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

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

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

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



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