

# Mercury in Skin Creams



Certain skin creams bought in Mexico may contain mercury. **Mercury is dangerous and may cause health problems.**

Mercury is added to these creams by third parties, not the commercial manufacturer, and promoted for skin lightening, and fading wrinkles, freckles, and age spots.

## Common Symptoms of Mercury Poisoning

- Shaking or tremors
- High blood pressure
- Weight loss, tiredness, or muscle weakness in arms and legs
- Mood changes, anxiety, insomnia, or depression
- Memory loss, headaches, or difficulty concentrating
- Tingling or numbness in hands, feet, or lips

## Recommendations

- Do **NOT** use skin creams purchased in Mexico that are:
  - Handmade
  - Unlabeled
  - Unsealed when purchased
  - Purchased from somewhere other than a major retail store
- If you are using a skin cream that meets the above description, stop using it immediately.
  - Put the cream in a sealed, labeled plastic bag.
  - Then discard at the nearest hazardous waste facility.
  - Find the closest household hazardous waste facility near you at [tceq.texas.gov/assets/public/assistance/hhw/hhw\\_contacts.pdf](https://tceq.texas.gov/assets/public/assistance/hhw/hhw_contacts.pdf).
- If you or your family experience the symptoms of mercury poisoning, seek medical treatment immediately. Ask your medical provider to test for mercury poisoning.
- For free advice, contact the Texas Poison Center Network, toll-free at 800-222-1222.

## Contact Information

Texas Poison Center  
Network  
Toll-free 800-222-1222

Environmental  
Surveillance and  
Toxicology Branch  
512-776-7268

[epitox@dshs.texas.gov](mailto:epitox@dshs.texas.gov)

[dshs.texas.gov/epitox](https://dshs.texas.gov/epitox)