



FOR IMMEDIATE RELEASE

HEALTH SCIENCES AUTHORITY  
PRESS RELEASE  
10 SEPTEMBER 2020

## HSA ALERT: FOUR SLIMMING PRODUCTS FOUND TO CONTAIN BANNED SUBSTANCE OR LAXATIVE

The Health Sciences Authority (HSA) is alerting members of the public not to purchase or consume four products sold online which were touted for slimming. Contrary to the ingredients listed on the packaging, HSA's analysis of these products revealed that they contained potent ingredients, including a banned substance or a laxative. The presence of these potent ingredients can cause serious adverse effects in consumers.

Product name	Ingredients
'Nutraline Thinsline'	Sibutramine – banned in Singapore
'Nutraline Cleansline'	Sennoside (laxative)
'KiMiSo Dark Chocolate'	Sibutramine – banned in Singapore Diphenhydramine (antihistamine)
'Wholly Fitz PASSION LEMON TEA'	Sibutramine – banned in Singapore

Please refer to **Annex A** for photos of the products and **Annex B** for the possible adverse effects of the potent ingredients found in these products.

### ADVERSE EFFECTS AFTER TAKING 'NUTRILINE THINSLINE'

2 A female consumer reported to HSA that she experienced extreme thirst, irregular heartbeat and loss of appetite after taking one sachet of 'Nutraline Thinsline'. During investigations, HSA found that this product was usually sold together with 'Nutraline Cleansline'. HSA tested both products and found sibutramine in 'Nutraline Thinsline' and sennoside (a laxative) in 'Nutraline Cleansline'. The 'Nutraline' products

were marketed as natural supplements for weight loss and detoxification with claims to control appetite and increase metabolism.

3 In June 2017, HSA had alerted the public to another 'Nutraline' product, 'Nutraline Bluvelle'<sup>1</sup>, which was also tested to contain sibutramine. It had caused increased heartbeat, dizziness and anxiety in a consumer.

## **CONSUMER FEEDBACK ON SUSPICIOUS PRODUCTS**

4 A female consumer suspected that 'KiMiSo Dark Chocolate' may contain potent ingredients after reading the reviews on the product, and reported it to HSA. The product was marketed to have the ability to "intensely burn fat" and "promote weight loss", with "no laxatives" and "no side effects". HSA tested the product and detected sibutramine and diphenhydramine. Sibutramine has been banned in Singapore since 2010 due to an increased risk of heart attacks and strokes. Diphenhydramine (an antihistamine) causes drowsiness, which can pose a risk if consumers drive or operate machinery.

5 HSA also received feedback from a consumer who suspected that 'Wholly Fitz PASSION LEMON TEA', marketed to "keep the fat away", was similar to 'Freaky Fitz Passion Lemon Tea', which was detected by HSA earlier this year to contain sibutramine<sup>2</sup>. Both products had the same list of ingredients printed on their packaging, including juice powders and extracts. HSA tested 'Wholly Fitz PASSION LEMON TEA' to also contain sibutramine.

6 HSA has issued warnings to the sellers of these four products and directed the respective website administrators to take down the affected listings. The products were sold on local e-commerce platforms such as Shopee and Qoo10, and social media platforms such as Facebook and Instagram.

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<sup>1</sup> <https://www.hsa.gov.sg/announcements/press-release/hsa-alert-'nutriline-bluvette'-sold-online-found-to-contain-banned-substance-and-caused-adverse-reactions-in-consumer>

<sup>2</sup> <https://www.hsa.gov.sg/announcements/press-release/hsa-alert-freakyfitzricalinu>

## **ADVISORY TO CONSUMERS**

7 Consumers are advised to:

- Stop taking these four products immediately and see a doctor if you feel unwell or are concerned about your health.
- Be wary of products that make exaggerated weight loss claims or deliver unexpectedly quick effects. They could contain potent ingredients that can seriously harm your health.
- There is no quick and easy way to lose weight. Weight control should be achieved through a combination of balanced diet and appropriate exercise. If you need help managing your weight, please consult your doctor, dietitian or a healthcare professional.
- Avoid purchasing products from unfamiliar sources, and exercise caution when buying products online.

## **ADVISORY TO SELLERS AND SUPPLIERS**

8 All sellers and suppliers must stop selling these products immediately. It is illegal to sell and supply adulterated products containing banned substances or potent medicinal ingredients. Sellers and suppliers are liable to prosecution and if convicted, may be imprisoned for up to 2 years and/or fined up to \$10,000.

9 Members of the public who have any information on the sale and supply of these products 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).

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## **About the Health Sciences Authority (HSA)**

The Health Sciences Authority (HSA) applies medical, pharmaceutical and scientific expertise through its three professional groups, Health Products Regulation, Blood Services and Applied Sciences, to protect and advance national health and safety. HSA is a multidisciplinary authority. It serves as the national regulator for health products, ensuring they are wisely regulated to meet standards of safety, quality and efficacy. As the national blood service, it is responsible for providing a safe and adequate blood supply. It also applies specialised scientific, forensic, investigative and analytical capabilities in serving the administration of justice. For more details, visit <http://www.hsa.gov.sg/>.

For more updates on public health and safety matters, follow us on Twitter at [www.twitter.com/HSAsg](http://www.twitter.com/HSAsg).

## **About HSA's Health Products Regulation Group**

The Health Products Regulation Group (HPRG) of HSA ensures that drugs, innovative therapeutics, medical devices and health-related products are wisely regulated and meet appropriate safety, quality and efficacy standards. It contributes to the development of biomedical sciences in Singapore by administering a robust, scientific and responsive regulatory framework.

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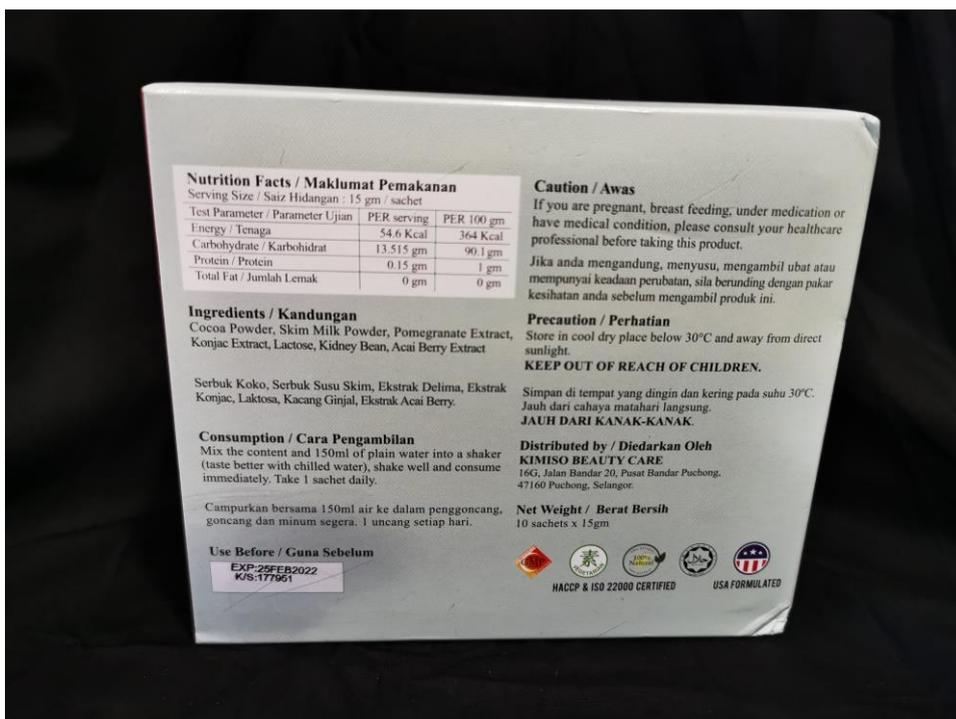
**PICTURES OF THE FOUR PRODUCTS**

**'Nutraline Thinsline' and 'Nutraline Cleansline'**



# 'KiMiSo Dark Chocolate'





**'Wholly Fitz PASSION LEMON TEA'**



### **Diphenhydramine**

Diphenhydramine is an antihistamine that is used in the treatment of allergic rhinitis, the common cold and prevention of motion sickness. Adverse effects associated with the use of diphenhydramine include drowsiness, dry mouth and constipation.

### **Sennoside**

Sennoside is a laxative that is used for the relief of constipation. Adverse effects associated with its use include cramping, diarrhoea and loss of essential minerals. Prolonged use may cause chronic constipation, fluid and electrolyte abnormalities, bloating and abdominal pain.

### **Sibutramine**

Sibutramine was previously a prescription-only medicine for weight loss but has been banned in Singapore since 2010 because of an increased risk of heart attacks and strokes. Consumers reported adverse effects such as rapid heartbeat, insomnia (difficulty in sleeping) and suicidal thoughts. In the most serious case reported in 2019, a consumer experienced extremely fast heart rate and lost consciousness. She required resuscitation to save her life. She now suffers from severe heart failure and has been implanted with a defibrillator (a medical device to help her heart to function).