

HSA updates on products found overseas that contain potent ingredients (January 2025)

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators in January 2025 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)
A DHA Beauty Care Day Cream	BEAUTY CARE Day LIEBS BEAUTY CARE Day Cream BEAUTY CARE Day Cream BEAUTY CARE Day Cream	Mercury	Indonesia Food and Drug Authority
A DHA Beauty Care Night Cream	3-DHA BEAUTY CARE Night Cream BEAUTY CARE Night Cream	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Adhe_Beauty care Cream Malam	CREAM ADHE_BEAUTYCARE —MALAM	Mercury	Indonesia Food and Drug Authority
Adhe_Beauty care Cream Siang	CREAM ADIIE BEAUTYCARE SIANG	Mercury	Indonesia Food and Drug Authority
Baby Gold Beauty Day Cream	Tray's data and tray's data an	Mercury	Indonesia Food and Drug Authority
Baby Gold Beauty Night Cream	BANK STATE OF THE	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Balleza Skincare Night Cream	B. C.	Mercury	Indonesia Food and Drug Authority
Beauty Glow Platinum Triple 3	GEAW SLOW PLATINUM TRIPEL 3 AND SKINGER SKINGE	Hydroquinone	Indonesia Food and Drug Authority
Black Horse Vital Honey	BLACK HORSE WITAL HONEY CANADA SHARM SHARW SHARM SHARW SHA	Sildenafil and Tadalafil (PDE-5 Inhibitors)	Swissmedic

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Body Whitening Platinum		Hydroquinone	Indonesia Food and Drug Authority
Booster Glow Beauty Skin Day	Booster Glow Beauty Skut	Mercury	Indonesia Food and Drug Authority
BOOSTER UP Dazzling Lumina Night Cream	Base 19 BZZING CRANKA BZZING CRANKA SACTOR CRANK	Hydroquinone	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
BRD Racikan Cream Flek Dokter	And Remarkation Sales Red Prince and Annual Sales Red Prince Reactions Dokter States Sales Flore Reactions Dokter Sales Flore Reactio	Mercury	Indonesia Food and Drug Authority
CASANDRA Eye Brow Pencil (Brown)	C10 18 triglycerides, Lanolin, Cetyl Alcohol, Stearic Acid Ceresin, Titanium Dioxide, Beeswax, Paraffinum Liquidum	Lead	Indonesia Food and Drug Authority
Citra Day & Night Cream	Citra Fig. 19th 10 Server server CROM Fig. 19th 10 Server server CROM Fig. 19th 10 Server server crown Fig. 19th 10 Server crow	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Clariderm Day & Night Cream	CLARIDERM Day A Night Gream 2 in 1	Mercury	Indonesia Food and Drug Authority
CLB Body Lotion Extra Whitening	CLUB SECTION COST PRINT STATE OF STATE	Mercury	Indonesia Food and Drug Authority
CLB Glow Skincare All In One Cream	GCB GLOW SKINCARE Piles and office of the second of the se	Mercury	Indonesia Food and Drug Authority
CR Cream Paket Night Cream	CER MIGHT	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
CR Day Cream with Vitamin E	32 32 32	Mercury	Indonesia Food and Drug Authority
CR Racikan Ling Zhi Day Cream with Vitamin E	DAY CHAIR DAY CHAIR DAY CHAIR DOS CHAIR TOTAL Sent Selfre Rain No Pour O 11 vite find Rective Agrid Jahl	Mercury	Indonesia Food and Drug Authority
CR Racikan Ling Zhi Night Cream with Vitamin E	**Sparson to the state of the s	Mercury	Indonesia Food and Drug Authority
CR Toner	Manfael Toner CR: Menghilangkan Asrawat, Menghuangi Bekas Jerawat, Mancerahtan Kulit wajah, Mengurangi bintik Hitam mengancanghan mengancanghan Kerutan.	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
CR U.V. Whitening Day Cream with Vitamin E	Manual Tempyamarkan noda hara tempahan hara menyamarkan noda hara tempahan hara menyamarkan noda hara tempahan hara menganan hasi dari seri tempakan pela-bora menganan hasi dari seri tempakan pela-bora menganan hasi dari seri tempakan pela penjaman hara seri seri seri seri seri seri seri seri	Mercury	Indonesia Food and Drug Authority
CR U.V. Whitening Night Cream with Vitamin E	When the year size and a final stage of the size of th	Mercury	Indonesia Food and Drug Authority
Cream HN Malam	MALAM	Mercury	Indonesia Food and Drug Authority
Cream HN Siang	SIANG	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Cream Super Glowing Night	COOI/LEK Access Surface Acce	Hydroquinone	Indonesia Food and Drug Authority
Diamond Cream Whitening & Anti Acne	Construction of the second of	Mercury	Indonesia Food and Drug Authority
Dinda Skincare Bibit Pemutih	Bibit 3	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Dinda Skincare Day Cream DN (Paket Glowing)	DIV.	Mercury	Indonesia Food and Drug Authority
Dinda Skincare Vitamin Wajah Glowing	Glowing	Mercury	Indonesia Food and Drug Authority
Dinda Skincare Whitening Cream	Obindas Solution of the Cream Cream	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Dinda Super Cream	GLI PENARAIAN : BRID Jam Birk International Property of the Conference of the Confer	Mercury	Indonesia Food and Drug Authority
Dokter White Whitening Cream	WHITE WEIL WILL STORY	Mercury	Indonesia Food and Drug Authority
Dr. Gold Super Quality SPF 30		Mercury	Indonesia Food and Drug Authority
Eczevandia BabyCream	ONUCARE 東東康 ECZEVANCIA DE NOCARE 東東康 ONUCARE 東東 ONUCARE 東東康 ONUCARE 東東 ONUCARE 東 ONUCARE P ONUCARE P ONUCARE P ONUC	Mometasone	Hong Kong Department of Health

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Eczevandia Cream	Eczevandia Cream Cream Cream EZEVANDIA EZEVANDIA Cream B EZEVANDIA Cream B EZEVANDIA CREAM B EZEVANDIA CREAM	Miconazole and Mometasone	Hong Kong Department of Health
Erfast Day Cream	DAY CHEAM Nesso 12.7 p	Mercury	Indonesia Food and Drug Authority
Erfast Extra Cream	ERFAST] EXTRA CREAM Netto: 3 p	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Erfast Extra Toner	ERFAST EXTRA TONER	Mercury	Indonesia Food and Drug Authority
Erfast Night Cream	NIGHT CREAM Nessee: 12.5 gs	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Esther Bleaching Cream A	ESTILET Breating Bream	Mercury	Indonesia Food and Drug Authority
Esther Bleaching Cream B	ESTHER Bleaching Gream (3)	Mercury	Indonesia Food and Drug Authority
Esther Whitening Cream M	ESTHER Whitening Cream Whitening Cream Company Cr	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Esther Whitening Cream S	ESTHER Whitening Cream S	Mercury	Indonesia Food and Drug Authority
Fair & Lovely Night Cream	MITEMAG CREAM MUITING CREAM CONTROL OF THE CONTROL	Mercury	Indonesia Food and Drug Authority
Farma Skincare Whitening Day Cream	Sagma Skincare Whitesing Bay Cream	Retinoic acid	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Fass Glow Day Cream	FCSS- GCCU DAY CREAM	Mercury	Indonesia Food and Drug Authority
Galau Day Cream	Galan Skin	Mercury	Indonesia Food and Drug Authority
Galau Night Cream	GALAU SKIN SKIN NIGHT CREAM	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
HB Glow Platinum Super Dosting Pink	Hand Body Malam Super Triple Dosis Planning	Mercury	Indonesia Food and Drug Authority
Herbal Plus New, Day & Night Cream	HERBAL PLUS Day & Night Cream	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Jlfara Seaweed	WHITE GLUTA' HORSE GLUTA' HORSE LARA Saweed Night Cream	Mercury	Malaysia National Pharmaceutical Regulatory Agency
KKK Sp Pearl Cream	Pearl Cream RKK Pearl Cream RKK Rearl Cream RKK REARL Rearl Cream RKK REARL	Mercury	Indonesia Food and Drug Authority
KLT Krim Malam	Grand Control of the	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
KM 1 Cream	© KRIM MALAM I	Mercury	Indonesia Food and Drug Authority
Labella Day Cream	La Bella Notice to trong series The Bella	Mercury	Indonesia Food and Drug Authority
Labella Night Cream	La Bella Manue de la Persona d	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Lasona Skin Care Daily Cream	LASONA Skin Care DAY CREAM C 20ml LASONA Skin Care DAY CREAM PAY CREAM C 20ml	Mercury	Indonesia Food and Drug Authority
Lasona Skin Care Night Cream	LASONA Skin Care NIGHT CREAM © 20ml LASONA Skin Care NIGHT CREAM Skin Care MIGHT CREAM © 20ml	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
LB Collagen +DNA Salmon Night Whitening Glow	Collagen +DNA SALMON Kegunaan Skin Care yang Junakan agar terjaga kelen Dapan Salebih cerah bersin T. dan nempi	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
LC Beauty Luxury Day Cream	Luxury Day Cream Whitening & Moisturize Cream	Mercury	Indonesia Food and Drug Authority
LC Beauty Luxury Night Cream	Luxury Night Cream Glowing Booster	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
LC Beauty Ultra Toner Whitening	Ultra Toner Whitening Manual Property of the Control of the Contro	Hydroquinone and Retinoic acid	Indonesia Food and Drug Authority
Lien Hua Day Cream (Bunga Teratai)	To produce I continue to the place of points in the production of the points of the point of the points of the point of the points of the poin	Mercury	Indonesia Food and Drug Authority
Lien Hua Krim Pagi Siang Cream Merah / Pot Plastik	Dirodukai oleh: Timu Birodukai oleh: Timu	Mercury	Indonesia Food and Drug Authority
Lien Hua Night Cream (Bunga Teratai)	Moreover the second sec	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
LT Glow Fleck Solution Whitening	FLECK SOLUTIONS ALAN PENSTRUM FAST IN THE STATE OF THE	Hydroquinone and Retinoic acid	Indonesia Food and Drug Authority
LT Glow Night Cream	NIGHT CREAM Whitening	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Malebbi Cosmetics Face Toner	MALEBBI COSMETICS Frace Toner	Retinoic acid	Indonesia Food and Drug Authority
Malebbi Cosmetics Kromosom Diamond Brightening Body lotion	MALE BBI COSMETICS Kromosom ()iamond Brightening Body Lotion Melembabkan Dan Mencerahkan Kulit Isi:250g	Mercury	Indonesia Food and Drug Authority
Marigold Whitening Glow Night Cream	MARIGOLD Noti Cream C	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Max Slim 7 Days	The state of the s	Sibutramine	Swissmedic
Natural 99 Vitamin E Jingga / Pot Plastik	NATURAL 9 Natural Vitamin Expos 20080100	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Natural 99 Vitamin E Putih / Pot Plastik	WRAL 99® WRAL 99® WRAL 99® WRAL 99® WRAL 99® WARLINGTON	Mercury	Indonesia Food and Drug Authority
Neo Ljk Clear Pore Cream	FIGURE DIENTS White the same of the transport of the same of t	Retinoic acid	Indonesia Food and Drug Authority
New Placenta Pemutih Day Cream	PSALASTRE PLACENTA Day Cream M. Advanced PLACENTA-CARE For skot whitering & anti-iging	Mercury	Indonesia Food and Drug Authority
New Special 99 Black	Racikan & Vitamin E Racikan & Vitamin E AGU Cand unda danas Jones And Aguar Agua	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Night Cream SPC 0.05	SPC 0.05 OBAT LUAR SPC 0.05 OBAT LUAR	Hydroquinone and Retinoic acid	Indonesia Food and Drug Authority
NRL Cosmetic Premium Day Cream	NRL PROGRAM DAY CREAM Source	Hydroquinone	Indonesia Food and Drug Authority
NRL Cosmetic Premium Night Cream	NELL PREMIUM NIGHT CREAM	Hydroquinone	Indonesia Food and Drug Authority
NRL Kosmetik Acne Series, Day Skincare Cream	PACKAGE REGULER REGULE	Mercury	Indonesia Food and Drug Authority
NRL Kosmetik Acne Series, Night Skincare Cream	RECEIPER RECUIER RECUIER RECUIER	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
NRL Kosmetik Flek Series, Day Skincare Cream	PACKAGE REGULER THE STREET ST	Mercury	Indonesia Food and Drug Authority
NRL Kosmetik Flek Series, Night Skincare Cream	PACKAGE REGULER REGULER REGULER REGULER REGULER REGULER REGULER REGULER REGULER	Mercury	Indonesia Food and Drug Authority
NRL Kosmetik Glowing Series, Day Skincare Cream	President of the Control of the Cont	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
NRL Kosmetik Glowing Series, Night Skincare Cream	NRL Kesmetik SIGHT WASN	Mercury	Indonesia Food and Drug Authority
NRL Toner	Toner SITING & EXFOLIATS PARSER, Merryhalussan in Papagkat Sei Kulit Man	Hydroquinone	Indonesia Food and Drug Authority
Pelicin Premium Crystal With Extra Liposome	PLUCIN PRODUCED OF THE OWN AND AND AND AND AND AND AND AND AND AN	Hydroquinone and Retinoic acid	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Pemutih Dokter	PENUTIH DOKTER ASLI OKT OKT OKT OKT OKT OKT OKT OK	Mercury	Indonesia Food and Drug Authority
Pemutih Sejuta Bintang	SUPER Sejuta Bintang Utata Menyharakan Jarawat Menyharakan Jarawa	Mercury	Indonesia Food and Drug Authority
Qianyan	THE TOTOL TO ANYAN STORY	Mercury	Indonesia Food and Drug Authority
Qweena Skincare Night Cream	Qweena Night Cresm	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
RATU GLOW Acne Night Cream Plus	Acre in the second seco	Retinoic acid	Indonesia Food and Drug Authority
RATU GLOW Glowing Night Cream Acne		Retinoic acid	Indonesia Food and Drug Authority
RATU GLOW Night Cream Whitening	The same of the sa	Hydroquinone and Retinoic acid	Indonesia Food and Drug Authority
RATU GLOW Whitening Night Cream	Rand Glow acowing Company Comp	Retinoic acid	Indonesia Food and Drug Authority
Rclinic Gell Booster Pelicin	Gell Miller Bront Passets	Hydroquinone	Indonesia Food and Drug Authority
Rose Cream White & Natural Cream	ROSE White & Natural Cream Kulit tampak putih Moishurizer 30g	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Salep Flek Night New Formula	Salep Flek Night New Formula	Retinoic acid	Indonesia Food and Drug Authority
SBC Night Cream Glowing Shining	STATE SALES AND	Hydroquinone and Retinoic acid	Indonesia Food and Drug Authority
SHERBY'S 2- Side Colors Blush On 03	* Sheppins ** Sheppins Sheppins ** Sheppins Sheppins	Lead	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
	Surens		
SHERBY'S 9 Colors Eyeshadow and Blush On Set 03 (Blush On)	Size Size Size Size Size Size Size Size	Lead	Indonesian Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
SHERBY'S Make Up Kit Brilliant	BELLEVIEW STATE OF THE PROPERTY OF THE PROPERT	Lead	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
SHERBY'S Make Up Kit Dramaqueen		Lead	Indonesia Food and Drug Authority
Spesial Pearl Cream Super	Isi :1 Lusin PEARL CREAM Super	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
SYR Face Toner (Paket Super)	SUR FACE TOHES	Hydroquinone and Retinoic acid	Indonesia Food and Drug Authority
Tabita Daily Cream	Clabric Suppose of the Date Coverage of the Date Co	Mercury	Indonesia Food and Drug Authority
Tabita Glow Daily Cream	LABITAGA CHARACTER DAILY Cream	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Tabita Glow Night Cream	LABITAGIQUE Vehty cross	Mercury	Indonesia Food and Drug Authority
Tabita Nightly Cream	Olahitee Algority Course Nightly Course	Mercury	Indonesia Food and Drug Authority
Tabita Skin Care Smooth Lotion	Tabita Printed the state of th	Hydroquinone	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Toner Pelicin Ekstrak Lemon	TONER PELICIN Ekstrak Lemon	Hydroquinone	Indonesia Food and Drug Authority
Tunjung Biru Glowing Night Cream Flek	GLOWING NIGHT CREAN FLEX POM. 181603002286 GLOWING NIGHT CREAN FLEX POM. 18160300286	Retinoic acid	Indonesia Food and Drug Authority
Uniparco Light up Dark Spots Correcting Serum	10 20 20 30 50 80 70 60 90 00 110 120 130 140 ISO A0 (70 150 190 200 20 220 230 240	Clobetasol and Hydroquinone	Medicines and Healthcare products Regulatory Agency

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Viona Skincare Lightening Day Crema	HATTERIANS AT VIONAL PROPERTY OF THE PARTY O	Mercury	Indonesia Food and Drug Authority
Viona Skincare Lightening Night Cream	NEMFERING Son ASSIGNATION AND	Mercury	Indonesia Food and Drug Authority
Walet Racikan Putih	RACIKAN WALET PUTIH W. Whitening Va. ESC	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Whitening Night Cream (dalam paket NezzMG Cosmetics)	Manager Crown	Hydroquinone	Indonesia Food and Drug Authority
	nezima Basmetics —		

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Zam Zam Toner	Zem-Zam Calc Cal	Hydroquinone and Retinoic acid	Indonesia Food and Drug Authority
Zam Zam Whitening Cream Day Cream	Cam-Zam Whitening Cream MNA 1 Night Cream, Day Cream, Song, Toner Pengelupasan	Mercury	Indonesia Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
	Cam-Zam Whitening Cream MNA 1 Night Cream, Day Cream, Soap, Toner Pengelupasan		
Zam Zam Whitening Cream Night Cream		Mercury	Indonesia Food and Drug Authority

Annex B

The possible side effects of the potent ingredients

Corticosteroids (Clobetasol and Mometasone)

Clobetasol and Mometasone 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.

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 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

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.

Toxic Heavy Metals (Lead and Mercury)

Consumption of excessive amounts of toxic heavy metals such as lead and mercury pose serious health risks and may increase the chance of poisoning. Possible symptoms of arsenic poisoning include vomiting, abdominal pain, diarrhoea, heart-related problems, breathing difficulties and numbness of the limbs. Exposure to high levels of lead may cause anaemia, weakness, and kidney and brain damage. High levels of mercury may cause kidney injury (e.g. protein in urine and oedema) and affect the nervous system (e.g. numbness, tingling, dizziness, forgetfulness, headaches and depression).