

# Lead in Spices

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1. Spices purchased abroad are more than 3 times likely to exceed the lead reference limit compared with the spices purchased in the United States.
2. The countries of Georgia, Bangladesh, Pakistan, Nepal and Morocco are more likely to have lead in spices.
3. Lead is added to spices to enhance color or increase the product weight.
4. Lead can be in the air, dust, or soil where spices are grown or processed causing contamination.
5. Poor regulatory controls in some countries can impact the amount of lead in spices.



# Lead in Traditional Medicines

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1. Also known as Ayurveda; a traditional Hindu system of medicine.
2. Traditional medicines are used to enhance health or treat a wide range of health problems.
3. USA, India and China are the top countries using traditional medicines.
4. Lead may be intentionally added to traditional medicines. It is thought to help with certain health problems.
5. Lead may be accidentally introduced during the production or packaging of the traditional medicines.