

Spices, Home Remedies, and Medicines May Contain Lead

Lead can be found in imported spices from Mexico, India, Asia and the Middle East.

In addition to spices, imported home remedies and medicines can have lead.

Lead poisoning can cause children to have learning and behavior problems, anemia, hearing loss, kidney disease, and poor growth. It can even cause your child to have a lower IQ. Pregnant women and unborn children are also at a higher risk because lead passes from the mother to the unborn child.



Spices include:

Cumin
Turmeric
Chilies
Curry powder
Kabsa
Ginger
Allspice
Garam Masala
Chloe Masala



Remedies, Cosmetics and Ceremonial Powders

Items	Uses
Azarcon and Greta	Fine powders used in Latino cultures for an upset stomach and other illness. It is often yellow, orange or red and may contain up to 90% lead.
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 child, 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 a rash or high fever.
Ghasard, Kandou, Bali Gali	Brown or red powders used in Asia and India as a digestive aid and for 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 and cold, worms, and dentition (teething).
Pooja Powder, Vibuti	Ash used in religious worship ceremonies.

Keeping Your Family Healthy

- Purchase spices from large grocery stores rather than smaller international stores
- Make sure turmeric is bright yellow, not orange or red
- Avoid imported cosmetics
- Only purchase medicines produced in the United States
- Check the labels of medicines for a safety label by either a state or federal agency
- The only way to know if your child has been exposed to lead is to get a blood test at their doctor's office

