



DRUG FACT SHEET

# Bath Salts

It is illegal under federal law to sell the chemical compounds that have been created and sold as bath salts.

Class of drug:	Synthetic Stimulant
Main active ingredients:	MDPV (methylenedioxypropylvalerone) and mephedrone (which are found in a lower dosage in legitimate bath salts and plant foods)
What it looks like:	White, powdery or crystallized substance packaged as bath salt
Street names:	Ivory Wave, Bolivian Bath, Vanilla Sky, Legal Cocaine, Snow White, Hurricane Charlie, Bliss, Pure White, Purple Iris, XXX-rated plant food
How it is used:	Inhaled, injected, eaten in food and swallowed in drinks. Bath Salt can be rolled into joints with marijuana and smoked, too (called Head Trip Potpourri).
Duration of high:	The initial rush peaks within 15 minutes to one hour and can last for five hours. Many users re-dose to extend the effects for a few days.
Withdrawal symptoms:	Fatigue, depression, anxiety, psychotic behaviors
Detected in the body:	Yes, through quantitative testing for MDPV, Mephedrone and Methyline, but it is not detected in routine drug tests
Effects:	Mimics the high of cocaine, ecstasy and amphetamines <b>Physical</b> —Chest pains, headaches, high blood pressure, increased pulse, muscle twitching, cravings, insomnia, seizures <b>Mental</b> —Agitation, delusions, anxiety, paranoia, hallucinations, violent rages, suicidality <b>Long-term</b> —Fairly new drug, no long-term effects have been recorded in humans.



“The synthetic cathinone products marketed as “bath salts” to evade detection by authorities should not be confused with products such as Epsom salts that are sold to improve the experience of bathing. The latter have no psychoactive (drug-like) properties.”

- National Institute on Drug Abuse

## U.S. information

In 2013, The American Association of Poison Control Centers reported 996 calls related to exposure to bath salts, compared to 2,691 in 2012 and 6,137 in 2011.

Despite being illegal to sell in the U.S., many people are still purchasing bath salts on the internet.

(American Association of Poison Control Centers, National Institute on Drug Abuse)

Sources: <http://www.doctoroz.com/videos/alternate-names-bath-salt-drug>; <http://www.webmd.com/mental-health/features/bath-salts-drug-dangers>; US Department of Justice; Quick Fact Alert: Bath Salts, Chestnut Health Systems; [www.sober.com/bath-salts.html](http://www.sober.com/bath-salts.html)