

# What's This? A Salt-Sneezing Lizard

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poisonous!

Salt is an important nutrient for many organisms. But could you imagine drinking nothing but salt water? It wouldn't just taste bad - it would be deadly. Too much salt is actually

But some species, like the **Galápagos marine iguana**, are adapted to salty environments. This iguana swallows seawater, and sneezes out the excess salt. A lot of this salty mucus lands on its head, leaving a white "cap" of dried, crusty salt.