

LEAD

IN SPICES AND OTHER CULTURAL ITEMS

Some spices, herbal remedies, ceremonial powders, and cosmetics may contain lead, especially those imported from India, Asia, Mexico, and the Middle East.

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

whole chilies



ash powder (Vibhuti)



kum kum



kajal



SPICES:

- Anise Seeds
- Asafoetida
- Chili powder/ whole chilies
- Cinnamon
- Cloves
- Coriander
- Cumin
- Curry powder
- Dagar Phool (stone flower)
- Garam Masala
- Ginger
- Hungarian Paprika
- Kabsa Mix
- Seven Spices Mix
- Turmeric

HERBAL TEAS AND REMEDIES:

- Ash powder
- Azarcon
- Balguti Kesaria
- Bali Gali
- Ghasard
- Greta
- Kandu
- Mojhat ceremonial drink
- Pay-loo-ah

CEREMONIAL POWDERS:

- Ash powder (Vibhuti)
- Kum kum
- Incense
- Pooja powder
- Rangoli

COSMETICS:

- Kohl
- Kajal
- Sindoor
- Surma

Prevent LEAD Poisoning



Additional Resources are available online at:



<https://nchealthyhomes.com/>



<https://ehs.ncpublichealth.com/hhcehb/cehu/lead/resources.htm>

- ▶ Get your child tested for lead at the local health department or doctor's office.
- ▶ Buy spices locally, rather than overseas. Domestic products have stricter safety standards and are more likely to have been screened for heavy metals.
- ▶ Do not use products sent from other countries by family or friends.
- ▶ Keep ceremonial powders and cosmetics that may contain lead out of children's reach.
- ▶ Check products for state or federal agency safety labels.
- ▶ Check for product recalls at www.FDA.gov and www.CPSC.gov.