

## **HSA updates on products found overseas that contain potent ingredients (March 2025)**

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators in March 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](mailto: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)
3 Slim		Sibutramine	Indonesian Food and Drug Authority
3800 Hard Rock		Tadalafil	Health Canada
Africa Black Ant Platinum		Sildenafil	Indonesian Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
AK Forte		Acetaminophen and Diclofenac	United States Food & Drug Administration
Asam Urat Pegal Linu Cap Bunga Matahari		Paracetamol	Indonesian Food and Drug Authority
Bang Maximum Power		Sildenafil	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Beruang / Beruang Hitam		Sildenafil and Paracetamol	Indonesian Food and Drug Authority
Black Bull Extreme		Sildenafil and Tadalafil	Health Canada
Chang San		Sildenafil	Indonesian Food and Drug Authority
Chang San Black X		Sildenafil and Paracetamol	Indonesian Food and Drug Authority



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Chang SanX		Sildenafil and Paracetamol	Indonesian Food and Drug Authority
FF Slimming Herbal		Amphetamine, Bisacodyl, Fenfluramine, Frusemide, Phenolphthalein and Sibutramine	Indonesian Food and Drug Authority
Gan Mao Tong		Chlorpheniramine	Indonesian Food and Drug Authority
Gatot K-CA		Paracetamol, Sildenafil	Indonesian Food and Drug Authority
Gatot K-CA		Sildenafil	Indonesian Food and Drug Authority







Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Jīn chán qīng xuè zhǐ yǎng wán		Chlorpheniramine	Indonesian Food and Drug Authority
Kalajengking-X (Scorpio-X)		Sildenafil	Indonesian Food and Drug Authority
Kapsul BAPAK Super Greng		Sildenafil	Indonesian Food and Drug Authority
Kapsul Kuat dan Tahan Lama Kuda Arab		Sildenafil	Indonesian Food and Drug Authority
Kayu Lanang Ceng ! Plus		Sildenafil	Indonesian Food and Drug Authority
Libido Super		Paracetamol and Sildenafil	Indonesian Food and Drug Authority



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Madu Lanang		Sildenafil	Indonesian Food and Drug Authority
Magnum Gold 24K		Sildenafil	Health Canada
Magnum XXL 9800		Levodopa, Prasterone	Health Canada
Magnum XXL Platinum 750K		Tadalafil	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Margaritae Cough Capsules		Chlorpheniramine and Promethazine	Indonesian Food and Drug Authority
Miao Jia Zu Dai Fu Yi Jun Ru Gao		Miconazole	Indonesian Food and Drug Authority
New Cobra Mas		Sildenafil and Paracetamol	Indonesian Food and Drug Authority
New Rhino 69 Extreme 500K (1 capsule)		Levodopa and Prasterone	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
New Rhino 69 Extreme 500K (2 capsules)		Levodopa and Prasterone	Health Canada
New Rhino 7 Platinum 900K		Levodopa and Prasterone	Health Canada
Nio Xuang Wan		Dexamethasone, Chlorpheniramine and Cyproheptadine	Indonesian Food and Drug Authority
One man Plus		Sildenafil and Paracetamol	Indonesian Food and Drug Authority

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Pil Gairah		Sildenafil	Indonesian Food and Drug Authority
Plangsing Plakor		Sibutramine	Indonesian Food and Drug Authority
Premium Pro Power 3500		Sildenafil	Health Canada
Rajawali		Dexamethasone, Phenylbutazone	Indonesian Food and Drug Authority
Ramuan Pak Kumis		Sildenafil and Paracetamol	Indonesian Food and Drug Authority

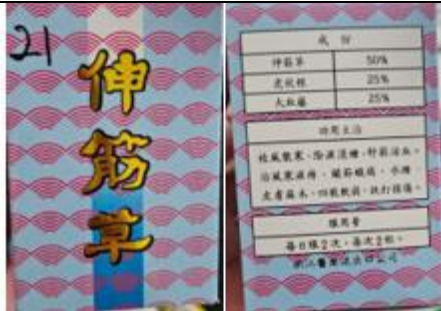







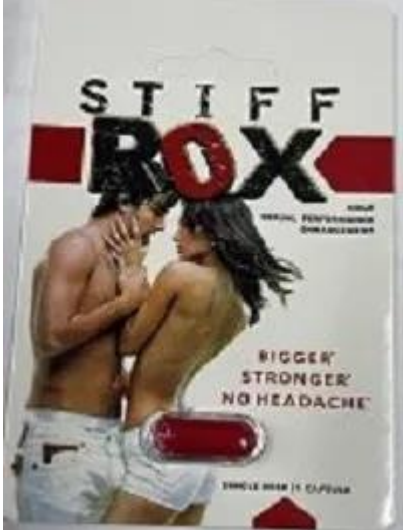
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rén Shēn Fēi Guǎi Yuán Qiàn Wán		Dexamethasone	Indonesian Food and Drug Authority
Rhino 12 Platinum 600K		Sildenafil and Tadalafil	Health Canada
Rhino 25 Platinum 25000		Sildenafil	Health Canada
Rhino 69 1100K		Sildenafil	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 69 Extreme 35000		Tadalafil	Health Canada
Rhino 69 Extreme 990K		Sildenafil	Health Canada
Rhino 69 Platinum 35000		Tadalafil	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 69 Platinum 700K		Sildenafil	Health Canada
Rhino 7 Platinum 10000		Tadalafil	Health Canada
Rhino 7 Platinum 5000		Sildenafil	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Shēn jīn cǎo / Lycopodium Clavatum L Pills		Chlorpheniramine	Indonesian Food and Drug Authority
Shen Ling Asam Urat		Dexamethasone	Indonesian Food and Drug Authority
Slim & Shape Herbal Pelangsing dan Penurunan Berat Badan Herbal		Sibutramine	Indonesian Food and Drug Authority
Spanish Fly 20,000		Tadalafil	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Spanish Fly 22,000		Tadalafil	Health Canada
Spider		Sildenafil	Indonesian Food and Drug Authority
Stiff Rox		Sildenafil and Tadalafil	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Susu Belut		Dexamethasone	Indonesian Food and Drug Authority
Tawon Liar		Allopurinol and Dexamethasone	Indonesian Food and Drug Authority
Tawon Liar		Paracetamol	Indonesian Food and Drug Authority



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
TO Slim		Sibutramine	Indonesian Food and Drug Authority
Tongkat Jantan		Sildenafil	Indonesian Food and Drug Authority
UM Gold Ekstra Strong		Sildenafil and Paracetamol	Indonesian Food and Drug Authority
Unnamed Slimming Products containing Thai, Chinese, English Characters		Frusemide, Metformin and Thyroxine	Hong Kong Department of Health

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Urat Jantan		Sildenafil	Indonesian Food and Drug Authority
Urat Kuda		Sildenafil	Indonesian Food and Drug Authority
Viagra-X		Sildenafil and Paracetamol	Indonesian Food and Drug Authority
Vitality Capsules		Sildenafil and Tadalafil	United States Food & Drug Administration

## **Annex B**

### **The possible side effects of the potent ingredients**

#### **Acetaminophen / Paracetamol**

Paracetamol 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.

#### **Allopurinol**

Allopurinol is a prescription medicine used to treat gout and certain types of kidney stones. Inappropriate use of allopurinol without medical supervision may cause skin rashes, diarrhoea, nausea and drowsiness. Serious skin reactions, reduced blood count and/or liver disorder may occur in rare instances.

#### **Amphetamine**

Amphetamine is a controlled drug and is used for attention-deficit/hyperactivity disorder and narcolepsy. It has a high potential for abuse and may lead to the development of a substance use disorder. Consumption and misuse of amphetamine can result in overdose and death

#### **Bisacodyl**

Bisacodyl is used to treat constipation. The use of bisacodyl has been associated with side effects including abdominal discomfort and diarrhoea.

#### **Chlorpheniramine**

Chlorpheniramine is an antihistamine used to relieve allergic reactions such as hives and rhinitis. It should be used under medical supervision. Side effects from the use of chlorpheniramine include drowsiness, blurred vision, vomiting, constipation and poor coordination.

#### **Cyproheptadine**

Cyproheptadine is an antihistamine used to relieve allergy symptoms. Side effects associated with its use include weight gain, diarrhoea, nausea, and vomiting.

#### **Dexamethasone**

Dexamethasone is a potent steroid that is usually prescribed for inflammatory conditions and 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). Discontinuation of steroids without proper medical supervision can cause serious withdrawal symptoms such as fatigue, confusion and low blood pressure.

## **Fenfluramine**

Fenfluramine was a medicine used in the treatment of obesity. Fenfluramine was withdrawn from use since 1997 after its use was associated with heart valve disease.

## **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.

## **Levothyroxine (thyroxine)**

Levothyroxine is a prescription-only-medicine used for the treatment of hypothyroidism. In the case of overdose, signs of hyperthyroidism may appear such as tachycardia, cardiac arrhythmias, insomnia, tremors etc. Improper dosing of thyroid hormone is associated with increased cardiovascular risk. While some individuals taking levothyroxine for hypothyroidism may experience weight loss as their thyroid function improves, it is not a medication indicated for weight reduction and should not be used for that purpose, especially by those with normal thyroid function.

## **Metformin**

Metformin is a prescription medicine for the treatment of diabetes and should be used under medical supervision. Common side effects include diarrhoea, nausea and abdominal pain. An overdose can cause severe hypoglycemia or lactic acidosis, which can be fatal.

## **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.

## **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.

## **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.

## **Promethazine**

Promethazine, an antihistamine, is used for the treatment of motion sickness, allergic reaction, nausea and vomiting. Promethazine should not be used in children younger than 2 years old due to the potential for respiratory depression. Side effects of promethazine include confusion, blurred vision, drowsiness and dry mouth.

## **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.