

**A Survey on folate deficiency and its serious
consequences in substance abusers with
emphasis on cough mixture abuse**

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Executive Summary

1. Research objectives: To study the harmful effects of cough mixture abuse in terms of folate and vitamin deficiency.
2. Major findings: Up to 2/5 of cough mixture abusers may have significant folate deficiency. This side effect is unique to cough mixture abuse and not related to other lifestyle or personal factors. The effect cannot be predicted from simple blood tests or symptoms.
3. Conclusions: Many people with the habit of cough mixture abuse are at risk for severe damage to their brain and nervous systems. The side effects may come on suddenly and may lead to severe permanent disabilities. In pregnant mothers, this has the possibility to cause severe brain damage to the fetus.