

Lead in Spices, Herbal Remedies, Ceremonial Powders, and Cosmetics

Some spices, herbal remedies, ceremonial powders, and cosmetics may contain lead.

- **Spices include:** Anise Seeds, Asafoetida, Chili powder/ whole chilies, Cinnamon, Cloves, Coriander, Cumin, Curry, Dagar Phool (stone flower), Garam Masala, Ginger, Hungarian Paprika, Kabsa Spice Mix, Seven Spices Mix, and Turmeric
- **Herbal teas and remedies include:** Ash Powder, Azarcon, Balguti Kesaria, Bali Gali, Ghasard, Greta, Kandu, Mojhat ceremonial drink, and Pay-loo-ah
- **Ceremonial Powders include:** Kum kum, Incense, Pooja powder, Rangoli, and Vibuti (ash powder)
- **Cosmetics Include:** Kohl, Kajal, Kum Kum, Sindoor, and Surma

Some spices imported from India, Asia, Mexico, and the Middle East may contain lead.

Lead poisoning in children can cause: decreased IQ, attention-related deficits, hearing impairment, kidney disease, and delayed growth and development

Spices



Chili Peppers



Turmeric



Masala

Ceremonial Powders and Cosmetics

Rangoli



Kum kum



Sindoor



Prevent Lead Poisoning

- Buy spices locally rather than buying them online or overseas. Domestic products have stricter safety standards and are more likely to have been screened for heavy metals.
- Do not use products that family or friends send to you from another country.
- Buy spices from larger chain stores for a lower chance of lead contamination.
- Keep ceremonial powders and other cosmetics out of children's reach.
- Check labels of products for a state or federal agency safety label.
- Take your children to the doctor's office or your local health department to have them tested for lead.

NC Division of Public Health Additional Resources are available online at:
5505 Six Forks Rd
Raleigh, NC 27609
Phone: 919 707 5950

<http://ehs.ncpublichealth.com/hhccehb/cehu/lead/resources.htm>



We would like to thank the Public Health Education students at UNC-Greensboro for providing these photographs.