



SAFETY NOTICE

Imported Spices, Medicines & Home Remedies May Contain Lead

Lead may be found in imported spices, medicines and home remedies from some countries outside of the United States. Ingesting too much lead can cause lead poisoning. Lead poisoning can be dangerous, especially to babies and children under 6. It can cause a lower IQ and hyperactivity, hearing problems and slowed growth. And a pregnant woman can pass lead from her body to her unborn baby's.

Keep your family healthy – don't expose them to any of the following items if you suspect they are unsafe.

Spices that may contain lead if imported:

- Cumin
- Turmeric
- Chillies
- Chloee Masala
- Allspice
- Kabsa
- Ginger
- Curry Powder
- Garam Masala

Medicines, home remedies, cosmetics and ceremonial powders that may contain lead:

- **Azarcon and Greta** - Fine powders (often yellow, orange or red) used in Latino cultures for an upset stomach and other illness that may contain up to 90% lead.
- **Kajal, Kohl and Surma** - Black powders used in Asian and Middle Eastern cultures mainly for cosmetic uses, but also used on the navel of a newborn baby, and as a medicine to treat skin infections.
- **Sindoor and Kumkuma** - Orange-red powder typically used by the Asian Indian community as a cosmetic applied to the forehead and hairline for religious purposes.
- **Pay-loo-ah** - Red powder used in Southeast Asian countries to treat rash or high fever.
- **Ghasard, Kandou, Bali Gali** - Brown or red powders used in Asia and India for digestion and stomach aches.
- **Balguti Kesaria Ayurvedic** - Orange powder or liquid used in India and Pakistan for infants and children to treat a variety of conditions including rickets, cough/cold, worms and teething.
- **Pooja powder, Vibuti** - Ash used in religious worship ceremonies.

Other sources of lead:

Lead can also be found in and around homes built before 1978. Children under 6 should be tested for lead poisoning to know if they are being exposed.

Prevent Lead Poisoning

Keep your family safe from lead in imported spices, medicines and home remedies by following these tips:

- Do not expose children and pregnant women to products suspected to be unsafe.
- Purchase spices from trusted sources or make them using whole, basic ingredients from trusted sources.
- Purchase potentially unsafe products from large grocery stores rather than smaller international stores.
- Avoid colored powders that have unnaturally deep or vibrant colors.
- Ask to see the manufacturer's label of bulk products.
- Only purchase medicines produced in the United States.
- Check labels of medicines for a safety label from a state or federal agency.

Get your children tested. The only way to know if a child has been exposed to lead is through a blood test at the doctor's office.



For more information on how to prevent lead poisoning or get your child tested, call (614) 724-6000 or visit www.columbus.gov/lead.

Adapted with permission from a document created by Forsyth County (NC) Department of Public Health.



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