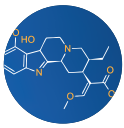
Understanding Kratom and 7-OH



Kratom is a plant native to Southeast Asia. Its leaves contain compounds that can produce stimulant-like effects at lower amounts and sedative or opioid-like effects at higher amounts.



7-OH (7-hydroxymitragynine) is a compound found in kratom. It is one of the most potent active compounds associated with kratom's opioid-like effects. It is more potent than traditional kratom.

Kratom and 7-OH products **are sold in many local convenience stores, smoke/vape shops, and online.**

Common Forms and Use



- **Capsules** or tablets
- **Edible products** – gummies, chocolates, candies, snacks, and baked goods
- **Teas, powders,** and drink mixes
- **Liquid** products and beverages
- Concentrated **extracts and oils**
- **Dried leaves** or plant-like products

Risks and Signs of Use

- **Dependence and withdrawal symptoms** after regular use
- **Changes in mood, energy,** appetite, appearance, alertness, or communication
- **Impaired judgment,** concentration, coordination, or reaction time
- **Constipation, nausea, vomiting,** sweating, itching
- **Increased heart rate** and high blood pressure

Combining kratom or 7-OH with **alcohol, medications, or other substances** increases the risk of serious health effects and overdose.

Youth, pregnant women, and people with certain health conditions may face additional risks.

Did You Know?

- Under federal law, **concentrated 7-OH is illegal** to sell or possess.
- The US Food and Drug Administration (FDA) has **not approved kratom or 7-OH for any use** and warns consumers about the risk of serious harm.
- **Product strength and ingredients may vary,** labels may be inaccurate, and some products have been found to contain metals, pesticides, mold, and bacteria.
- 7-OH is **13x more potent** than morphine.
- Using kratom and 7-OH may result in a **positive drug screening.**

Industry and Marketing Tactics

Kratom and 7-OH products are often marketed in ways that mislead consumers and minimize risks by using:

- Words such as **"natural," "plant-based," or "legal alternative"**
- **Candy-like packaging**, bright colors, and flavors, which can increase accidental poisoning risks for children and pets
- **Unsupported claims** about pain management, energy, focus, relaxation, or mood
- Testimonials or claims that the products are **safer than medications** or other substances

Assuming that products sold in retail stores are harmless can have serious consequences.

Kratom and 7-OH products may contain hidden dangers. It can be hard to know how much you are taking or how it may affect you.

For health, safety, and legal reasons it is best to avoid using kratom and 7-OH.

Learn more

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If someone has severe symptoms or is unresponsive, call **911** right away. For questions about possible poisonings or side effects, call **1-800-222-1222**