

# 7 THINGS TO KNOW ABOUT KRATOM

Kratom is a tropical plant that people are using as an alternative treatment for pain, mood disorders, and opioid withdrawal without supervision from doctors. Because kratom is unregulated, any use comes with real risks.

## 1 Kratom Affects Your Brain

Depending on the amount you take, kratom can act as an opioid or a stimulant.

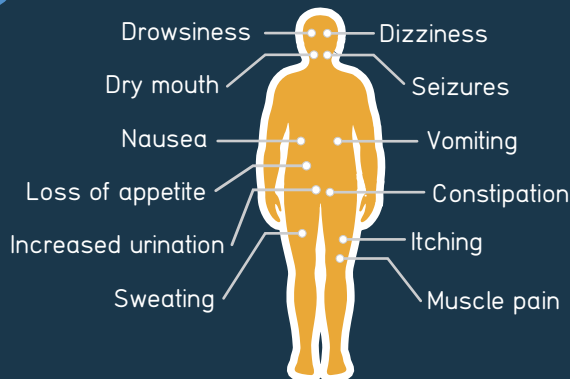


## 2 Kratom Is Addictive

Compounds in kratom bind to the brain's opioid receptors, so it's addictive just like morphine, heroin, and other opioids.



## 3 Kratom Has Serious Side Effects



## 4 Kratom Is an Unregulated Substance



Kratom trees are native to Southeast Asia, and there are no safety standards for kratom products in the U.S.

## 5 Kratom Products Aren't Consistent



Tea



Powdered Drink



Capsule

The amount of kratom in a given product is not regulated, so you can't control how much you're taking no matter how you ingest it.

## 6 Kratom Can Be Contaminated

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



Heavy Metals



Salmonella

## 7 Kratom Is Banned in the Region in Which It Originates and Some States



Because of serious health risks, kratom has been banned in some Southeast Asian countries and several U.S. states.

**Learn more at [SAMHSA.gov/kratom](https://www.samhsa.gov/kratom)**

If you or someone you know needs help with a substance use disorder, including kratom, 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](https://www.samhsa.gov) to get help.

### References:

<https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm595622.htm>  
<https://www.drugabuse.gov/publications/drugfacts/kratom>  
<https://www.dea.gov/press-releases/2016/08/30/dea-announces-intent-schedule-kratom>