

## **HSA updates on products found overseas that contain potent ingredients (December 2024)**

The Health Sciences Authority (HSA) would like to update the public on products that have been found and reported by overseas regulators in December 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.

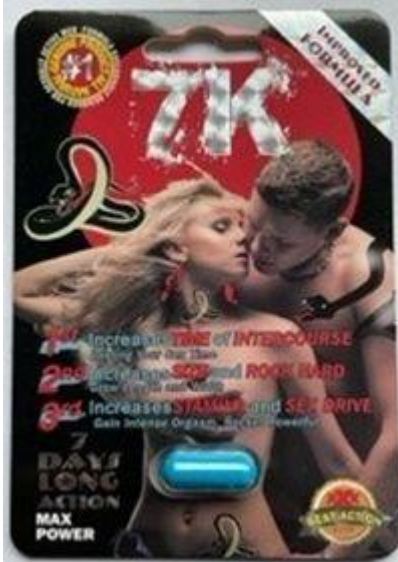
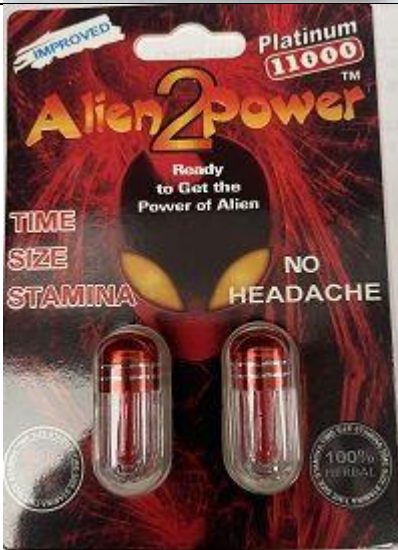
### **HSA's Advisory**

- 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](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*



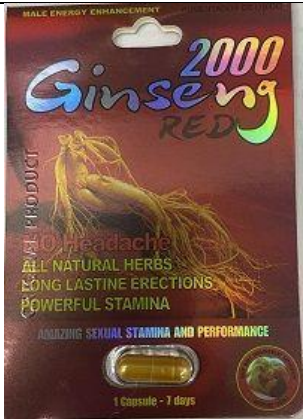

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
7K		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Alien 2 Power Platinum 11000		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Alien Power Platinum 11000	 The image shows the packaging for Alien Power Platinum 11000. It features a green and black design with the brand name 'Alien Power' in a stylized font. Below the name, it says 'Platinum 11000'. There are two small circular images showing the product inside its blister pack. Text on the packaging includes 'TIME SIZE STAMINA' and 'NO HEADACHE'.	Tadalafil (PDE-5 inhibitor)	Health Canada
Bang Maximum Power	 The image shows the packaging for Bang Maximum Power. It features a red and white design with the brand name 'BANG' in large, bold letters. Below the name, it says 'All Natural Ingredients'. There is a small circular image showing the product inside its blister pack. Text on the packaging includes 'MAXIMUM POWER', 'NO HEADACHE', 'TIME SIZE STAMINA', and 'LASTS 7 DAYS OF ACTION'.	Sildenafil (PDE-5 inhibitor)	Health Canada
Black Bull 10000K	 The image shows the packaging for Black Bull 10000K. It features a dark design with a yellow bull head in the center. Below the bull head, it says 'BLACK BULL'. There is a small circular image showing the product inside its blister pack. Text on the packaging includes '10000K'.	Paracetamol and Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Blue Rhino 1000K		Sildenafil (PDE-5 inhibitor) and Mitragynine	Health Canada
Blue Rhino 5000K		Sildenafil (PDE-5 inhibitor)	Health Canada
Blue Rhino 20000K Trio		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Dynamint X Tablets		Tadalafil (PDE-5 inhibitor)	Australia Therapeutic Goods Administration
Force Forever		Diclofenac and Dexamethasone	US Food and Drug Administration
Fouzee SugarLin Herbal Formula		Glyburide and Metformin	US Food and Drug Administration



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Gold Max Blue capsules	 The image shows the packaging for Gold Max Blue capsules. On the left is a blue and yellow box with the text 'Food Supplement 20x', 'GOLD MAX BLUE', and 'For men of all ages!'. To the right is a white blister pack containing several capsules, with one capsule shown separately next to it.	Tadalafil (PDE-5 inhibitor)	Australia Therapeutic Goods Administration
Gold Rhino Extreme 1000K	 The image shows the packaging for Gold Rhino Extreme 1000K. It features a yellow and orange background with a rhinoceros illustration. Text includes 'NEW', 'Extreme 1000K', 'GOLDRHINO', 'SUPER LONG LASTING', 'SPECIAL \$12.99', 'NO HEADACHE', 'ENERGY', 'FOCUS', 'TIME SIZE STAMINA', and '1 Capsule Up to 7 Days'.	Tadalafil (PDE-5 inhibitor)	Health Canada
Ginseng Red 2000	 The image shows the packaging for Ginseng Red 2000. It has a dark red background with a ginseng root illustration. Text includes 'MALE ENERGY ENHANCEMENT', '2000 Ginseng RED', 'NO HEADACHE', 'ALL NATURAL HERBS', 'LONG LASTING ERECTIONS', 'POWERFUL STAMINA', 'AMAZING SEXUAL STAMINA AND PERFORMANCE', and '1 Capsule - 7 days'.	Sildenafil (PDE-5 inhibitor)	Health Canada
Hi-rize	 The image shows the packaging for Hi-rize. It is a dark box with the brand name 'Hi-rize' in large red letters, 'Original Formula' below it, and 'Herbal Dietary Supplement 10 Capsules' at the bottom.	Nortadalafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Jet Blue 998111		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Kangaroo		Sildenafil (PDE-5 inhibitor)	Health Canada
Kangaroo Female Booster		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Kangaroo Violet	 The image shows the packaging for 'Kangaroo Violet'. It features a white silhouette of a kangaroo on a dark background. The text 'KANGAROO' is at the top, and 'VIOLET' is in a small box. Below the kangaroo, it says 'UNLEASH THE WOMAN IN YOU!'. A small image of the product is visible on the left.	Sildenafil (PDE-5 inhibitor)	Health Canada
Lucky Guy 750K	 The image shows the packaging for 'Lucky Guy 750K'. It features a man and a woman in a romantic pose. The text 'Lucky Guy' is visible, along with '750K'. The packaging is partially obscured by a black redaction box.	Paracetamol, Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Lucky Guy Platinum 18000	 The image shows the packaging for 'Lucky Guy Platinum 18000'. It features a man and a woman in a romantic pose. The text 'Lucky Guy' is prominent, along with 'Platinum' and '18000'. Other text includes '12 DAYS LONG ACTION', 'TRIPLE MAXIMUM POWER', '18000 SUPER', 'TIME SIZE STAMINA', 'NEW RELEASE', 'FAST & LONG LASTING', and 'NO HEADACHE'. A black redaction box is present over the couple's faces.	Tadalafil (PDE-5 inhibitor)	United States Food and Drug Administration





Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Magnum XXL 9800 (black capsules)		Sildenafil (PDE-5 inhibitor)	Health Canada
Magnum XXL 1000K		Sildenafil (PDE-5 inhibitor)	Health Canada
Magnum XXL 20000K Trio		Levofloxacin (Fluoroquinolone), Sildenafil (PDE-5 inhibitor), Sibutramine and Phenolphthalein	Health Canada
Magnum XXL 500K		Levodopa and Prasterone	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Makari De Suisse Active Intense Unify & Illuminate Dark Spot Corrector Serum		Clobetasol	United Kingdom Medicines and Healthcare Regulatory Agency
Maxman tablets		Sildenafil (PDE-5 Inhibitor)	Australia Therapeutic Goods Administration
Natural MiracleZEN Platinum 70000		Sildenafil and Tadalafil (PDE-5 inhibitors)	United States Food and Drug Administration

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Nhan Sam Tuyet Lien Truy Phong Hoan Capsules	 The image shows the packaging for Nhan Sam Tuyet Lien Truy Phong Hoan Capsules. On the left is a small glass jar with a red label. To its right is a yellow blister pack with Chinese characters and a logo. Further right is a red box with gold lettering and a logo, also featuring Chinese characters. The box mentions '30 Capsules' and 'MAL20021963TC'.	Furosemide, Dexamethasone and Chlorpheniramine	United States Food and Drug Administration
Perfect PremierZEN Gold 19000	 The image shows the packaging for Perfect PremierZEN Gold 19000. It is a blister pack with a yellow and green design. The text 'PremierZEN' is prominent at the top. Below it, there is a picture of a man's face and some smaller text. The bottom of the pack shows the individual capsules.	Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Perfect PremierZEN Platinum 20000	 The image shows the packaging for Perfect PremierZEN Platinum 20000. It is a blister pack with a yellow and green design, similar to the Gold version but with 'Platinum' branding. The text 'PremierZEN' is prominent at the top. Below it, there is a picture of a man's face and some smaller text. The bottom of the pack shows the individual capsules.	Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Pink Pussycat	 The image shows the packaging for Pink Pussycat Sensual Enhancement. It is a pink blister pack with a white cat illustration. The text 'Pink Pussycat' is in a stylized font, with 'SENSUAL ENHANCEMENT' below it. At the bottom, it says 'Heighten Sensations and Desire'. There is also a small circular logo with '100% NATURAL'.	Hydroxythiohomo sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Pink Pussycat (bottle)		Acetaminophen and Sildenafil (PDE-5 inhibitor)	Health Canada
Pink Unicorn		Sildenafil (PDE-5 inhibitor)	Health Canada
Platinum 10K		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Platinum Rhino 500K		Acetaminophen, Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Premier Love Platinum 22000		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Premier Love Plus 24000		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
ResErection (round bottle)		Metandienone (Anabolic Steroid)	Health Canada
Rhino 13 Extreme 500K		Tadalafil (PDE-5 inhibitor)	Health Canada
Rhino 25 Titanium 500K		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 25 Fast Platinum 25000	 The packaging for Rhino 25 Fast Platinum 25000 is orange and yellow. It features a rhinoceros in the center, a red lightning bolt, and the text 'NEW', 'Platinum 25000', 'RHINO 25', 'FAST ACTING - LONG LASTING', 'TIME SIZE STAMINA', and 'NO HEADACHE'. A blister pack with a red and yellow capsule is shown at the bottom.	Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino 69 Honey (pink)	 The packaging for Rhino 69 Honey (pink) is purple. It features a rhinoceros in the center, the text 'RHINO 69', 'Honey', and a circular logo with a green and yellow design.	Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Rhino 69 Platinum 700K	 The packaging for Rhino 69 Platinum 700K is black and grey. It features a rhinoceros in the center, the text 'Extreme Power', 'Platinum 700K', 'RHINO 69', 'ZONE', 'NO HEADACHE', 'TIME SIZE STAMINA', and '1 Capsule 7 Days'. Two blister packs with blue capsules are shown at the bottom.	Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 69 Titanium 990K		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
Rhino 69 250K		Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino 69 6000K		Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino 69 6000K Double Shot		Acetaminophen and Sildenafil (PDE-5 inhibitor)	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 69 7000K	 The image shows the packaging for Rhino 69 7000K. It features a red and black design with a rhinoceros head in the center. The text 'RHINO 69 7000K' is prominent at the top. Below the rhinoceros, it says 'NO HEADACHE' and 'TIME SIZE STAMINA'. At the bottom, there is a clear blister pack containing two capsules.	Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino 69 20000K	 The image shows the packaging for Rhino 69 20000K. It has a blue and black design with a rhinoceros head. The text 'NEW! TRIO Extreme RHINO 69 20000K' is at the top. It also includes 'NO HEADACHE' and 'TIME SIZE STAMINA'. The bottom shows a clear blister pack with three capsules.	Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino 69 Platinum 700K	 The image shows the packaging for Rhino 69 Platinum 700K. It has a black and silver design with a rhinoceros head. The text 'Extreme Power! Platinum 700K RHINO 69' is at the top. It includes '100% ZONE NO HEADACHE' and 'TIME SIZE STAMINA'. The bottom shows a clear blister pack with two capsules and the text '1 Capsule 7 Days'.	Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 7 20000K Trio	 The image shows the packaging for Rhino 7 20000K Trio. It features a blister pack with three capsules. The packaging is predominantly blue and white with a red 'NEW' banner at the top left and 'TRIO' at the top right. The product name 'RHINO 7' is prominently displayed in large, bold letters, with '20000K' below it. There are also smaller text elements like 'NO HEADACHE', 'TIME SIZE STAMINA', and 'WORK WITH ALCOHOL'.	Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino 7 Platinum 10,000	 The image shows the packaging for Rhino 7 Platinum 10,000. It features a blister pack with two capsules. The packaging is predominantly blue and white with a red 'TWIN' banner at the top left. The product name 'RHINO 7' is prominently displayed in large, bold letters, with 'Platinum 10,000' below it. There are also smaller text elements like 'Fast Acting Long Lasting', 'New Formula Same Great Results', 'TIME SIZE STAMINA', and '1 Capsule 7 DAYS'.	Tadalafil (PDE 5- inhibitor)	Health Canada
Rhino 7 Platinum 5000	 The image shows the packaging for Rhino 7 Platinum 5000. It features a blister pack with one capsule. The packaging is predominantly blue and white with a red 'NEW' banner at the top left and 'Platinum 5000' at the top right. The product name 'RHINO 7' is prominently displayed in large, bold letters, with 'Platinum 5000' below it. There are also smaller text elements like 'Fast Acting Long Lasting', 'TIME SIZE STAMINA', 'NO HEADACHE', and '7 RHINO'.	Sildenafil (PDE-5 inhibitor)	Health Canada

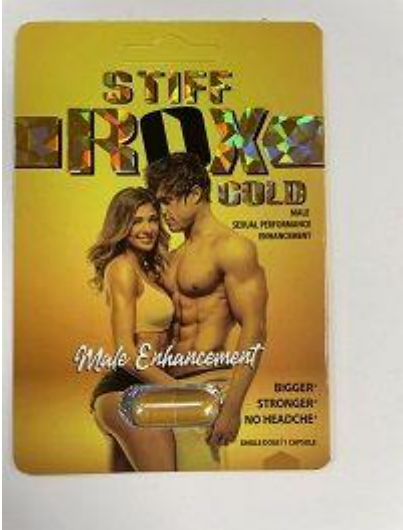


Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino 8 20000K Trio	 The image shows the packaging for Rhino 8 20000K Trio. It is a blister pack with a blue and red design. The text 'NEW' is in a red banner at the top left, and 'TRIO' is in a red banner at the top right. The product name 'RHINO 8 20000K' is prominently displayed in yellow and red. Below the name, there are three capsules shown in their blister compartments. The text 'TIME SIZE STAMINA' is on the right side. At the bottom, it says 'WORKS WITH ALCOHOL' and 'NEW FORMULA'.	Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino 11 Extreme 500K	 The image shows the packaging for Rhino 11 Extreme 500K. It is a blister pack with a dark blue and black design. The text 'NEW' is in a red banner at the top left. The product name 'RHINO 11' is in large yellow letters, with 'SUPER LONG LASTING' below it. 'Extreme 500K' is in a yellow banner on the right. A rhinoceros illustration is in the center. Below it, two capsules are shown. The text 'TIME SIZE STAMINA' is on the left. At the bottom, it says '1 CAPSULE UPTO 7 DAYS'. There are also two circular logos on the right side.	Tadalafil (PDE 5- inhibitor)	Health Canada
Rhino 13 Extreme 500K	 The image shows the packaging for Rhino 13 Extreme 500K. It is a blister pack with a blue and red design. The text 'New' is in a red banner at the top left, and 'Extreme 500K' is in a yellow banner at the top right. The product name 'RHINO 13' is prominently displayed in yellow and red. Below the name, it says 'FAST ACTING • LONG LASTING'. A rhinoceros illustration is in the center. Below it, one capsule is shown. The text 'TIME SIZE STAMINA' is on the left. At the bottom, it says '1 Capsule Upto 7 Days'. There are also two circular logos at the bottom.	Tadalafil (PDE 5- inhibitor)	Health Canada




Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Rhino Rush 500 Trio 1000K		Sildenafil (PDE-5 inhibitor)	Health Canada
Rhino X		Caffeine and Tadalafil (PDE-5 inhibitor)	Health Canada
Rhino XL Extreme 60000		Tadalafil (PDE 5- inhibitor)	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
RIGIDRX		Tadalafil (PDE 5- inhibitor)	United States Food and Drug Administration
Şahmerdan Epimedyumlu Macun		Sildenafil (PDE-5 inhibitor)	Health Canada
Sausando cellulite pills		Furosemide and Sibutramine	Thailand Food and Drug Administration


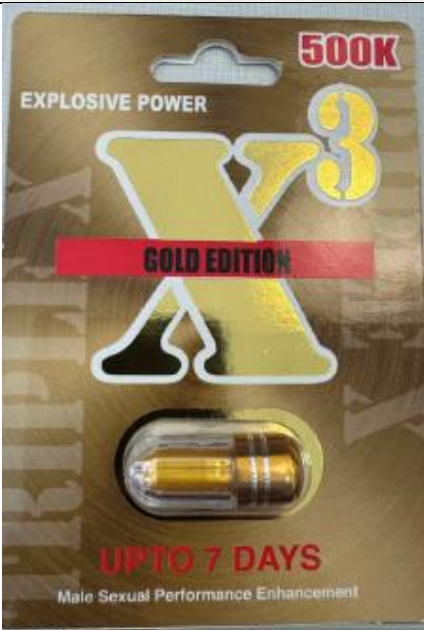
Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Sensuva ON – Sex Drive for Him		DHEA	Health Canada
Sexual Performance Supplement		Sildenafil (PDE-5 inhibitor)	Health Canada
Spanish Fly 20,000		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Stiff Rox		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
The Goat		Sildenafil (PDE-5 inhibitor)	US Food and Drug Administration
Tian Ma Tu Chung Seven Leave Ginseng		Diclofenac, Terbinafine and Paracetamol	Hong Kong The Department of Health

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Titanium 12K		Sildenafil (PDE-5 inhibitor)	Health Canada
Titanium 12K T12K		Tadalafil (PDE-5 inhibitor) and Dapoxetine	Health Canada
Titanium 4000		Sildenafil (PDE-5 inhibitor)	Health Canada



Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
Titanium 4000+		Sildenafil (PDE-5 inhibitor)	Health Canada
The Green Giant		Sildenafil and Tadalafil (PDE-5 inhibitors)	Health Canada
VIP Go Rhino Gold 69K		Sildenafil (PDE-5 inhibitor)	Health Canada

Name of product	Picture of product	Potent ingredient(s)	Source (Regulatory Agency)
WILDMAN	 The image shows a box for 'Wildman Super Fast Acting' supplement. The box is dark with a central graphic of a muscular man in a red and black costume, with the text 'BRING OUT THE BEAST IN YOU' and 'WILD MAN' around him. Below the graphic, it says 'Works in 30 minutes!', 'Herbal Dietary Supplement', and '10 Capsules'.	Sildenafil, Tadalafil (PDE-5 inhibitors), Sibutramine, Desmethyl sibutramine and Phenolphthalein	US Food and Drug Administration
X3 500K GOLD EDITION	 The image shows a blister pack for 'X3 500K Gold Edition' supplement. The packaging is gold and black with a large 'X3' logo. Text includes 'EXPLOSIVE POWER', '500K', 'GOLD EDITION', and 'UPTO 7 DAYS Male Sexual Performance Enhancement'. A single gold capsule is visible in the blister pack.	Sildenafil, Tadalafil (PDE-5 inhibitors)	US Food and Drug Administration

## **Annex B**

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

#### **Acetaminophen / Paracetamol**

Acetaminophen or paracetamol is used for relieving pain, headache and fever. Products which contain acetaminophen or paracetamol, but do not have this declared on the label, pose a danger to consumers as accidental overdose can result in liver damage.

#### **Anabolic steroids**

Anabolic steroids are not approved for use to increase muscle mass or boost athletic performance. Taking such medication without medical supervision can be dangerous as they can cause serious side effects such as insomnia, irritability, aggressive behaviour, hypertension, liver cancer, development of prominent breasts in men and impotence. In women, they can cause male characteristics such as an increase in facial hair growth, male pattern baldness, deepening of the voice and menstrual irregularities. Examples of anabolic steroids are Boldenone undecylenate, Drostanolone propionate, Methandrostenolone (Metandienone), Nandrolone decanoate, Oxandrolone and Testosterone compounds.

#### **Caffeine**

The inappropriate use of caffeine may lead to insomnia, agitation, restlessness, palpitations, and increased heart rate.

#### **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.

#### **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).

#### **Dapoxetine**

Dapoxetine is a prescription medicine used to treat conditions including depression and eating disorders, and it should be used under medical supervision. The use of dapoxetine has been associated with side effects including headaches, insomnia, palpitations and dizziness.

## **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.

## **Diclofenac**

Diclofenac is a potent painkiller and may potentially cause cardiovascular events such as heart attacks and strokes, as well as serious gastric bleeding, when used for a prolonged period. It should be used under close medical supervision, especially in patients with underlying heart conditions, stomach bleeding and ulceration.

## **Frusemide / Furosemide**

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.

## **Glibenclamide / Glyburide**

Glibenclamide is a prescription medicine used to treat diabetes mellitus and should be used under medical supervision. Inappropriate use of glibenclamide without medical supervision may cause severe low blood glucose which can cause seizures or coma. Other side effects may include nausea, vomiting, diarrhoea and cholestatic jaundice.

## **Levodopa (L-Dopa)**

Levodopa is a prescription medicine used in the treatment of Parkinson's Disease and should be used under medical supervision. Levodopa may potentially interact with medicines used to treat high blood pressure. Side effects of levodopa may include low blood pressure, irregular heart rate and breathing abnormalities.

## **Fluoroquinolones**

Fluoroquinolones are antibiotics used to treat bacterial infections. They are prescription medicines and should be used under medical supervision. Common side effects include nausea, vomiting, diarrhoea and rash. Severe side effects include an increased risk of tendon rupture, hallucinations and nerve damage. Examples include ciprofloxacin and levofloxacin.



## **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.

## **Paynantheine and Mitragynine - Kratom (*Mitragyna speciosa*) alkaloids**

Paynantheine and mitragynine are alkaloids of Kratom or *Mitragyna speciosa*. The use of kratom has been associated with respiratory depression or decreased breathing, seizure, addiction and psychosis. Other side effects include high heart rate and blood pressure, trouble sleeping, and liver toxicity. When use is stopped, withdrawal symptoms may occur. Deaths have been reported with kratom both by itself and mixed with other substances.

## **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.

## **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.

## **Sibutramine / Desmethyl sibutramine / Benzyl 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.

Desmethyl sibutramine and Benzyl sibutramine are like sibutramine and may have similar side effects.

## **Terbinafine**

Terbinafine is a medicine used to treat fungal infections. Side effects associated with inappropriate use of creams containing terbinafine include skin peeling, itching, redness, and burning.