

HEALTH WARNING

SOME IMPORTED PRODUCTS CONTAIN LEAD

Lead is a poison that damages the brain, nervous system, kidneys and reproductive system. Lead poisoning can also cause learning and behavior problems in children and problems in pregnancy.

The most common cause of lead poisoning in children is lead dust from peeling paint. Lead can also be found in other things, including products made in other countries. Here are some products that have been found to contain lead.

Health Remedies



High levels of lead have been found in herbal medicines from the Middle East, Latin America, China and India. It can be difficult to tell the difference between safe and dangerous products. A product may contain lead even if it is not listed as an ingredient on the label.

Don't use these remedies!

- Emperor's Tea Pill
- Hepatico Extract
- Jambrolin
- Lakshmilash Ras (Nardiya)
- Litargirio
- Maha Sudarshan
- Mahayogaraj Guggulu enriched with silver

Pottery



High levels of lead have been found in the glazes and paints used to decorate pottery from Latin American and Asian countries.

Never cook, store or serve food in pottery from these countries.

Cosmetics



Kohl, kajal and surma are eye cosmetics used by women and children from India, Pakistan, Bangladesh and Middle Eastern countries. They contain high levels of lead and are banned for sale in the U.S.

Children are at special risk because they may put their hands in their mouths after touching these cosmetics. Some lead may be absorbed through the eyes.

Sindoor, a red powder used by married Hindu women and some Sikh women, also contains high levels of lead. It should never be used in food.

Do not use kohl, kajal or surma. Keep sindoor away from children.

Mexican Candies



Tamarind



Chaca Chaca



Chapulines

Most Mexican candies and snack products are safe to eat. But some contain lead, especially certain products flavored with chili powder.

Lead has also been found in the inks used in some Mexican candy wrappers and in some tamarind candies sold in clay pots. The lead in the wrappers or the clay pots can get into the candy.

You may want to avoid candy and snack products like these.

Jewelry, Toys and Other Children's Products



Necklace



Lunch box



Toys

Lead has been found in the paint, metal and plastic parts of jewelry, toys, vinyl lunch boxes and other imported products for children. Many of these products come from China.

Younger children who put their hands and toys in their mouth are at greatest risk. Some products are also choking hazards.

For more information about recalls or specific products, visit U.S. Consumer Product Safety Commission website at www.cpsc.gov

What to Do If You Have Used These Products



Stop using them



Ask your doctor for a blood lead test

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Epidemiology and Response Division
Environmental Health Epidemiology Bureau

505-827-0006
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nmhealth.org/go/lead



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