

Synthetic Drugs: What You Should Know

Substance Abuse Prevention Network

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The American Association of Poison Control Centers reported that at least 2,700 individuals have fallen ill from synthetic drug use between January and March 2011. There were 3,200 cases in all of 2010.

Bath Salts



These powders are marketed as bath salts but are not salts for bath water.

They contain

methylmethcathinone (4-MMC) or methylenedioxypyrovalerone (MDPV) – powerful mood altering stimulants, with effects similar to **cocaine** and **meth**. They are consumed by smoking or snorting. Users claim a more social and interactive feeling, which can lead to **hallucinations** and **profound paranoia**.

Potpourri & Incense



These forms of synthetic cannabinoids, marketed as types of home air fresheners, are not regulated by the FDA. Risks of severe **psychiatric complications**

may be more likely to occur because the type and amount of cannabinoid can vary considerably from batch to batch — even within the same product. Addiction is a high possibility.

Synthetic Marijuana



K3 or spice is a chemical compound that is 3 to 5 times more potent than **THC**. As a result, less synthetic marijuana is needed for the user to get high,

and the high will last longer. The active chemical compound **decreases body temperature** and leaves the body **unable to feel certain stimuli**.

Plant Food



Labeled as plant food, this powder mimics the effects of meth and cocaine. It is distributed in capsule form. Users break apart the capsule and snort or smoke the exposed

powder. The substance **hyper-stimulates** the central nervous system causing **delusions** and, in some cases, **suicidal thoughts**.

Lazy Cakes & Downer Drinks



Approximately 0.2 mg of melatonin will induce sleep in the average adult. However, each cake has 7.8 mg.

In addition to the chemically created synthetic drugs, several products use natural ingredients to mimic the effects of certain drugs. Lazy cakes and downer drinks contain melatonin and valerian root — which in certain doses are comparable to **valium** or **tranquilizers**. These products can cause **impairment** to the central nervous system, **trouble breathing**, and **nausea**.



Sold as both 2 oz. shots and full-size beverages, these drinks can be purchased at convenience stores and online.

To find out more about these synthetic drugs, get tips on how to talk to your kids about drug use, and follow current legislation pertinent to prevention, treatment, and recovery, contact your local Regional Support Center.

For help locating a support center in your area visit www.actmissouri.org