



## HSA Warns Against Three Products: What Users Should Do

### Description

HSA's July 2026 warning identifies three illegal health products: C-Nine Dietary Supplement Product, Xue Ya Gao Zhong Feng Qing Cao Yao Cao and B-LIAN-S Herbal Cream. Stop C-Nine and seek help if unwell; users of the two steroid-laced products should see a doctor immediately and should not stop suddenly on their own.

A Singapore consumer, parent or caregiver who bought or used one of three named online or overseas health products faces a narrower question than the headline suggests: identify the product and take the correct medical action without abruptly stopping a potent-steroid product. The table separates the branches that change the answer before the practical checks and worked example.

### Choose the branch before acting

| Situation                      | Practical next step                                                        |
|--------------------------------|----------------------------------------------------------------------------|
| Used C-Nine                    | Stop immediately and consult a doctor if unwell or concerned               |
| Used Xue Ya Gao herbal product | See a doctor immediately; do not stop suddenly without medical supervision |
| Used B-LIAN-S cream            | See a doctor immediately; do not stop suddenly without medical supervision |
| Only saw a listing             | Do not buy; save the listing details and report suspected sale to HSA      |

### Match the exact product first

HSA's 23 July 2026 alert names three products sold through local e-commerce, social media or an overseas market. The labels presented them as supplements or herbal products, but testing found banned or potent medicinal ingredients that should not be used without medical supervision. [HSA alert of 23 July 2026](#).

C-Nine Dietary Supplement Product contained banned sibutramine and the laxative sennosides. A consumer reported heart palpitations, nausea, thirst and loss of appetite. HSA says users should stop it immediately and consult a doctor if they feel unwell or are concerned. [HSA alert of 23 July 2026](#).

## Why the stop advice differs

Xue Ya Gao Zhong Feng Qing Cao Yao Cao contained dexamethasone, a potent steroid. A woman in her 60s developed signs of Cushing's syndrome after regular use. HSA advises users to see a doctor immediately and not stop the product suddenly on their own. [HSA alert of 23 July 2026](#).

B-LIAN-S Herbal Cream contained clobetasol, a potent steroid, and miconazole, an antifungal. A 12-year-old who used it for eczema gained 6kg over two months and developed stretch marks. HSA gives the same immediate-doctor and no-abrupt-stop instruction. [HSA alert of 23 July 2026](#).

## Recognise the reported harm

Suddenly discontinuing potent steroids after extended use can cause severe withdrawal, including fatigue, weakness and low blood pressure. Children and infants are more susceptible to steroid effects. This is why a blanket "throw all three away now" instruction would be unsafe. [HSA alert of 23 July 2026](#).

Sibutramine has been disallowed for sale in Singapore since 2010 because of increased heart-attack and stroke risk. Steroids can affect blood pressure, blood sugar, bones, eyes, infection risk and hormone function. Individual diagnosis and treatment belong to a clinician. [HSA alert of 23 July 2026](#).

## Preserve evidence and report the seller

Bring the product, packaging, purchase record and a list of use dates to the medical visit if safe to do so. Do not taste, test or share it. If severe symptoms occur, use the appropriate urgent medical route rather than wait for an online seller to reply. [HSA alert of 23 July 2026](#).

HSA has worked with platforms to remove listings and says there are no authorised distributors for these illegal products. Consumers can report sale information through HSA's stated phone or email. Keep screenshots and seller identifiers without confronting the seller or republishing private details. [HSA adverse-event reporting](#).

## Put the numbers or sequence to work

A parent recognises B-LIAN-S cream in the bathroom and confirms the packaging against HSA's photographs. Because HSA detected a potent steroid and warns against abrupt cessation, the parent stops applying generic internet advice and contacts a doctor immediately, bringing the tube and use history. The seller listing is saved separately for HSA reporting.

The example is a planning model, not a quoted price, official calculator result, medical instruction or promised outcome. Replace its assumptions with the issued notice, live service, signed contract,

current timetable or professional advice that controls the real decision.

## Before you commit

1. Match name and packaging with HSA photos
2. Identify which action branch applies
3. Contact a doctor when directed
4. Bring product and use history
5. Use urgent care for severe symptoms
6. Save listing and seller evidence
7. Report suspected supply to HSA

A useful working note combines a **product-by-product stop-versus-doctor decision table** with a **clinician-ready evidence list covering packaging, use history and purchase record**. Enter only details that can be tied to a current document or live record.

## Missteps that change the answer

- Giving all three products the same stop advice
- Stopping a steroid product suddenly
- Assuming “herbal” means medicine-free
- Continuing because symptoms improved
- Buying a replacement from another seller

If one of these conditions appears, pause before payment, submission, travel or implementation and reconcile it through the relevant official service. Save the issued result or acknowledgement; a search snippet or forwarded screenshot cannot establish a current entitlement.

## The decision to carry forward

Use the current official record to resolve identify the product and take the correct medical action without abruptly stopping a potent-steroid product. Save the dated result and revisit it when the underlying rule, timetable, account or personal facts change.

## Related next steps

Once this decision is settled, you may need to [verify a government message](#). The next adjacent check is to [prepare for an official public warning](#).

## Common questions

### Which product should be stopped immediately?

HSA says stop C-Nine immediately. [HSA alert of 23 July 2026](#).

## Why not abruptly stop the two steroid products?

Steroid withdrawal can be serious, so HSA directs users to see a doctor immediately. [HSA adverse-event reporting](#).

## Were authorised distributors identified?

HSA says these are illegal products with no authorised distributors. [HSA alert of 23 July 2026](#).

Rules, service details and schedules can change. Reopen the linked official page before acting when the date, eligibility, payment destination, safety instruction or live availability is decisive.

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