

# Lead Poisoning from Ayurvedic Remedies: A Warning to Consumers

## What is Ayurveda?

Ayurveda is a medical system from India that is used around the world. Herbs are used in Ayurvedic remedies to promote health or treat disease. These remedies come from Ayurvedic practitioners, from stores or online, and from the United States and other countries.



Example of Ayurvedic Pill



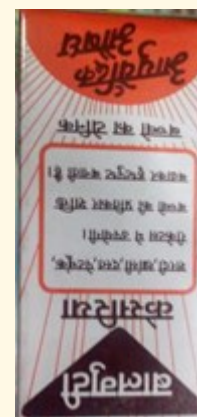
Example of Ayurvedic Pill

## Lead in Ayurveda

Some Ayurvedic remedies have lead and other heavy metals like arsenic and mercury. People have become poisoned from using these types of remedies. Ayurvedic remedies and supplements are not evaluated by the Food and Drug Administration (FDA) for safety or quality.

## What is lead poisoning?

Lead is harmful to the human body, especially for children and pregnant women. Lead can harm the brain, and make it hard for children to learn, pay attention, and behave. A person with lead poisoning may not look or feel sick. Even when a person has no symptoms, lead can harm the kidneys, increase the chances of having a miscarriage, increase blood pressure, and cause death from heart attack or stroke. The only way to know if you have lead in your body is with a blood test for lead.



Kesaria Balguti



Example of Ayurvedic Pill

## What should I do?

Talk to your doctor before taking any Ayurvedic remedies. It is very important to tell your doctor about any herbal products or other remedies you may be taking, especially if you have abdominal pain, nausea, or fatigue. If you think that you or a family member may have been exposed to lead, it is important to see a doctor right away.

## For more information on:

- ◆ **Lead poisoning in children**, and a list of local childhood lead poisoning prevention programs, visit the CDPH CLPPB website: [www.cdph.ca.gov/programs/CLPPB](http://www.cdph.ca.gov/programs/CLPPB) or call (510) 620-5600.
- ◆ **Lead poisoning in adults**, visit the CDPH Occupational Lead Poisoning Prevention Program website: [www.cdph.ca.gov/OLPPP](http://www.cdph.ca.gov/OLPPP) or call 1-866-627-1587 (toll-free in CA).
- ◆ Drug products that have been falsely labeled or contain harmful things in them, like lead, contact the CDPH Food and Drug Branch at 1-800-495-3232.



Example of Ayurvedic Capsule

**For immediate concerns about poisoning call the California Poison Control System at 1-800-222-1222.**

To obtain a copy of this document in an alternate format, please contact (510) 620-5600. CA Relay Service 711. Allow at least 10 working days to coordinate alternate format services.