KRATOM
PREVENTION FACTS

What is Kratom?

Kratom is a drug with stimulant effects (in low doses) and opioid effects (in high doses)[1]. Kratom is made from leaves from a tree native to Southeast Asia that are crushed and then smoked, brewed with tea, or placed into gel capsules. Kratom is marketed as a drug that relieves pain and helps with anxiety and depression. Additionally, kratom can be dangerous and cause harm.

Kratom Effects

Short-term adverse effects of kratom can include nausea, constipation, dizziness, and dry mouth. Kratom products are not regulated so risk containing different materials sometimes chemicals and plants that are not related to kratom. As a result, kratom's effects can vary from person to person.[2]

General side effects of kratom include[3]:

Nausea • Constipation • Dizziness • Discoloration of the cheeks • Drowsiness • Dry mouth • Euphoria • Sleep disturbances • Increased sociability • Nervousness or restlessness (increased energy and excitability) • Respiratory depression or slowed breathing • Sweating • Vomiting

Is Kratom legal?

Kratom products are not regulated at the national level and can be legally sold in states that have not banned kratom projects. Other states have county or city restrictions, such as age limits, on kratom products. While these products are widely available, none have been approved by the Federal Drug Administration (FDA)[3]. The FDA named kratom as a substance of concern in 2022 and warns against using kratom due to the risk of opioid dependence and addiction.

You can check your state's kratom laws here:
https://www.americankratom.org/aka-in-your-state

Reducing Harm When Using Kratom

If you know or suspect that your loved one is using kratom, some safety measures include:

- Don't mix it with other substances, as this can increase the chance of overdose.
- Never use alone and contact a friend who can respond in case of emergency.

Kratom Contamination

Contamination in herbal supplements like kratom includes excess traces of heavy metals and bacteria[2]. The FDA has issued numerous warnings about kratom contamination, including on the risk of developing heavy metal toxicity and exposure to contamination from salmonella[1].

For Emergencies:

Call 911
California Poison Control: 1-800-222-1222 (available 24 hours/7-days a week)

To file a complaint:

To report kratom sold in unauthorized locations: The California Department of Public Health (CDPH) at 1(800) 495-3232 or report complaint online.

For more kratom information:

https://www.samhsa.gov/
https://www.dea.gov/
https://nida.nih.gov/research-topics/kratom

More information about public health services related to substance use in LA County is accessible through the mobile-friendly RecoverLA platform: www.RecoverLA.org

Medi-Cal members can find substance use treatment services through the resources below:

- Services and Bed Availability Tool: http://SUDHelpLA.org
- Substance Abuse Service Helpline: 1-844-804-7500

References:

(1) http://www.fda.gov/news-events/public-health-focus/fda-and-kratom
(2) http://nida.nih.gov/research-topics/kratom
(3) https://www.dea.gov/sites/default/files/2020-06/Kratom-2020_0.pdf