

HEALTH SCIENCES AUTHORITY

REGULATORY GUIDANCE

OCTOBER 2025

GUIDELINES ON PROHIBITED AND RESTRICTED INGREDIENTS IN HEALTH SUPPLEMENTS AND TRADITIONAL MEDICINES

GL-CHPB-1-012 Rev. No. 001

The information in these Guidelines may be updated from time-to-time. For the latest version of the Guidelines, please refer to our website at www.hsa.gov.sg.



<u>Content:</u>	<u>Page</u>
1. Introduction	3
2. Prohibited Ingredients	3
3. Ingredients with Restrictions	4
4. Ingredients with Potential Safety Concerns	4
Annex A: List of substances which are prohibited or restricted for use with conditions	5
Annex B: List of substances with potential safety issues recommended risk mitigation measures	19

1. Introduction

- 1.1 Dealers (importers, manufacturers, wholesale dealers) and sellers have the obligation to ensure that their products are not harmful or unsafe, and that they conform with the applicable safety and quality standards.
- 1.2 All ingredients used in health supplements (HS) and traditional medicines (TM) must be substantiated for safety as laid out in the [Guidelines for Establishing the Safety of Ingredients of Health Supplements and Traditional Medicines](#) (Rev. No. 003).
- 1.3 The objective of this guideline is to highlight the substances of concern when used in HS and TM and is not meant to be an exhaustive list. It may not be used as support or evidence in any disagreement or dispute pertaining to the legal classification of products or substances, or used to supersede or replace any of the legislation.

2. Prohibited Ingredients

- 2.1 Health supplements and traditional medicines **MUST NOT** contain:
 - a) Substances listed in the:
 - i. [Poisons Act 1938 and Poison Rules](#)
 - ii. [Misuse of Drugs Act 1973 and its Regulations](#)
 - iii. [Health Products \(Therapeutic Products\) Regulations 2016](#)
 - iv. [Health Products \(Active Ingredients\) Regulations 2023](#)
 - v. [ASEAN Guiding Principles for Inclusion into or Exclusion from the Negative List of Substances for Health Supplements Appendix 1 and ASEAN Guiding Principles for Inclusion into or Exclusion from the Negative List of Substances for Traditional Medicines Appendix 1](#)
 - b) Ingredients derived from human parts
 - c) Substances that may adversely affect human health
 - d) Ingredients containing agents that can lead to animal-transmissible diseases (e.g., Transmissible Spongiform Encephalopathy (TSE))
 - e) Ingredients regulated under the Endangered Species Act (unless permitted)
 - f) Undeclared active ingredients
 - g) Active ingredients with inherent pharmacological properties that could lead to its use to prevent or treat diseases

Dealers are advised to refer to the legislation for the full list of substances controlled under the legislation. A list of specific prohibited and restricted ingredients is provided in **Annex A**.

3. Ingredients with Restrictions

- 3.1 Some substances have the potential to cause adverse health effects or safety concerns when used in health supplements and traditional medicines, and hence should be used with specific restrictions or conditions such as maximum daily dose limits or labelling specifications. A list of these substances which TM and HS should not contain except subject to such restrictions and conditions to ensure safety in Singapore is provided in **Annex A**.
- 3.2 This list is not exhaustive. Dealers should continue to:
- Conduct thorough safety assessments of their products
 - Monitor and report serious adverse effects
 - Stay updated on emerging safety concerns
 - Maintain evidence of product safety and furnish them to the Authority when required to do so

4. Ingredients with Potential Safety Concerns

- 4.1 Some ingredients have been reported to have potential to affect the health of some individuals. Although these ingredients are not prohibited or restricted for general use, HSA advises companies dealing with products containing such ingredients to be aware of these risks. Companies are advised to monitor feedback from consumers and report to HSA.
- 4.2 Dealers are advised to consider putting in place risk mitigation measures if their products contain such ingredients.
- 4.3 A list of such ingredients and recommended risk mitigation measures can be found in **Annex B**. This list is not exhaustive. Dealers are responsible to ensure that their products are safe and appropriate for the target consumers.
- 4.4 Dealers are responsible for ensuring that any other cautionary statements, for example the use of the product by pregnant women, children etc., are included on the label to guide the safe use of the product.

Annex A: List of substances which are prohibited or restricted for use with conditions

S/N	Ingredient	Prohibition / Restriction	Conditions for use of restricted ingredient
1.	<i>Abrus precatorius</i> (seed)	Prohibited in HS and TM	-
2.	<i>Aconitum napellus</i> (monkshood, aconite) Other spp: <i>A. carmichaeli</i> , <i>A. kusnezoffii</i> , <i>A. coreanum</i>	Prohibited in HS and TM	-
3.	<i>Actaea racemosa</i> (Black cohosh)	Restricted use in HS and TM	<u>Cautionary Statement</u> The following statement should be included: "This product contains black cohosh which may harm the liver in some individuals."
4.	<i>Adonis vernalis</i>	Prohibited in HS and TM	-
5.	<i>Antiaris toxicaria</i> (latex, sap)	Prohibited in HS and TM	-
6.	<i>Aphanizomenon flos-aquae</i>	Restricted use in HS and TM	<u>Maximum Strength</u> When for oral use by general adult population, the ingredient should not contain more than 300ppm of phenethylamine.
7.	<i>Aristolochia</i> spp	Prohibited in HS and TM	-
8.	<i>Artemisia annua</i> (sweet Annie/qing hao/sweet wormwood)	Prohibited in HS and TM	-
9.	<i>Asarum heterotropoides</i> (root)	Prohibited in HS Restricted use in TM	Absence of aristolochic acids. <u>Cautionary Statement</u> The following statement should be included: "Not suitable for long term use. Seek medical advice if needed."

S/N	Ingredient	Prohibition / Restriction	Conditions for use of restricted ingredient
10.	<i>Aspidosperma quebracho-blanco</i> (bark)	Prohibited in HS and TM	-
11.	<i>Atropa belladonna</i> (deadly nightshade)	Prohibited in HS and TM	-
12.	<i>Azadirachta indica</i>	Prohibited in HS Restricted use in TM	<u>Cautionary Statement</u> The following statement should be included: "Not suitable for long term use. Seek medical advice if needed."
13.	Biotin	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 0.9mg
14.	Boron	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 6.4mg
15.	<i>Brucea javanica</i> (dried fruits and seed)	Prohibited in HS Restricted use in TM	<u>Cautionary Statement</u> The following statement should be included: "Not suitable for long term use. Seek medical advice if needed."
16.	<i>Bufo gargarizans</i> , <i>B. melanostictus</i> , <i>B. vulgaris</i> (venom, dried secretion, whole body, egg)	Prohibited in HS and TM	-
17.	Calcium	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 1200mg
18.	<i>Calotropis gigantea</i> , <i>C. procera</i>	Prohibited in HS and TM	-

S/N	Ingredient	Prohibition / Restriction	Conditions for use of restricted ingredient
19.	<i>Cannabis indica</i> , <i>C. sativa</i> , Cannabidiol	Prohibited in HS and TM	-
20.	Cardarine	Prohibited in HS and TM	-
21.	<i>Catha edulis</i> (khat)	Prohibited in HS and TM	-
22.	<i>Cerbera manghas</i> (seed)	Prohibited in HS and TM	-
23.	<i>Cerbera odollam</i> (seed)	Prohibited in HS and TM	-
24.	Chaparral	Prohibited in HS and TM	-
25.	<i>Chelidonium majus</i>	Prohibited in HS and TM	-
26.	<i>Chondrodendron tomentosum</i> (stems)	Prohibited in HS and TM	-
27.	Chromium	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 0.5mg
28.	<i>Cinchona</i> spp. (bark)	Prohibited in HS and TM	-
29.	<i>Citrullus colocynthis</i>	Prohibited in HS and TM	-
30.	Coenzyme Q10	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 150mg
			<u>Cautionary Statement</u> The following statement should be included: "Do not take while on warfarin therapy without medical advice."
31.	<i>Colchicum autumnale</i>	Prohibited in HS and TM	-

S/N	Ingredient	Prohibition / Restriction	Conditions for use of restricted ingredient
32.	<i>Conium maculatum</i>	Prohibited in HS and TM	-
33.	Copper	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 2mg
34.	<i>Corydalis ambigua</i> , <i>C. bulbosa</i> , <i>C. amurensis</i> , <i>C. decumbens</i> , <i>C. pallida</i> , <i>C. racemosa</i> , <i>C. turschaninorii</i> , <i>C. yanhusuo</i>	Prohibited in HS and TM	-
35.	<i>Corynanthe yohimbe</i> , <i>Pausinystalia yohimbe</i> (yohimbe)	Prohibited in HS and TM	-
36.	<i>Croton tiglium</i>	Prohibited in HS and TM	-
37.	Danthron	Prohibited in HS and TM	-
38.	<i>Datura stramonium</i> (jimsonweed, devil's-apple, green dragon, zombie's cucumber, moon weed, trumpet lily, stinkweed)	Prohibited in HS and TM	-
39.	<i>Delphinium staphisagria</i> (seed)	Prohibited in HS and TM	-
40.	<i>Digitalis</i> spp.	Prohibited in HS and TM	-
41.	<i>Drimys maritima</i>	Prohibited in HS and TM	-
42.	<i>Dryobalanops aromatica</i> , <i>D. lanceolata</i> , <i>D. sumatrensis</i>	Prohibited in HS Restricted use in TM	<u>Cautionary Statement</u> The following statement should be included: "For topical use only. Not suitable for long term use. Seek medical advice if needed."
43.	<i>Dryopteris filix-mas</i>	Prohibited HS and TM	-
44.	<i>Ephedra</i> spp. (ma huang),		<u>Maximum Strength</u> Not more than 1% ephedrine.

S/N	Ingredient	Prohibition / Restriction	Conditions for use of restricted ingredient
	<i>Sida cordifolia</i>	Prohibited in HS Restricted use in TM	<u>Cautionary Statement</u> The following statement should be included: "Not suitable for long term use. Seek medical advice if needed."
45.	<i>Euphorbia antiquorum</i> , <i>E. trigona</i>	Prohibited in HS and TM	-
46.	<i>Excoecaria agallocha</i>	Prohibited in HS and TM	-
47.	Folic acid	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 0.9mg <u>Cautionary Statement</u> When for oral use by pregnant women to prevent against recurrence of neural tube defects or for patients with folic acid deficiency, the following statements should be included: • "This product must be used under recommendations by healthcare professionals." • "This product poses a health hazard when consumed by persons who do not have the conditions for which the product is intended."
48.	<i>Fritillaria</i> spp. (dried bulb)	Prohibited in HS Restricted use in TM	<u>Cautionary Statement</u> The following statement should be included: "Not suitable for long term use. Seek medical advice if needed."
49.	<i>Garcinia elliptica</i> , <i>G. hanburyi</i> , <i>G. morella</i>	Prohibited in HS and TM	-
50.	<i>Gelsemium elegans</i> , <i>G. sempervirens</i> (root, leaf, rhizome)	Prohibited in HS and TM	-

S/N	Ingredient	Prohibition / Restriction	Conditions for use of restricted ingredient
51.	<i>Ginkgo biloba</i>	Restricted use in HS and TM	<u>Cautionary Statement</u> The following statement should be included: "Ginkgo may increase the risk of bleeding. Seek medical advice before use if you are already taking blood thinning medicines or if you have bleeding tendency."
52.	<i>Gluta usitata</i> (latex)	Prohibited in HS and TM	-
53.	<i>Hydrastis canadensis</i> (goldenseal), <i>Berberis vulgaris</i> (barberry), <i>Berberis aquifolium</i> (Oregon grape), <i>Coptis chinensis</i> (Chinese goldthread), <i>Coptis teeta</i> , <i>Mahonia aquifolium</i> , <i>M. repens</i> , <i>M. nervosa</i> , <i>Phellodendron amurense</i> , <i>P. chinense</i> , <i>Tinospora tuberculata</i>	Prohibited in HS and TM	-
54.	<i>Hyoscyamus niger</i> , <i>Hyoscyamus muticus</i> (henbane, henblain, jusquaime)	Prohibited in HS and TM	-
55.	Iodine	Restricted use in HS and TM	When for oral use by general adult population, the maximum recommended daily dose should not provide more than 0.15mg
56.	Iron	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 15mg A maximum daily limit of 30mg/day is allowed for multivitamin and mineral

S/N	Ingredient	Prohibition / Restriction	Conditions for use of restricted ingredient
			supplements for pregnant women <u>Cautionary Statement</u> When for oral use by patients with low blood haemoglobin level, the following statements should be included: • “This product must be used under recommendations by healthcare professionals.” • “This product poses a health hazard when consumed by persons who do not have the conditions for which the product is intended.”
57.	<i>Jatropha multifida</i> (fruit, seed)	Prohibited in HS and TM	-
58.	<i>Juniperus sabina</i>	Prohibited in HS and TM	-
59.	<i>Lantana camara</i>	Prohibited in HS Restricted use in TM	<u>Cautionary Statement</u> The following statement should be included: "Not suitable for long term use. Seek medical advice if needed."
60.	<i>Larrea Mexicana</i> , <i>L. tridentata</i>	Prohibited in HS and TM	-
61.	Lithium and its salts	Prohibited in HS and TM	-
62.	<i>Lobelia nicotianifolia</i> Roth ex Schult, <i>L. inflata</i> L., <i>L. chinensis</i> Lour., <i>L. tupa</i> L. (lobelia)	Prohibited in HS Restricted use in TM	<u>Maximum Strength</u> Not more than 0.1% lobelia alkaloids. <u>Cautionary Statement</u> The following statement should be included: "Not suitable for long term use. Seek medical advice if needed."
63.	<i>Lytta vesicatoria</i>	Prohibited in HS and TM	-
64.	<i>Magnolia officinalis</i>	Prohibited in HS	<u>Cautionary Statement</u> The following statement should be included:

S/N	Ingredient	Prohibition / Restriction	Conditions for use of restricted ingredient
		Restricted use in TM	"Not suitable for long term use. Seek medical advice if needed."
65.	Magnesium	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 350mg
66.	Manganese	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 3.5mg
67.	<i>Melaleuca alternifolia</i> (leaf and terminal branch) (Tea tree oil)	Prohibited in HS and TM oral preparations	-
68.	<i>Melanorrhoea usitata</i> (latex)	Prohibited in HS and TM	-
69.	<i>Mitragyna speciosa</i>	Prohibited in HS and TM	-
70.	Molybdenum	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 0.36mg
71.	<i>Monascus purpureus</i> (Red yeast rice)	Restricted use in HS and TM	<u>Maximum Strength</u> The concentration of lovastatin must be less than 1% lovastatin. <u>Cautionary Statement</u> The following statement should be included: "Contains naturally-occurring lovastatin. Seek medical advice if taking cholesterol-lowering medicines. Discontinue use if muscle aches occur."
72.	<i>Mucuna pruriens</i> (cowhage, cowage)	Prohibited in HS Restricted use in TM	Absence of dopamine, nicotine and physostigmine. <u>Cautionary Statement</u> The following statement should be included: "Not suitable for long term use. Seek medical advice if needed."

S/N	Ingredient	Prohibition / Restriction	Conditions for use of restricted ingredient
73.	N-acetyl cysteine (NAC)	Prohibited in HS and TM	-
74.	<i>Nerium indicum</i> , <i>N. oleander</i>	Prohibited in HS and TM	-
75.	<i>Nicotinana tabacum</i> (leaf)	Prohibited in HS and TM	-
76.	Nicotinamide	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 450mg
77.	Nicotinic acid	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 15mg
78.	<i>Papaver</i> spp. containing morphine, its derivatives and codeine	Prohibited in HS and TM	-
79.	Phosphorus	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 800mg
80.	<i>Physostigma venenosum</i> (seed)	Prohibited in HS and TM	-
81.	<i>Pilocarpus jaborandi</i> , <i>P. microphyllus</i> , <i>P. pinnatifolius</i>	Prohibited in HS and TM	-
82.	<i>Piper methysticum</i> (kava, kava-kava)	Prohibited in HS and TM	-
83.	Pituitary gland, Somatropin, Human growth hormone, Suprarenal gland, Thyroid gland, Sex hormones, Androstenedione etc.	Prohibited in HS and TM	-
84.	<i>Podophyllum peltatum</i> (American mandrake, mayapple)	Prohibited in HS and TM	-

S/N	Ingredient	Prohibition / Restriction	Conditions for use of restricted ingredient
85.	<i>Polygoni multiflori</i> (He shou wu)	Restricted use in HS and TM	<u>Cautionary Statement</u> The following statement should be included: "Polygoni multiflori may cause liver problems. Seek medical advice before use."
86.	<i>Prunus armeniaca</i> , <i>Amygdalus armeniaca</i> , <i>Armeniaca vulgaris</i>	Prohibited in HS and TM	-
87.	<i>Psilocybe cubensis</i>	Prohibited in HS and TM	-
88.	<i>Punica granatum</i> (stem bark and root bark)	Prohibited in HS Restricted use in TM	Absence of pomegranate alkaloids <u>Cautionary Statement</u> The following statement should be included: "Not suitable for long term use. Seek medical advice if needed."
89.	<i>Rauvolfia serpentina</i> , <i>Ophioxylon serpentinum</i> (Indian snakeroot, rauwolfia, snakeroot)	Prohibited in HS and TM	-
90.	<i>Sanguinaria canadensis</i> (Indian paint, bloodroot)	Prohibited in HS and TM	-
91.	<i>Schoenocaulon officinale</i> (seed)	Prohibited in HS and TM	-
92.	<i>Scilla sinensis</i> (bulb)	Prohibited in HS and TM	-
93.	Selenium	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 0.2mg
94.	<i>Senecio aureus</i> , <i>S. jacobaea</i> , <i>S. bicolor</i> , <i>S. nemorensis</i> , <i>S. vulgaris</i> , <i>S. longilobus</i> , <i>S. scandens</i>	Prohibited in HS and TM	-

S/N	Ingredient	Prohibition / Restriction	Conditions for use of restricted ingredient
95.	<i>Senna alexandria</i> , <i>Cassia</i> spp.	Restricted use in HS and TM	<u>Cautionary Statement</u> The following statement should be included: "Contains sennosides. Prolonged use may cause serious bowel problems and loss of essential minerals. Seek medical advice for use beyond 1-2 weeks."
96.	Silver and its salts	Prohibited in HS and TM	-
97.	<i>Solanum americanum</i> , <i>S. dulcamara</i> , <i>S. nigrum</i> (bittersweet nightshade)	Prohibited in HS and TM	-
98.	<i>Sophora tomentosa</i> (seed)	Prohibited in HS and TM	-
99.	<i>Spigelia marilandica</i>	Prohibited in HS and TM	-
100	<i>Stephania tetrandra</i> (root)	Prohibited in HS Restricted use in TM	<u>Cautionary Statement</u> The following statement should be included: "Not suitable for long term use. Seek medical advice if needed."
101	<i>Strophanthus</i> spp. containing cardenolide glycosides	Prohibited in HS and TM	-
102	<i>Strychnos nux-vomica</i> , <i>S. ignatia</i> , <i>S. lucida</i> , <i>S. roborant</i> (Nux vomica) (seed, fruit)	Prohibited in HS and TM	-
103	<i>Symphytum asperum</i> , <i>S. officinale</i> , <i>S. peregrinum</i> , <i>Symphytum x uplandicum</i> (comfrey)	Prohibited in HS Restricted use in TM	<u>Cautionary Statement</u> The following statement should be included: "Not suitable for long term use. Seek medical advice if needed."
104	<i>Urginea maritima</i> (bulb)	Prohibited in HS and TM	-
105	<i>Veratrum album</i> , <i>V. dahuricum</i> , <i>V. grandiflorum</i> , <i>V. mengtzeanum</i> , <i>V. nigrum</i> , <i>V. stenophyllum</i> , <i>V. taliense</i> ,	Prohibited in HS and TM	-

S/N	Ingredient	Prohibition / Restriction	Conditions for use of restricted ingredient
	<i>V. viride</i>		
106	<i>Vinca minor</i> , <i>Vinca rosea</i> , <i>Catharanthus roseus</i> (Madagascar periwinkle, old maid)	Prohibited in HS and TM	-
107	Vitamin A (retinol)	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 1.5mg (5000IU)
108	Vitamin B1	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 100mg
109	Vitamin B2	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 40mg <u>Cautionary Statement</u> When for oral use by patients with certain genetic or metabolic disorders: "This product must be used under recommendations by healthcare professionals." "This product poses a health hazard when consumed by persons who do not have the conditions for which the product is intended."
110	Vitamin B5 (pantothenic acid)	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 200mg
111	Vitamin B6	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum

S/N	Ingredient	Prohibition / Restriction	Conditions for use of restricted ingredient
			recommended daily dose should not provide more than 100mg
112	Vitamin B12	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 0.6mg
113	Vitamin C	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 1000mg
114	Vitamin D	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 0.025mg (1000IU)
115	Vitamin E	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 536mg (800IU)
116	Vitamin K1, Vitamin K2	Restricted use in HS and TM	Restricted to oral dosage forms of multi-vitamin/mineral preparations for adults <u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 0.12mg <u>Cautionary Statement</u> The following statement should be included: "This product contains vitamin K. Consult a healthcare professional prior to use if you are taking a blood thinner such as warfarin."
117	Vitamin K3 (menadione)	Prohibited in HS and TM	-

S/N	Ingredient	Prohibition / Restriction	Conditions for use of restricted ingredient
118	Zinc	Restricted use in HS and TM	<u>Maximum Daily Dose</u> When for oral use by general adult population, the maximum recommended daily dose should not provide more than 15mg <u>Cautionary Statement</u> When for oral use by patients with certain wounds or metabolic conditions: • "This product must be used under recommendations by healthcare professionals." • "This product poses a health hazard when consumed by persons who do not have the conditions for which the product is intended."

Annex B: List of substances with potential safety issues and recommended risk mitigation measures

S/N	Ingredients	Concerns / Issues	Risk Mitigation Measures
1.	Caffeine	- Known to have stimulatory effects - Excessive use may cause nervousness, irritability, sleep disturbances, diuresis, increased blood pressure, heart rate and gastrointestinal disturbances.	- Information to advise consumers to limit concurrent use of caffeine-containing products such as tea and coffee when taking this product. - Indicate the amount of caffeine in your product so that consumers are aware of the amount consumed.
2.	<i>Camellia sinensis</i> (extract) (green tea extract)	- Rare and unpredictable cases of liver injury have been reported in some individuals overseas. In most cases, liver functions recovered upon stopping use. - Underlying reasons for the liver injury are not well understood.	- Information to users to highlight potential liver injury risks, and stop use and consult doctor should there be symptoms of liver injury
3.	<i>Hypericum perforatum</i> (St John's wort)	- <i>Hypericum perforatum</i> affects the metabolism of some medicines thus reducing the medicines' therapeutic effects, e.g. warfarin, digoxin, oral contraceptives, anticonvulsants, SSRIs, etc.	- Information to highlight to consumers the potential interaction of <i>Hypericum perforatum</i> with certain medicines thus reducing the medicines' therapeutic effects. - Caution consumers to consult doctor prior to use of product if they are on medication.

S/N	Ingredients	Concerns / Issues	Risk Mitigation Measures
4.	L-tryptophan	- Known to interact with serotonergic antidepressants, e.g. SSRIs, MAOIs and might increase the risk of serotonergic side effects including serotonin syndrome, and cerebral vasoconstrictive disorders. - Known to interact with sedative medications, e.g. clonazepam, lorazepam, etc. and may cause drowsiness.	- Information to highlight to consumers the potential interaction of L-tryptophan with certain medications thus increasing the risk of associated side effects. - Caution consumers to consult doctor prior to use of product if they are on medication.

Revision History

Version	Date of publication	Summary of changes*
1	October 2025	New document

*Editorial changes are not reflected

HEALTH SCIENCES AUTHORITY

Health Products Regulation Group
Blood Services Group
Applied Sciences Group

www.hsa.gov.sg

Contact information

Complementary Health Products Branch
Medicinal Products Pre-Market Cluster
Health Products Regulation Group
Health Sciences Authority

11 Biopolis Way
Singapore 138667
www.hsa.gov.sg
Email: hsa_chp@hsa.gov.sg

