

# Drug Facts: Synthetic Cathinones ("Bath Salts")



## What Are Synthetic Cathinones ("Bath Salts")?

Synthetic stimulants, commonly known as "bath salts," belong to the synthetic cathinone class of drugs. These substances are central nervous system stimulants designed to produce effects similar to those of cocaine, methamphetamine, and MDMA (ecstasy).

To evade regulation under the Controlled Substance Analogue Enforcement Act, these drugs are frequently marketed under misleading labels such as "bath salts," "research chemicals," "plant food," or "glass cleaner," and are often marked "not for human consumption." They are sold in smoke shops, gas stations, head shops, convenience stores and online.

## What are their street names?

Common street names for Synthetic cathinones include:

Bliss, Ivory Wave, MTV, Meow Meow, Snow Leopard, Super Cake, Blizzard, Drone, DOB, DOM, Blue Silk, Cloud Nine, Energy -1, Lunar Wave, Ocean Burst, Purple Wave, Red Dove, Stardust, Vanilla Sky, White Dove, and White Knight.

## What is their origin?

Synthetic cathinones are manufactured in East Asia, and have been distributed at wholesale levels throughout Europe, North America, Australia, and other parts of the world.

## How are they used?

Synthetic cathinones are available in various forms, including tablets, capsules, crystals, and powders. They can be ingested by swallowing, snorting, or dissolving in liquid for injection.

## What is their effect on the brain?

Synthetic cathinones are used for their stimulant effects, often producing feelings of euphoria and increased alertness. However, their use has also been linked to a wide range of adverse psychological effects, including confusion, agitation, acute psychosis, paranoia, hallucinations, delusions, combativeness, aggression, and violent or self-destructive behavior.

## What is their effect on the body?

Synthetic cathinones can produce a range of toxic effects, including rapid heartbeat, high blood pressure, elevated body temperature (hyperthermia), and prolonged pupil dilation. Additional physical symptoms may include teeth grinding, excessive sweating, headaches, heart palpitations, and seizures.

- **The effects of bath salts are similar to cocaine, methamphetamine, and MDMA.**
- **Bath salts come in many forms including tablets, powders, and crystals.**
- **Using bath salts can lead to serious adverse physical and psychological effects.**



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In severe cases, these substances can cause the breakdown of muscle tissue (rhabdomyolysis), leading to the release of muscle fiber contents into the bloodstream, which can result in kidney damage.

Cardiac complications, strokes, and even death have also been reported.

### What is their legal status in the United States?

In July 2012, the U.S. government passed a law called the Synthetic Drug Abuse Prevention Act (SDAPA). This law made several synthetic drugs, including some synthetic cathinones (like mephedrone and MDPV), illegal by placing them in Schedule I of the Controlled Substances Act.

Schedule I is the most restricted category, used for drugs with a high potential for abuse and no accepted medical use.

A newer substance, N,N-dimethylpentylone, became the most commonly seized synthetic cathinone in 2023 and has been linked to several fatal overdoses.

Even if a specific synthetic cathinone isn't named in the law, it may still be treated as illegal under the Controlled Substance Analogue Enforcement Act, which allows authorities to prosecute substances that are similar to already banned drugs.

### Where can I find help?

If you or someone you know is fighting drug addiction, recovery is possible. Talk to your health care provider or check your state or local health department websites.

You also can get more information and support by calling 1-800-662-HELP (4357).

#### Connecticut Resources

##### **CT Department of Mental Health and Addiction Services**

[www.ct.gov/DMHAS](http://www.ct.gov/DMHAS)

#### National Resources

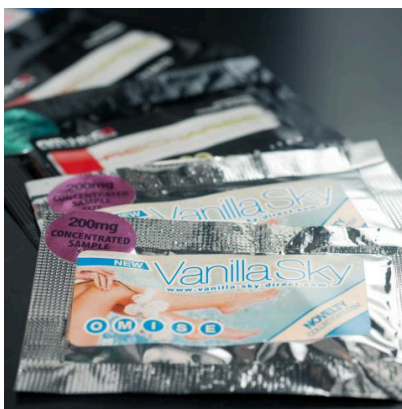
##### **Substance Abuse and Mental Health Services Administration**

[www.samhsa.gov](http://www.samhsa.gov)

##### **National Institute on Drug Abuse**

[www.drugabuse.gov](http://www.drugabuse.gov)

#### **Bath Salts Packets**



[dea.gov/bath-salts](http://dea.gov/bath-salts)

#### **Plant Feed Bath Salts**



[dea.gov/bath-salts](http://dea.gov/bath-salts)

#### **Bath Salt Powder**



[dea.gov/bath-salts](http://dea.gov/bath-salts)