PDE-5 inhibitor)</p>	<p>Health Canada</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)
Rush Hour 72		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Rush Hour Plus		Tadalafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
SILVERBACK		Sildenafil and/or Tadalafil (PDE-5 inhibitors)	US Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Spanish Fly 22,000		Tadalafil (PDE-5 inhibitor)	Health Canada
Stiff Rox		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
The Goat		Sildenafil and/or Tadalafil (PDE-5 inhibitors)	US Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
	 <p>THE GOAT MALE ENHANCEMENT SUBLINGUAL STRIP</p> <p>LONGER STRONGER HARDER BETTER</p> <p>FASTEST ACTING IN 5-10 MIN</p> <p>2 PACK</p> <p>BE THEIR GREATEST OF ALL TIME</p> <p>SIZE, STAMINA, PERFORMANCE</p> <ul style="list-style-type: none"> • Works in as fast as 5-10 min • Prolong time of intercourse • Rock-solid erection • Helps intensify orgasm • No prescription necessary • No side effect, No addiction <p>DIRECTION SLIP ONE STRIP UNDERNEATH YOUR TONGUE 5-10 MINUTES PRIOR TO SEXUAL ACTIVITY. EFFECTS ARE NORMALLY ACTIVE ONLY WHEN STIMULATED.</p> <p>SUBLINGUAL GOES DIRECTLY INTO THE BLOOD STREAM FOR FASTER ACTING AND BETTER RESULTS! BE THEIR GOAT.</p> <p>THE GOAT DISTRIBUTED BY HOMBRES LLC 130 MCCORMICK AVE SUITE 105, COSTA MESA, CA 92626</p> <p>BE THEIR GREATEST OF ALL TIME</p>		

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Toner Treatment EWSB		Hydroquinone and Tretinoin	National Pharmaceutical Regulatory Agency (NPRA)
Unknown Slimming Product with Korean name		Sibutramine	HK Department of Health
Victorious		Hydroxythiohomo sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Y - CID / DIAMOND METEOR Eye shadow Ball (03)		Rhodamine B	Myanmar Department of Food and Drug Administration

Annex B

The possible side effects of the potent ingredients

Betamethasone

Betamethasone is a potent steroid. 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).

Clobetasol propionate

Clobetasol propionate is a potent steroid that is usually prescribed for inflammatory conditions and should only be used under strict medical supervision. Common side effects include skin irritation, pimples, redness and dry skin. Long term use without medical supervision can cause an increased risk of infections, allergic reactions and Cushing's syndrome (characterised by the appearance of round face or 'moon face' and upper body obesity with thin limbs).

Dehydroepiandrosterone (DHEA) – also known as Prasterone

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.

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.

Lead

Lead is a toxic substance and poisoning can occur when it builds up in the body, often over months or years. It can cause long-term harm including kidney damage and increased risk of high blood pressure.

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.

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.

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.

Tretinoin/ Isotretinoin/ Retinoic acid

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 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.