Learn About Lead in Remedies

Protect Your Family from Lead Poisoning

Many remedies have lead in them that can hurt your child. You cannot tell by looking at or tasting a remedy if it has lead in it.

What are Remedies?

- Remedies are known as traditional, alternative, natural, or herbal medicine that are used across the world for many reasons.
- Remedies can have herbs, minerals, metals, or animal products in them.
- Lead and other metals are sometimes put into remedies on purpose or can get into remedies during grinding, coloring, from the packaging, or if the ingredients are grown in soil with lead in it.

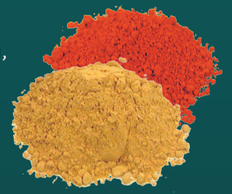
Can Lead in Remedies Hurt My Child?

Lead in remedies or from other sources can hurt your child or unborn baby's growth and development. It can also make it hard for your child to learn and pay attention

How Do I Know if My Child has Lead Poisoning?

Most children with lead poisoning do not look or act sick. The only way to know if your child has lead poisoning is to get a blood test for lead. If you think your child has been given one of these remedies, ask your child's doctor to test your child for lead, or reach out to your local Childhood Lead Poisoning Prevention Program (CLPPP) for more information.

Common Remedies that Contain Lead



- **Greta and Azarcon** (also known as Alarcon, Coral, Luiga, Maria Luisa, or Rueda) are fine powders used in Latino cultures for upset stomach and other illnesses. The powders are often yellow, orange, and/or red and have been found to contain up to 90% lead.
- **Kohl and Surma** are black powders used in South Asian and Middle Eastern cultures mainly as a cosmetic, but also on the navel of a newborn child as a medicine to treat skin infections.
- **Pay-loo-ah** is a red powder used in Southeast Asian countries to treat children with rash or high fever.

More Remedies that Contain Lead

	Remedy:	Used for:
Latin America	Albayalde, Albayaidle	"Empacho" (vomiting, colic, apathy, lethargy)
	Azarcon, Alarcon, Coral, Greta, Luiga, Maria Luisa, Rueda	Stomach ache
	Litarigiro	Antiperspirant and deodorant
Middle East	Anzroot	Vomiting, diarrhea
	Bint al Zahab, Bint, Bend Dahab	Diarrhea, colic, constipation, general newborn use
	Bokhoor	Calming fumes
	Cebagin Santrinj, Farouk	Teething powder
	Esfand	General health, protect against evil eye
	Jawani Badeyan	Stomach ache, nausea, digestion
	Kajal, Kwalli, Kohl, Al-Kahl, Saoott, Surma, Tiro, Tozali	Cosmetic; astringent for eye injury, umbilical stump, teething powder; protect against evil eye
	Lozeena	Food coloring
Asia	Ba Bow Sen	Hyperactivity, nightmares in children
	Daw tway	Digestion
	Hai Ge Fen	Digestive & stomach problems
	Pay-loo-ah	Rash, high fever
	Po Ying Tan	Minor illness in children

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	Remedy:	Used for:
India	Bala goli/fita	Stomach ache, dissolved in "gripe water"
	Balguti Kesariya	Rickets, cough/cold, worms, teething, digestion
	Deshi Dewa	Fertility
	Gashard, Kandu, Bali Gali	Digestion, stomach ache
	Ghutti	Indigestion, vomiting, teething, flatulence
	Kushta	Disease of the heart, brain, liver, stomach
	Pushpadhanwa	Fertility

For more information, visit go.cdph.ca.gov/LeadFreeKids or contact:

CDPH California Department of Public Health

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了解
療方中的鉛

保護您的家人免於鉛中毒

許多療方含有鉛，可能對您的孩子造成傷害。您無法透過觀看或品嚐來判斷療方是否含鉛。

什麼是療方？

- 療方在世界各地因多種原因被使用，被稱為傳統、替代、自然或草藥醫學。
- 療方可能含有草藥、礦物質、金屬或動物產品。
- 鉛和其他金屬有時會被人為添加到療方中，也有可能是在研磨、染色或包裝過程中混入的，或者是因為原料生長在含鉛的土壤中而導致的。

鉛製的療方會傷害我的孩子嗎？

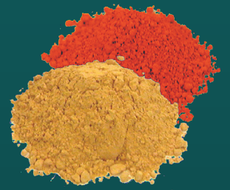
療方或其他來源中的鉛，可能傷害您孩子或未出生的嬰兒的生長與發育。也可能讓您的孩子難以學習和集中注意力

如何判斷我的孩子是否患有鉛中毒？

大多數患有鉛中毒的兒童，外表和行為上都看不出有病。要知道您的孩子是否鉛中毒，唯一的方法是進行血液鉛測試。如果您認為您的孩子曾使用過其中一種療方，請諮詢孩子的醫生為其進行鉛測試，或聯繫您當地的「兒童鉛中毒預防計劃」 (CLPPP) 以獲取更多資訊。

含有鉛的常見療方

- **Greta 和 Azarcon** (亦稱為 Alarcon、Coral、 Luisa、Maria Luisa 或 Rueda) 是在拉丁裔文化中用於治療胃部不適和其他疾病的細粉。這些粉末通常是黃色、橙色和/或紅色，且經發現含有高達 90% 的鉛



- **Kohl (眼影粉) 和 Surma （眼影粉）** 是南亞和中東文化中使用的黑色粉末，主要用作化妝品，但也用於新生兒的肚臍上，作為治療皮膚感染的藥物。
- **Pay-loo-ah** 是一種在東南亞國家使用的紅色粉末，用於治療兒童的皮疹或高燒。

更多含鉛的療方

	療方：	用於：
拉丁美洲	Albayalde, Albayaidle	「Empacho」（嘔吐、腸絞痛、無精打采、昏睡）
拉丁美洲	Azarcon, Alarcon, Coral, Greta, Luisa, Maria Luisa, Rueda	腹痛
拉丁美洲	Litarigiro	止汗劑與體香劑
中東	Anzroot	嘔吐、腹瀉
中東	Bint al Zahab, Bint, Bend Dahab	腹瀉、腸絞痛、便秘、一般新生兒使用
中東	Bokhoor	鎮靜煙霧「Calming fumes」
中東	Cebagin Santrinj, Farouk	出牙粉
中東	Esfand	身體健康，抵禦邪眼
中東	Jawani Badeyan	胃痛、噁心、消化
中東	Kajal, Kwalli, Kohl, Al-Kahl, Saoott, Surma, Tiro, Tozali	化妝品；用於眼部受傷、臍帶殘端、出牙粉的收斂劑；抵禦邪眼
中東	Lozeena	食用色素
亞洲	Ba Bow Sen (八寶散)	過動、兒童惡夢
亞洲	Daw tway	消化
亞洲	Hai Ge Fen (海蛤粉)	消化與胃部問題
亞洲	Pay-loo-ah	皮疹、高燒
亞洲	Po Ying Tan (保嬰丹)	兒童輕微疾病

續下頁

	療方：	用於：
印度	Bala goli/fita	腹痛，溶解於「腸絞痛水」(gripe water) 中
印度	Balguti Kesariya	佝僂病、咳嗽/感冒、蛔蟲、出牙、消化
印度	Deshi Dewa	生育能力
印度	Gashard, Kandu, Bali Gali	消化，胃痛
印度	Ghutti	消化不良、嘔吐、出牙、脹氣
印度	Kushta	心、腦、肝、胃的疾病
印度	Pushpadhanwa	生育能力

欲了解更多資訊，請瀏覽 go.cdph.ca.gov/LeadFreeKids 或聯絡：

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(Chinese Traditional)

經橙縣 CLPPP 許可改編

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