

# Heavy Metals Contamination in Lipstick and their Associated Health Risk to Lipstick Consumer

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**Abstract:** Lipstick, a widely used cosmetic product, has come under scrutiny due to potential contamination with heavy metals such as lead, cadmium, arsenic, chromium, and mercury. These metals, often present as impurities, can pose significant health risks with prolonged use, especially through dermal absorption and inadvertent ingestion. Chronic exposure to heavy metals is associated with serious health consequences, including neurotoxicity, nephrotoxicity, endocrine disruption, and carcinogenicity. This review explores the prevalence of heavy metals in lipstick products, the sources of contamination, regulatory guidelines, and the associated health risks for consumers. The findings highlight the need for stringent quality control, improved manufacturing practices, and the development of safer cosmetic formulations to protect public health.

**Keywords:** Heavy metals, lipstick contamination, health risks, lead exposure, cosmetic safety, chronic toxicity, consumer health, regulatory guidelines