

**Use Chinese herbal medicines safely –  
about sulphur-fumigation**

Sulphur fumigation is a traditional processing method for preserving Chinese herbal medicines. However, consuming herbal medicines that have been fumigated too much could adversely affect your health. Don't buy or consume herbal medicines that are too bright or have a pungent smell, and remember to purchase them from licensed Chinese medicine retailers. For more information, please visit [www.cmro.gov.hk](http://www.cmro.gov.hk).