

# LEAD

## in Imported Products

*Lead is a heavy metal that can cause serious health problems if it enters the body. Lead dust from chipped and peeling paint is the most common source of lead, but other items may also contain lead.*

### Some cultural spices and medicines

Many items found to have lead are white, bright yellow, or red. Items that are sold by weight, such as bulk spices purchased outside of the U.S. are commonly found to have high levels of lead, including:

- Cinnamon
- Whole chilies
- Chili powder
- Curry powder
- Turmeric
- Coriander
- Dried insects
- Cumin
- Thyme
- Seven spices
- Cloves
- Anise seeds
- Azarcon
- Bali Goli
- Kandu
- Pay-loo-ah
- Greta
- Oregano



### Some traditional ceramics and pottery

Lead may be found in some food storage containers and cookware including items that are:

- Handmade and decorated by someone outside of the U.S.
- From street vendors or flea markets
- Old, chipped, or cracked



## Some cosmetics and ceremonial powders

Lead may be in some cosmetics and ceremonial powders such as traditional kohl made from galena and Kajal, Kum Kum, Sindoor, Surma, Thanaka, Pooja powder, Rangoli and Vibuti.

## Some candies

Candies from all over the world have been found to contain lead, many from Mexico and Asia.

## Some special amulets and jewelry

Lead may be in special amulets and jewelry used for:

- Luck
- Protection
- Religion
- Fashion



## Keeping Your Family Healthy

- Spices from large grocery stores are less likely to have high levels of lead than those from smaller, international stores or internet-based retailers.
- 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.
- Remember: the only way to know for sure if your child has been exposed to lead is through a blood test. If you think your child may have been exposed to lead, call your local health department or your child's doctor to schedule a blood test.



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