

Bath Salts



SOURCE: New Jersey Division of Consumer Affairs

Designer drugs are created and marketed to avoid the provisions of existing drug laws. A new designer drug found in the United States is called “bath salts.” Parents should note that these products are NOT actually bath salts. Bath salts, or substituted cathinones, are man-made chemical stimulants. A stimulant is a class of drugs that elevates mood and increases feelings of well-being, energy and alertness. These stimulants are called bath salts because they are fine powder or clear crystals and look like what you might add to a bath.

The chemicals most often found in bath salts are 3,4-methylenedioxypyrovalerone (MDPV), mephedrone and methylone. These are the concentrated versions of a chemical found naturally in the khat plant, which is native to East Africa and the Middle East.^{1,2}



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These drugs are ingested through the nose, orally, through smoking or through injection into veins.^{1,2} In March 2011, the Arkansas Legislature passed an act prohibiting the sale of a synthetic designer drug marketed as bath salts. From 2010-2012, U.S. poison centers received 8,693 calls about exposure to bath salts.³

Teenagers and young adults are attracted to these drugs for the following reasons:^{1,2}

- For energy
- As an alternative to illegal stimulants since bath salts are perceived to be legal
- These chemicals are not picked up on standard drug tests
- They are inexpensive and readily available — in convenience stores, gas stations, head shops and also sold online. (Head shops are businesses selling drug paraphernalia just within the limits of the law.)

Identify

If you see a bath salt sold in powder form in small plastic or foil packages of 200 and 500 milligrams, it is most likely an illegal drug.¹ Other warning signs include labels such as: “Not for human consumption,” “Not illegal” or “Adults only.”

Making it trickier to identify these products is the fact that not all bath salt drugs are marketed as ‘bath salts.’ These drugs may be displayed as packages marked “vitamins” or “energy boosters,” or other seemingly harmless names, such as “plant feeder,” “insect repellent” and even “stain remover.”^{1,2}

There is no consistent formula for bath salts. The drug can be different from one packet to the other, even when the packets look exactly the same.

Prevent^{1,2}

Parents and health care providers can help by educating young people about these drugs. Let them know that:

- There are potential dangers associated with the use of these drugs
- Getting high — no matter how — is a risky and dangerous decision
- Just because a drug is legal — or is labeled as legal — does not mean it is safe
- Since these drugs are new, we do not have complete information about the long-term effects



IMAGES COURTESY OF U.S. DRUG ENFORCEMENT ADMINISTRATION, UNITED STATES DEPARTMENT OF JUSTICE.
http://www.justice.gov/dea/pr/multimedia-library/image-gallery/images_bath-salts.shtml.

Bath salts physical effects

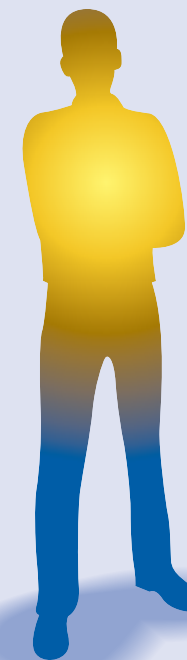
The dangerous effects of bath salts are immediate (15 minutes) and can last for 4-6 hours.² The United States Drug Enforcement Administration¹ has reported the following effects:

EFFECT ON THE MIND



- People have reported **agitation**, insomnia, irritability, dizziness, depression, **very severe paranoia**, delusions, **suicidal thoughts**, **seizures** and panic attacks.
- Users have also reported impaired perception of reality, reduced motor control and decreased ability to think clearly.

EFFECT ON THE BODY



- Cathinone derivatives act as central nervous system stimulants, and the effects can be severe. They can cause **rapid heart rate** (which may lead to heart attacks and strokes), **chest pains**, nosebleeds, sweating, nausea, vomiting and even **death**.

¹ Drug Fact Sheet: Bath Salts or Designer Cathinones (Synthetic Stimulants). Created by the United States Drug Enforcement Administration (US DEA).

² Parents360: Synthetic Drugs: Bath Salts, K2/Spice: A guide for parents and other influencers. Created by The Partnership at Drugfree.org.

Alternative/street names for bath salts

(Note: This is not a complete list.)

- Arctic Blast
- Bliss
- Blue Silk
- Bloom
- Bolivian Bath
- Bubbles
- Charge+
- Cloud Nine
- Crush
- Drone
- Energy-1
- Explosion
- Fly
- Gloom
- Hurricane Charlie
- Ivory Wave
- Lunar Wave
- Meow Meow
- Rush
- Ocean Burst
- Ocean Snow
- Pure Ivory
- Purple Rain
- Purple Wave
- Red Dove
- Route 69
- Salt
- Scarface
- Snow Leopard
- Stardust
- Tranquility
- Vanilla Sky
- Whack
- White Diamonds
- White Dove
- White Knight
- White Lightning
- Wicked X
- Zoom



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DATA SOURCES:

¹DRUG FACT SHEET: BATH SALTS OR DESIGNER CATHINONES (SYNTHETIC STIMULANTS). CREATED BY THE UNITED STATES DRUG ENFORCEMENT ADMINISTRATION (US DEA) • ²PARENTS360: SYNTHETIC DRUGS: BATH SALTS, K2/SPICE: A GUIDE FOR PARENTS AND OTHER INFLUENCERS. CREATED BY THE PARTNERSHIP AT DRUGFREE.ORG • ³BATH SALTS DATA. UPDATED SEPTEMBER 10, 2012. AMERICAN ASSOCIATION OF POISON CONTROL CENTERS

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