KRATOM & 7-OH: What You Don't Know *Can* Hurt You

Learn the risks. Protect yourself and your family.

What is Kratom?

Kratom is a plant-based substance made from the leaves of a Southeast Asian tree called *Mitragyna speciosa*. People often use it to boost mood, ease anxiety or depression, or relieve pain. It is sold in many forms like capsules, tablets, powders, teas, gummies, and liquids and is available at smoke shops, gas stations, convenience stores, grocery stores or online.

General side effects from use of kratom can include nausea, constipation, dizziness, dry mouth, sleep issues, nervousness, restlessness, slowed breathing, sweating, or vomiting.

7-OH (also known as 7-Hydroxymitragnynine) is a powerful compound found in small amounts in kratom. It acts like an opioid and can slow breathing, especially when mixed with other substances. This can lead to serious side effects like drowsiness, vomiting, seizures, or even death. 7-OH is addictive, and some products contain high levels of it but are falsely sold as kratom.

The **FDA** has **not** approved kratom or any products containing 7-OH (7-hydroxymitragynine) for treating pain, mood disorders, or withdrawal symptoms and warns against use due to risk of dependence, addiction and adverse effects. These substances are **not legal** as drugs, dietary supplements, or food additives in the U.S., and their safety and effectiveness have not been proven.

How is 7-OH Related to Kratom?

7-OH can be **13 times stronger** than the opioid morphine

7-OH, short for 7-hydroxymitragynine, is a powerful and dangerous opioid-like substance made from the kratom plant. It is sold in many forms - tablets, gummies, supplements, energy drinks and shots. On the street, it can be called **7-Hydroxy, 7-OHMG and '7"**

An "Emerging Opioid Threat"

The FDA is working to block 7-OH products and **warns people not to use kratom** or 7-OH because of the risks to health including liver problems, seizures, overdose, substance use disorders and death.

Facts About Kratom and 7-OH

Unpredictable

Kratom is not regulated, so you don't know how much you are getting or what else is mixed with it. Bacteria and heavy metals like lead have been found in kratom.

Addiction Risk

Higher, regular doses can be highly addictive and hard to quit.

Overdose Risk

Kratom can slow down breathing; taking kratom with other drugs like alcohol, fentanyl, other opioids, or benzodiazepines is especially dangerous – together the effects can cause death.

Risk of Death

Fatal overdoses have been linked to kratom in California and across the U.S.

What Can I Do?

- **Know before you buy** – Avoid buying or consuming products with 7-OH or Kratom even if they are labeled as "natural" or "herbal."
- **Call the Poison Help Line 1-800-222-1222** if you believe someone is having a bad reaction to Kratom or 7-OH products.
- If someone is not breathing / has signs of an overdose, **dial 911** immediately and administer **Naloxone** if available!
  Reach out for support and treatment services: **OCNavigator.org or OC Links (855) 625-4657**.

https://samhsa.gov
https://www.fda.gov/news-events/public-health-focus/fda-and-kratom
https://nida.nih.gov/research-topics/kratom

OC Links 24/7 855-OC LINKS | OCNavigator.org