ADDICTION EXPLAINED
AMERICAN SOCIETY OF ADDICTION MEDICINE

KRATOM AND 7-OH: WHAT YOU SHOULD KNOW

What are Kratom and 7-OH?

Kratom is a plant that contains naturally occurring substances that can be dangerous when used in concentrated products, including one called **7-OH** (short for 7-hydroxymitragynine).

Some kratom products contain much higher amounts of 7-OH than are naturally found in the plant. Kratom and 7-OH can have effects like opioids such as heroin or fentanyl. They can lead to withdrawal, addiction, and overdose.

Kratom-related exposures reported to US poison control centers increased

1,200%

From 2015 to 2025.

CDC, Morbidity and Mortality Weekly Report, 2026.

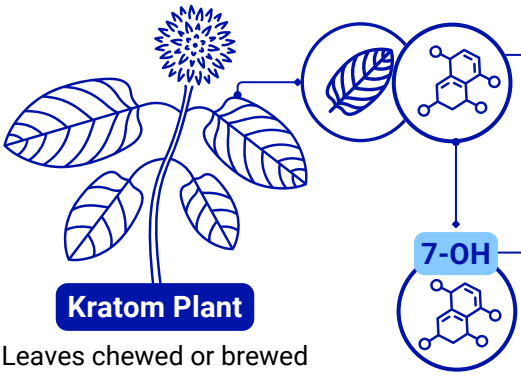


Just because a product is "natural" or sold in stores does NOT mean it is safe.

Unlike medicines, kratom-related products are not checked to make sure they are safe. The FDA has not approved kratom or 7-OH to treat any health condition. Health claims on the package may not be true or backed by evidence. Due to the danger of these products, the US government and individual states are starting to ban the sale of Kratom and 7-OH.

How are Kratom and 7-OH Different?

Kratom and 7-OH are related, but they are not the same. Kratom is a plant. 7-OH is a chemical found naturally within the plant in very small amounts. Kratom products have changed over the past decade. Many now contain lab-made 7-OH, making them **much more dangerous** than they once were.



Kratom Plant

Leaves chewed or brewed into tea in Southeast Asia.

KRATOM-RELATED PRODUCTS

Some kratom products are made from dried kratom leaves, while others contain much stronger, lab-made chemicals.

7-OH

CONCENTRATED 7-OH PRODUCTS

7-OH products contain dangerously high concentrations of chemicals made in a lab.



Product labels may be misleading.

A label may not accurately describe its ingredients or strength. These products may contain other harmful chemicals.



Kratom and 7-OH related products may contain other substances that can be **just as dangerous.**

Those substances may include:

- MGM-15 or MGM-16
- Mitragynine pseudoindoxyl

KRATOM-RELATED PRODUCTS		CONCENTRATED 7-OH PRODUCTS
Contains uncertain amounts of chemicals such as mitragynine and 7-OH	**PRIMARY INGREDIENT**	Contains very high, concentrated amounts of lab-made 7-OH
Powders, capsules, drinks, extracts	**COMMON FORMS**	Tablets, gummies, shots, drink mixes
Serious toxicity and overdose are possible	**OVERDOSE RISK**	Serious toxicity and overdose are possible

All content developed independently by the American Society of Addiction Medicine.

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What Makes Them Risky?

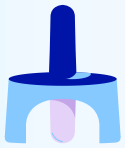
Kratom and 7-OH can affect people in different ways, but act like opioids. **Ingredients and strength can vary by product and may contain other toxic chemicals**, which may impact how a product will affect you.

OVER TIME, YOU MAY EXPERIENCE

- Needing more to get the same effects
- Feeling like you need it to get through the day
- Feeling sick when you stop or use less
- Addiction that may need treatment (e.g., buprenorphine)
- Overdose

If you or a loved one uses kratom or 7-OH, **keep naloxone nearby**.

Naloxone is safe to use, and might help if an overdose causes breathing to slow down or stop.



Using kratom or 7-OH with alcohol or other drugs can **increase the risk of overdose.**



Keep kratom and 7-OH products stored safely out of reach of children.

What Are the Signs?

SIGNS OF TAKING TOO MUCH

- Sleepiness or difficulty staying awake
- Confusion
- Slowed breathing

SIGNS OF WITHDRAWAL

- Anxiety
- Body aches or sweating
- Stomach cramps, vomiting, or diarrhea

SIGNS OF ADDICTION

- Worrying about when you will get more
- Spending a lot of time or money on it
- Problems at work, home, or in relationships

If someone is breathing slowly or stops breathing after using kratom or 7-OH, call 911 right away and give naloxone.

Where Can You Find Help?



Talk to a healthcare professional or addiction specialist.



Call or text **988** for a mental health, suicide, or substance use crisis.



Call SAMHSA's National Helpline: **1-800-662-HELP (4357)**.



Call Poison Control for questions or concerns about kratom or 7-OH: **1-800-222-1222**.

Learn More

Scan the QR code or visit our *Addiction Explained* webpage to view our other resources.

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