

Public urged not to buy or consume slimming product with undeclared controlled and banned drug ingredients (with photo)

The Department of Health (DH) today (August 6) appealed to the public not to buy or consume a slimming product (labelled as "Z FIT ç´"ä,- è-¥æ, >è,, ä,," with no English name), as it was found to contain undeclared controlled and banned drug ingredients.

Acting upon intelligence, the DH obtained samples of the above product via a social media platform for analysis. Test results from the Government Laboratory revealed that the samples contained sibutramine and frusemide, which are Part 1 poisons under the Pharmacy and Poisons Ordinance (Cap. 138). The DH's investigation is continuing.

Sibutramine was once used as an appetite suppressant. Since November 2010, pharmaceutical products containing sibutramine have been banned in Hong Kong because of an increased cardiovascular risk. Frusemide is a diuretic used in the treatment of high blood pressure, heart failure and oedema. Common adverse effects include feeling thirsty, dizziness, headaches and fast or irregular heartbeat.

According to the Ordinance, all pharmaceutical products must be registered with the Pharmacy and Poisons Board of Hong Kong before they can be legally sold in the market. Illegal sale or possession of unregistered pharmaceutical products or Part 1 poisons are criminal offences. The maximum penalty for each offence is a fine of \$100,000 and two years' imprisonment.

The DH spokesman strongly urged members of the public not to buy products of unknown or doubtful composition, or to consume products from unknown sources. Members of the public who have purchased the above products should stop consuming them immediately. They should consult healthcare professionals for advice if feeling unwell after consumption. The public may submit the products to the Drug Office of the DH at Room 1804-1806, 18/F, Wing On Kowloon Centre, 345 Nathan Road, Kowloon, during office hours for disposal.

The spokesman added that weight control should be achieved through a balanced diet and appropriate exercise. The public should consult healthcare professionals before using any medication for weight control. They may visit the website of the Drug Office of the DH for "[Health message on overweight problem and slimming products](#)" and "[Slimming products with undeclared Western drug ingredients](#)" for information.

