

KRATOM TOOLKIT

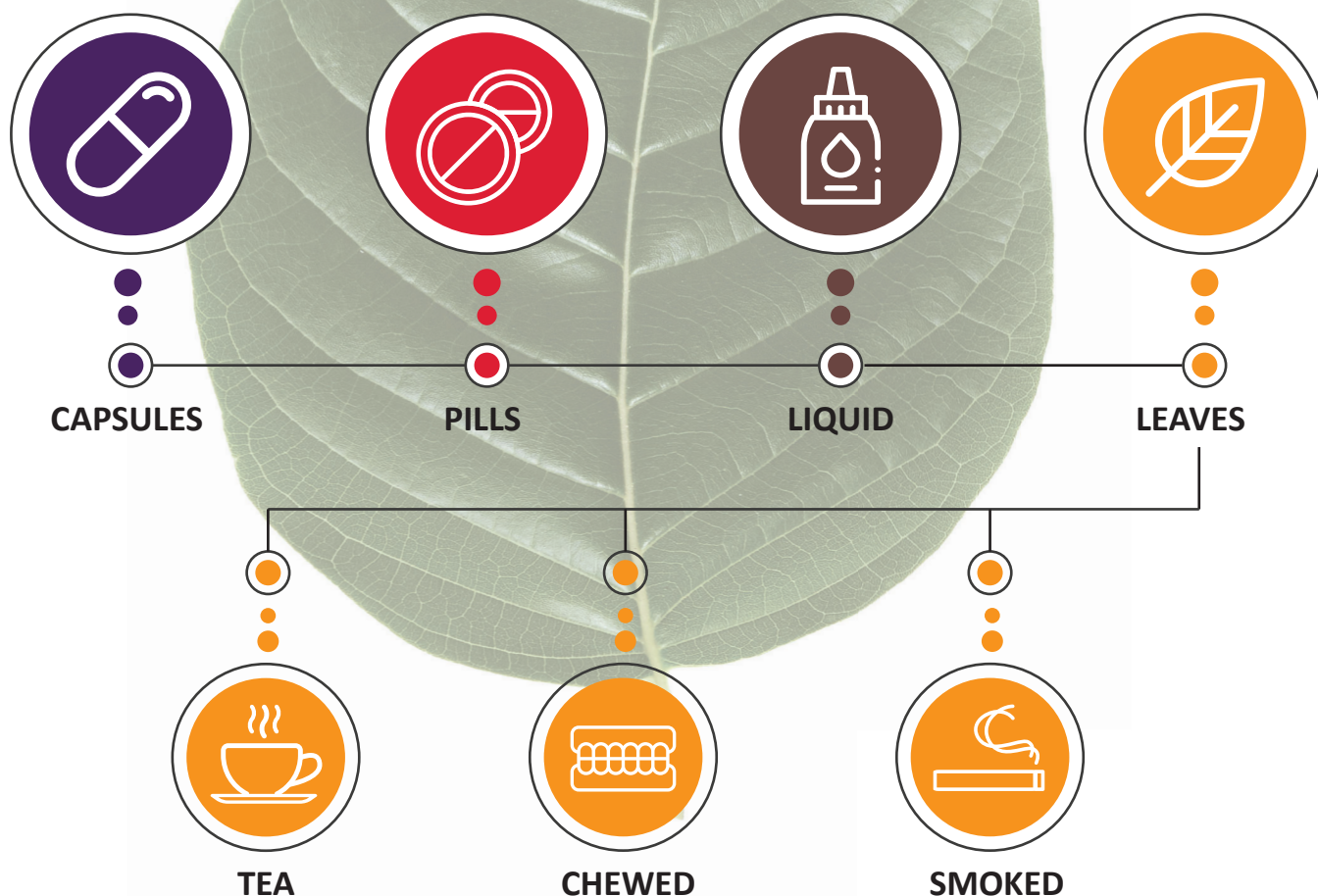


Kratom is a recreational drug used to elevate mood and enhance physical endurance. It has been on the DEA's list of drugs and chemicals of concern for several years. There are no FDA-approved uses for kratom at this time, and there is very little research on its medical value or side effects of use and yet, kratom usage continues to increase each year. This toolkit will provide an overview of what kratom is, how it is used, side effects and links to resources for more information.

WHAT IS KRATOM?

Kratom is a tropical evergreen tree (*Mitragyna speciosa*) found in Indonesia, Malaysia, Papua New Guinea, and Myanmar. In recent years, it has gained popularity in Western countries as a natural pain-reliever, as a stimulant, and is used to elevate mood. It is often advertised as a safe herbal alternative to other sedative and stimulant type drugs. Kratom is not regulated currently in the United States.

HOW IS IT USED?



WHAT EFFECTS DOES KRATOM HAVE ON THE BODY?

LOW DOSES

In low doses, kratom acts as a stimulant and makes a person feel more energetic, producing effects similar to those with cocaine or amphetamine use.

LARGE DOSES

In large doses, kratom acts as a sedative making a person sleepy or in a dreamlike state. Effects from larger doses resemble opioid misuse.

In addition, psychotic symptoms may occur with significant kratom dependence, which may include hallucinations, delusions, confusion, and potentially even seizures.

THE MOST COMMON EFFECTS ON THE BODY:

- Nausea
- Muscle tremors
- Itching
- Sweating
- Dizziness
- Constipation
- Dry mouth
- Seizures
- Hallucinations
- Liver damage

WITHDRAWAL SYMPTOMS

Some people who used kratom regularly report they have issues with pain, trouble sleeping, diarrhea, and fevers when they stop using it. Some reported they felt nervous, tense, angry, or sad when they weren't taking kratom. Withdrawal symptoms may include:

- AGGRESSION
- RUNNY NOSE
- MUSCLE ACHES
- JERKY MOVEMENTS OF ARMS AND LEGS
- MOOD SWINGS
- JOINT OR BONE PAIN
- HOSTILITY

STREET NAMES FOR KRATOM

- HERBAL SPEEDBALL
- BIAK
- KETUM
- KAKUAM
- ITHANG
- THOM



USING KRATOM FOR OPIATE WITHDRAWAL

People may use kratom as an addiction recovery aid from opioid addiction and it is often promoted for this purpose. They believe kratom will ease withdrawal because it evokes feelings of euphoria and may be obtained more easily than drugs prescribed for withdrawal. In November 2017, the Food and Drug Administration said that kratom use could exacerbate the opioid epidemic. Using kratom to assist with opioid addiction can result in an addiction to kratom. ***There is currently no medical or scientific data to support using kratom as a safe or effective treatment in opioid addiction.***

WHAT IS 7-OH?

Kratom can be referred to as 7-OH but the two differ. Kratom is the plant while 7-OH (7-hydroxymitragynine) is an alkaloid in the kratom plant. 7-OH products have similar physiological responses to kratom (pain relief, euphoria, and sedation, respiratory depression, nausea, and dizziness).

The addiction potential of 7-OH is higher than consumption of kratom and can lead to severe health risks including damage to the liver, convulsions, and substance use disorder. Commercially created kratom products frequently contain artificially enhanced 7-OH concentrations, exceeding what is typically found in raw kratom leaves.

Federal health officials have documented increasing availability of youth-oriented products, these products have been characterized as “appealing to children and teenagers” such as:

- Flavored beverage mixers containing 7-OH
- Fruit flavored gummies
- Concentrated liquid “shots” containing elevated compound levels

LEGALITY AND AVAILABILITY

The Food and Drug Administration (FDA) has not approved kratom tea or kratom-based products for any medical purpose. Moreover, the Drug Enforcement Agency (DEA) has listed kratom as a drug of concern.

As of July 1st, 2026, 7-OH kratom-related substances are classified as Schedule 1 controlled substances under House Bill 2365, making them illegal in Kansas. This legislation aims to restrict products often sold in gas stations and smoke shops that are known for high, dangerous concentrations of 7-OH.

Kratom is widely sold in smoke shops, convenience stores, and online. Since it is not regulated in many states, it is sold in multiple strains and the quality varies. It is also important to note that fillers and other substances used in the production of kratom products may also be

STATISTICS ON KRATOM OVERDOSE AND DEATHS

Can a kratom overdose result in death? **YES**
Poison control centers in the United States received more than 3,400 reports about use of kratom from 2014 through 2019. Also, there have been some reports of kratom packaged as dietary supplements or dietary ingredients that were laced with other compounds that caused deaths.

<https://www.drugabuse.gov/publications/drug-facts/kratom>

RESOURCES

American Addiction Centers

<https://americanaddictioncenters.org/kratom/dangers>

National Institute on Drug Abuse

<https://www.drugabuse.gov/publications/drugfacts/kratom>
<https://www.drugabuse.gov/drugs-abuse/commonly-used-drugs-charts#kratom>

Mayo Clinic

<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/kratom/art-20402171>

Drugabuse.com

<https://drugabuse.com/kratom/effects-use/>

National Prevention Week

<https://www.getsmartaboutdrugs.gov/content/quick-facts-kratom>

Food & Drug Administration

<https://www.fda.gov/news-events/public-health-focus/fda-and-kratom>



To find the toolkits and other prevention resources visit:

<http://www.kansaspreventioncollaborative.org>

<http://www.dccca.org/prevention-resources>