



HEALTH ALERT

'POPPERS'

PSYCHOACTIVE INHALANT DRUGS



The California Department of Public Health's Food and Drug Branch (FDB) is warning consumers about the dangers of using psychoactive inhalant drugs, also referred to as "poppers." Exposure can cause mind-altering (psychoactive) effects, along with serious side effects that may result in hospitalization or death. These products should not be inhaled or consumed.

Safety Concerns with Poppers:

The [U.S. Food and Drug Administration \(FDA\)](#) has observed an increase in reports of deaths and hospitalizations from people ingesting or inhaling poppers. These products are composed of dangerous chemicals and are often misused to get "high" or for sexual experiences. These drugs used to be sold in capsules that were cracked or "popped" to release the chemical. Legally marketed products are currently sold in small bottles as solvents, nail polish removers, and cleaners and are labelled as not intended for consumption or inhalation. When a person is exposed to chemicals in poppers, serious side effects may include confusion, headaches, dizziness, nausea, weakness, delirium, eye irritation, severe low blood pressure, central nervous system depression and brain death. Many popper products are highly concentrated, and an overdose can lead to seizures, coma, asphyxiation, suffocation, and death.



Poppers may be sold under disguised names like Rush, Super Rush, Stud, Locker Room, Liquid Gold Drug, Iron Horse, Premium Iron Horse or TNT. Consumers are advised to not inhale or consume these products. However, if they do and are experiencing adverse health effects, they should consult their healthcare provider or, if seriously ill, seek emergency care. A report to the FDA's adverse event reporting program, [MedWatch](#), should also be submitted.

Anyone with concerns or a complaint about inhalants or poppers should contact the State of California's Food and Drug Branch at (800) 495-3232 or FDBinfo@cdph.ca.gov. You may also reach out to an [FDA Consumer Complaint Coordinator](#) at (510) 337-6741 in Northern California and (949) 608-3530 in Southern California.

www.cdph.ca.gov