

## **Seek Medical Advice before Taking Dietary Supplement Products**

Recently, Food and Drug Administration (FDA) announced that people should stop taking 6 kinds of dietary supplement products because those were found to contain Acetildenafil, an analogue of Sildenafil. Sildenafil is a FDA-approved drug, which used to treat erectile dysfunction. It is expected that the mechanism of action and side effects profile of Acetildenafil and Sildenafil are similar.

Acetildenafil, like Sildenafil, may cause side effects like headache, postural hypotension etc. Furthermore, it may potentially cause the hypotensive effects of nitrates that lowering blood pressure to a dangerous level. The incidence aroused the public concern over the safety of dietary supplement. It also concluded that dietary supplement products are not totally safe, even an herbal dietary supplement product could contain an ingredient that is not natural.

Herbs and dietary supplement products are not drugs, so they are not regulated by the Pharmacy and Poisons Ordinance. As a result, there is no guarantee of efficacy, safety and purity of these products. Customers should consult medical practitioners and community pharmacists before taking any dietary supplement product. Patients with chronic diseases or taking medications are advised to take medical consultations before taking those products.