

BATH SALTS: A GROWING DANGER

WHAT IS IT?

So-called "bath salts" are a designer drug that has recently become available. It is a powder-like substance described as "fake cocaine" and it is snorted, injected and smoked. The substances most commonly added to the bath salt compound are mephedrone and methylenedioxypropylvalerone (MDVP).

WHAT DOES IT DO?

Some abusers of bath salts describe the effects as similar to methamphetamine, ecstasy and cocaine. Use of bath salts produces an intense high, extreme energy, increased heart rate, flashes of euphoria, an intense craving for more, excessive sweating and insomnia. The effects are reported to last six to eight hours but with re-dosing, the symptoms are prolonged and can cause insomnia for several days.

HOW IS IT SOLD?

Much of the bath salts supply comes from China and sold via the Internet and at truck stops, tobacco shops and novelty stores for \$25 to \$50 for 50-milligrams. The various brands of bath salts are sold in small bags containing 50- to 500-milligrams of crystalline powder under several brand names, including K4 Rage, Cloud Nine and Ivory Wave.

STILL LEGALLY SOLD IN U.S.

The designer drug is deviously marketed as something not for human consumption. The result is that they're legal at the federal level and in states that haven't yet specifically prohibited them. Illinois banned the sale of bath salts under House Bill 2089 in summer 2011.

KNOW THE RISKS

Over-exposure to the MDPV found in bath salts can cause unpredictable outcomes, including hallucinations, paranoia, rapid heart rates and suicidal thoughts. More serious side effects associated with bath salts include addiction, kidney failure and blood circulation problems—including increased blood pressure and renal failure.

Poison control centers across the country experienced a surge in calls related to bath salts overdosing as the popularity of the designer drug grew, which lead to many states banning the sale of it.



BRANDS OF BATH SALTS

K4 Rage
Cloud Nine
Ocean Snow

Sextacy Ultra
White Rush
White Lightning

Ivory Wave

KNOW THE SIGNS

Anxious and jittery behavior

Decreased need for sleep

Lack of appetite

Severe paranoia

Erratic behavior with potential for hallucinations,
violence and self-mutilation

Bath salts contain the synthetic drug methylenedioxypropylvalerone, or MDPV.
When sold, the product is labeled "not for human consumption."

QUICK FACTS ABOUT BATH SALTS

It can kill you. A powerful high, first-time users have accidentally overdosed on bath salts.

A product that is easily accessible via the Internet and relatively inexpensive, use of bath salts brings on a prolonged high lasting six to eight hours.

Much like cocaine, users have expressed fleeting euphoric feelings followed by some very bad feelings, like paranoia, depression and intense cravings for more.

Bath salts are addictive.

Reports in the media of users who experience hallucinations, suicidal thoughts and accidental overdosing verify the dangerous and unpredictable outcomes caused by using bath salts.

ADDITIONAL QUESTIONS?

If you have additional questions about substance abuse, Gateway Foundation Alcohol & Drug Treatment can provide the answers you need in **complete confidentiality**. Gateway offers a free, in-depth, confidential consultation to determine the nature and extent of one's alcohol or drug problem.

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