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 poisonous!

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.