



## Bath Salts The Facts about Synthetic Stimulants



### What are Bath Salts?

A powdery substance that contains amphetamine-like chemicals such as *mephedrone*, *MDPV*, or *methyldone* which are synthetic (man-made) stimulants related to cathinone, a natural chemical found in the Khat plant. Bath salts have brand names like Ivory Wave, Cloud 9, Meow Meow, Purple Wave, Snow Leopard, Bliss, and others. Some are also marketed as plant food.

### How and why do people use it?

Bath salts are in powder or tablet form and usually snorted. However, they can also be swallowed, smoked, or injected. Synthetic stimulants are indirectly marketed as “legal highs” or “synthetic cocaine” and users are seeking results like alertness, talkativeness, euphoria, and sexual arousal. Effects more closely mimic amphetamines or Ecstasy (MDMA) and could test positive for amphetamines on some drug screens.

### Is it illegal?

Yes. Connecticut passed regulations (Department of Consumer Protection - Section 21a-243-7) in early 2012 that make the sale of any product(s), containing the chemicals in bold italics above, illegal to possess or sell.

These substances are currently classified as a Schedule I drug both federally and in the state of Connecticut. It is also illegal in other states and military bases. Many herbal products are contaminated with impurities and there is no way to know all the ingredients put into these synthetics. Illegal or not, these products are not safe.

### What are the dangers of using synthetic stimulants?

Users have been reported to have fast heart rates that can lead to heart attacks or strokes, chest pain, nosebleeds, increased blood pressure, sweating, nausea, vomiting, trouble sleeping, depression, paranoia, delusions, suicidal thoughts, seizures, hallucinations, and panic attacks.

For more information or for medical assistance after contact with bath salts or other synthetic stimulants, call the Connecticut Poison Control Center 24/7 at 1-800-222-1222.

Use of bath salts is on the rise. In just one year, annual calls to poison centers about bath salt exposures went from 304 in 2010 to 6,138 in 2011.



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