LEAD IN HOME REMEDIES AND MEDICINES

Lead is a highly toxic metal. It is especially harmful for young children because they are still growing and developing. Exposure to lead can lead to many different health issues, such as:

- Brain and nervous system damage
- Slowed growth and development
- Hearing and speech problems
- Learning and behavior issues

Unfortunately, many items can contain lead. Even items you might not expect. **One way children can become exposed to lead is through home remedies and medicines.** Many home remedies have a lot of lead in them, so even a small amount can be harmful to your child. Instead of making your child feel better, some home remedies can actually make your child very sick from lead. Home remedies are used across the globe, but there are areas where certain home remedies are more likely to contain lead.

Country/Region	Home Remedies & Medicines Likely to Contain Lead
Asia	**Daw Tway**: Brown pellet or powder for digestive aid **Paylooah:** A red powder for fever and rash **Ba-baw-san**: Herbal medicine for colic and to pacify young children
Latin America	**Greta & Azarcon:** Orange powders for upset stomach (empacho), constipation, diarrhea, teething aches
India	**Ghasard:** A brown powder for digestion **Kandu:** A red powder for stomach aches **Bala Goli:** A round “bean” dissolved in “gripe water” and used for stomach aches

Home remedies and medicines can contain herbs, minerals, metals, or animal products that are thought to help with sickness. Lead and other heavy metals may be added into the products during grinding, coloring, or from the package. **Keep your children safe from lead in home remedies:**

- Avoid using any remedies or medicines that may contain lead.
- Only purchase medicine manufactured in the United States.
- Ask a health care provider to give your child a blood lead test if they have consumed any home remedies or medicines.

Learn more:
www.vdh.virginia.gov/leadsafe/

VDH VIRGINIA DEPARTMENT OF HEALTH

Virginia Childhood Lead Poisoning Prevention Program