

# News from SMA Council

*By Dr Yue Wai Mun, Honorary Secretary*

## **1. RESIGNATION FROM 42<sup>nd</sup> SMA COUNCIL**

Assoc Prof Vivian Balakrishnan has resigned from the 42<sup>nd</sup> SMA Council so as to assume his appointment as Minister of State (National Development) starting 1 January 2002.

The 42<sup>nd</sup> SMA Council takes this opportunity to thank Prof Balakrishnan for his invaluable contributions to SMA and wishes him the very best in his role as Minister of State.

## **2. HUMAN GROWTH HORMONE (HGH) IN SPRAY FORM**

In response to a query from the public concerning the efficacy and safety of Human Growth Hormone (HGH) in spray form, we sought clarification from the Centre for Pharmaceutical Administration (CPA) and have been informed that:

“Products containing human growth hormone are subject to statutory requirements for pre-market approval and drug registration.

From our records, the composition of one of the above products, Elixir-H Youth Enhancing Formula I, is labelled as amino acids and it does not contain human growth hormone. These products are classified as health supplements.

As health supplements comprise low-risk products that are generally consumed for the enhancement of health, they do not, at present, require approval from the Health Sciences Authority (HSA) prior to sale in the local market. The onus of responsibility lies with the importer and seller to ensure that their products are safe and of good quality.

Health supplements are not allowed to make any medicinal claims

and should not carry any exaggerated or unsubstantiated claims and any claims that relate to anti-aging, retarding the aging process and other claims of similar nature are not allowed, as they cannot be adequately substantiated.”

## **3. RECLASSIFICATION OF ZOLPIDEM AS A CONTROLLED DRUG**

CPA has confirmed that Zolpidem has been included in the Schedule IV of the United Nations Convention on Psychotropic Drugs on the recommendations of the WHO. Based on this and the situation of local abuse cases, zolpidem was reclassified as a Controlled Drug by the CNB.

For further clarification on the requirements for handling zolpidem, you may contact the following officers from the (CPA):

Mr Goh Toh Seng                      Tel: 3255 412  
Mr Chow Hoong Kwong              Tel: 3255 644