

18. HEALTH SUPPLEMENTS

Guidelines

Reference

A permit from HSA is not required for:

- Products already classified as health supplements (e.g. fish oil is a food, but classified as a health supplement)
 - Evening Primrose
 - Polycechirates
 - Bioflavanoids
 - DHA
 - Glucosame
- a. Products containing vitamins and minerals are classified as medicinal products, and require a permit from HSA.

b. **Medicines (Advertisement and Sale) Act**

Prohibition of advertisement relating to certain diseases

Subject to the provisions of this Act, no person shall take part in the publication of any advertisement referring to any article or articles of any description in terms which are calculated to lead to the use of that article or articles of that description as a medicine, appliance or remedy for the purpose of treatment of human beings for any of the diseases and conditions set out in the Schedule.

Provided that this subsection shall not apply to any advertisement published by the Government or any public authority, or by the governing body of a public hospital or by any person authorised to publish the advertisement by the Minister.

The Schedule (Diseases and Conditions) is listed below.

| | | |
|---------------------------------|-------------------------|---------------------------|
| Blindness | Epilepsy or Fits | Kidney diseases |
| Cataract | Frigidity | Leprosy |
| Cancer | Hypertension | Menstrual disorder |
| Conception and pregnancy | Infertility | Paralysis |
| Dangerous drug addiction | Impotency | Sexual function |
| Diabetes | Insanity | Tuberculosis |
| Deafness | | |

c. Prohibited claims for health supplements:

- Strengthening immunity or the immune system
- Relieving symptoms of cold or influenza, or any other diseases
- Cure baldness or prevent hair loss
- Strengthen the heart, kidney (including other organs and glands)
- Treats rheumatism
- Prevents or treats cancer
- Enhances resistance to diseases or germs
- Increase body's production of T-cells
- Treats diabetes (including other chronic diseases such as high blood pressure, migraine, etc)
- Treats headaches, runny nose, red eye (symptoms of other diseases)
- Relieves stress, reduce stress or treats stress
- Lower Cholesterol
- Anti-aging

Contact
Health Sciences
Authority (H S A)
Medical
Advertisements Unit
Health Products
Regulation Group
Tel: 6866-3467
Fax: 6478- 9039
www.hsa.gov.sg
email:
hsa_health_supplements
@hsa.gov.sg