

Easy-to-Read Drug Facts

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Bath Salts Facts

Bath salts are illegal drugs made with chemicals like the one found in the khat plant (a shrub grown in many parts of the world) that gets people high. They are a white or brown crystal powder. Bath salts are sold in small packages with a warning that says you're not supposed to eat the contents ("not for human consumption"). They're also labeled with the name "bath salts" to make the drugs seem harmless.

People usually swallow, snort, smoke, or use a needle to inject (shoot up) bath salts.

Some names of bath salt products are:

- Flakka
- Cosmic Blast
- Ivory Wave
- Vanilla Sky
- White Lightning

Signs of Use and Addiction to Bath Salts

The "high" that people can have when taking these drugs is like having a lot of energy and feeling very friendly toward other people. But bath salts can also make you dizzy, afraid, and violent. You might see, feel, or hear things that you think are there when they're really not. You can start to think about ending your life.

Some people end up in the emergency room or even die after taking bath salts. The risk is highest when they're snorted or injected.

People who try to quit taking bath salts might:

- feel depressed or anxious
- get the shakes
- have problems sleeping
- have mental problems, like believing people are out to get them



Effects of Bath Salts on Brains and Bodies



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Bath salts can make you feel sick and start to sweat.

These are just some of the problems bath salts can cause:

You Feel Sick

Bath salts can cause nosebleeds and make you sweat. It can also make you lose sleep and throw up.

Muscle Breakdown and Kidney Failure

Some people who take bath salts can become extremely annoyed and violent. They are also often very thirsty. Their muscles break down, and their kidneys stop working.

Heart Attack

Bath salts can cause your heart to beat faster and your blood pressure to go up. This can give you a heart attack, which could lead to death.

HIV/AIDS, Hepatitis

Sharing used needles to inject (shoot up) bath salts can give you HIV/AIDS or hepatitis (a liver disease).

Addiction

You can get addicted to bath salts. When the high wears off, you can have the shakes and feel nervous or depressed. It's hard to sleep, and you could start having strange, fearful thoughts—like believing that everyone is out to get you. Strong cravings make you want more bath salts to feel good again.