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.

**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

Additional Resources are available online at:
- [https://nchealthyhomes.com/](https://nchealthyhomes.com/)
- [https://ehs.ncpublichealth.com/hhccehb/cehu/lead/resources.htm](https://ehs.ncpublichealth.com/hhccehb/cehu/lead/resources.htm)

**Prevent Lead Poisoning**
- 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.

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