

# Is your kohl liner lead-free?

Kawalli, al-kahal, tozalli, kajal, tiro, indha kuul, surma



Many imported kohl, kajal, al-kahal, surma, tiro, indha kuul, tozali, or kawalli, contain lead. Lead is a metal that is toxic and harmful to our bodies, and no amount of lead in the body is safe.

## Why do people use kohl?

For Muslims, wearing kohl is believed to be sunnah (habitual practice) because Prophet Muhammad wore kohl made from antimony. This is the only type that was said to be used by the prophet as it is safer to use. But some kohl today is different because it is made from poisonous lead instead of antimony. This makes some kohl harmful to your health, so wearing it or putting it on children may not be sunnah. Some also believe applying kohl will make their eyes bigger.

## Are any of this type of products safe?

**Stibnite (antimony sulfide) is considered safe to use, whereas Galena (lead sulfide) is not considered safe because of the lead in it.**

## What are the health risks of lead exposure?

Even just small increases in lead in the blood can have dangerous health results for children. These include:

- Lower IQ and attention span, which can cause learning and behavior problems.
- Slowed growth and development.
- Hearing loss and speech problems.
- Seizures, coma, and even death (when there are high levels of lead).

## What should I do if I use a product with lead sulfide/galena?

1. Immediately stop using the product(s)
2. Keep children away from the product(s)
3. Request that a doctor or nurse test children under 6 years old, pregnant, or nursing women for lead. If you do not have a doctor currently you can visit a local urgent care facility.
4. If you want to continue using a product, you can buy a new one from a local store to ensure it is safe to use.



## This is important to my culture; how can I safely continue the tradition?

**If using kohl is important in your culture, we recommend you use only lead-free products.**

Products you can buy at American stores like Walmart, Target, and Walgreens are safe to use because the FDA prevents the sale of kohl liners with lead in them in the United States. There are also plant charcoal-based options to buy, or recipes online; you can make lead-free kohl makeup yourself if you want to be 100% sure about what is in it.

