**WHAT IS KRATOM?**

Kratom is a tropical tree that grows in Southeast Asia, where its leaves are used in traditional medicine. In recent years, kratom has gained popularity in the U.S. as an herbal supplement.

People are experimenting with kratom for relaxation and as an alternative treatment for pain, mood disorders, and opioid withdrawal — all without supervision from doctors. Because kratom can cause physical dependence and isn’t regulated, any use comes with real risks.

**IS KRATOM SAFE?**

**KRATOM AFFECTS YOUR BRAIN.**

The Food and Drug Administration (FDA) calls kratom an opioid because it contains compounds that bind to the brain’s opioid receptors. When taken in large doses, kratom’s effects are similar to those of morphine, heroin, and other addictive opioids. When ingested in smaller doses, kratom acts as a stimulant.

**KRATOM IS ADDICTIVE.**

Use of kratom can cause dependence or addiction, and those with a history of addiction or substance abuse are especially at risk. If someone who has developed a physical dependence stops using kratom, they experience physical withdrawal.

**Symptoms of withdrawal:**

- muscle and joint aches
- insomnia
- irritability
- hostility
- watery eyes
- runny nose
- confusion
- abdominal pain
- jerky movements
- emotional changes
- nausea
- vomiting
- sweating
- anxiety
- diarrhea

*Dried kratom leaves can be brewed in tea, powdered and added to drinks, or consumed as a capsule, pill, or extract.*
LEARN MORE AT SAMHSA.GOV/KRATOM

If you or someone you know is using kratom, know that there are safer alternatives. Call SAMHSA’s National Helpline at 1-800-662-HELP (4357) or TTY: 1-800-487-4889, or use SAMHSA’s Behavioral Health Treatment Services Locator at SAMHSA.gov to get help.

1. https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm595622.htm

KRATOM IS UNREGULATED AND LEGAL, FOR NOW.

Kratom’s unregulated status means it may carry risks beyond side effects and addiction.

Kratom is currently unregulated and legal at the federal level, however, due to serious health risks some state laws ban possession and use. For this same reason, the FDA and Drug Enforcement Administration are reviewing kratom to determine if its active chemicals should be classified as Schedule 1 substances and banned.4

KRATOM HAS UNPLEASANT SIDE EFFECTS.

Every drug has side effects, and kratom is no exception. Side effects include:

- Drowsiness
- Dizziness
- Dry mouth
- Nausea
- Seizures
- Vomiting
- Loss of appetite
- Constipation
- Itching
- Sweating
- Muscle pain

KRATOM’S PURITY AND POTENCY ARE NOT CONSISTENT.

The amount of kratom in a given product is not regulated, so it can be difficult for users to control how much of the active ingredient they ingest.

The other ingredients in kratom products are also not regulated, so manufacturers can add substances that might not be safe. In testing different products, FDA scientists have discovered unacceptable levels of heavy metals like lead and nickel, as well as dangerous bacteria like salmonella. Of the kratom-related deaths on record, most appear to have been caused by adulterated products or users taking kratom with potent substances such as other opioids.

Kratom Affects your Brain

Depending on dosage, kratom can act as an opioid or a stimulant.

Kratom Can Be Contaminated

FDA tests have revealed that some kratom products contain risky added ingredients, heavy metals or dangerous contaminants.

Kratom Has Serious Side Effects

Dizziness
Seizures
Vomiting
Constipation
Itching
Muscle pain
Drowsiness
Dry mouth
Nausea
Loss of appetite
Increased urination
Sweating

Kratom is Addictive

Kratom is a tropical tree with leaves that are used in traditional medicine. Kratom is gaining popularity in the U.S. and some people are using it as an alternative medicine without guidance from doctors. Here’s what you need to know.

Kratom is a banned substance in X states because of the risks it poses to public safety.

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Kratom is Addictive

Kratom is addictive just like morphine, heroin and other opioids.

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