Kratom & 7-OH Fact Sheet

WHAT IS KRATOM? WHAT IS 7-OH?

Kratom is a tree found in Southeast Asia. Its leaves contain compounds that have mind-altering, or psychotropic, effects. Kratom is frequently marketed and sold as an herbal extract or dietary supplement to boost energy/mood and relieve pain. In kratom leaves, **7-Hydroxymitragynine (7-OH)** is present in very small amounts. Most 7-OH is produced by chemically converting another compound found in kratom called mitragynine. This transformation can occur naturally in the liver or be synthesized in a laboratory. Some companies extract (or concentrate) 7-OH and sell it in products labeled as either 7-OH ***or*** kratom. It's important to know which you're consuming, as 7-OH is much more potent than natural kratom. Some people purchasing what they think is low-potency kratom could actually be purchasing the stronger compound, 7-OH.

HOW IS KRATOM & 7-OH USED?

Kratom is typically ingested orally in the form of capsules, extracts, or tablets. The leaves can also be chewed, dried, crushed, or brewed and consumed as a tea. 7-OH is often sold in pills, gummies, or shots.

IS KRATOM & 7-OH LEGAL?

Kratom and kratom products, such as 7-OH, are not regulated at the national level and can be legally sold in California. While these products are widely available, none have been approved by the Federal Drug Administration (FDA). There are ongoing measures to regulate 7-OH.

WHAT ARE THE EFFECTS OF KRATOM?

At low doses, kratom often acts as a stimulant, leading to effects like increased energy, enhanced alertness, and faster heart rate. At higher doses, it tends to produce sedative, pain-relieving effects similar to opioids, which is why some users report relaxation and pain reduction, along with slowed breathing and drowsiness.

Some people use kratom to relieve symptoms of opioid withdrawal, yet kratom is short-acting and can require higher doses taken more frequently. Consistent use may lead to dependency and withdrawal symptoms like muscle aches, irritability, and sleep disturbances. If consistently used with Kava, a similar plant often taken for relaxation, they might experience withdrawal effects similar to benzodiazepine withdrawal.

Side effects of kratom include:

- Euphoria
- Sedation
- Pain relief
- Increased energy, focus
- Anxiety
- Nausea and vomiting
- Dry mouth
- Irritability
- Seizures
- Itching
- Constipation
- Sweating
- Confusion
- Rapid heartbeat

CAN YOU OVERDOSE?

Kratom acts as a partial opioid agonist that does not activate the pathway in the brain that is involved in respiratory depression, or when you breathe too slowly or too shallowly. Therefore, kratom is much less likely to contribute to overdose deaths than heroin, fentanyl, oxycodone, or other potent opioids.

When mitragynine, the primary alkaloid in kratom, is identified in overdose cases, it is almost always found along with other drugs with known lethal potential. Nevertheless, people who use kratom should not assume it is without risk, especially when combined with other drugs.

7-OH is 13x stronger than morphine, and with this potency, we see an increased risk of respiratory depression. 7-OH has a higher risk for overdose than kratom, especially with high amounts or when mixed with other drugs.

Kratom Fact Sheet

Kratom leaves and powder

IS TREATMENT AVAILABLE?

While there are no FDA-approved medications specifically for kratom and kratom product dependence, healthcare providers might use medication approved for the treatment of opioid use disorder to treat a patient's kratom dependence. While studies are limited, findings do suggest that buprenorphine (Suboxone) can be used as an effective treatment option for kratom use disorder. Visit Know Overdose Nevada County's Local Resources page under Treatment to find treatment resource or contact Nevada County Behavioral Health at 530-265-1437.

Resources

- *www.nida.nih.gov/research-topics/kratom*
- *www.fda.gov/news-events/public-health-focus/fda-and-kratom*
- *Long-term buprenorphine treatment for kratom use disorder: www.tandfonline.com/doi/epdf/10.1080/08897077.2021.2010250*

DOES NALOXONE (NARCAN) WORK ON KRATOM?

The treatment for kratom overdose is like the treatment for opioid overdose, since overdoses involving kratom are often accompanied by other drugs, like opioids, that slow or stop breathing. This includes using naloxone (Narcan), providing rescue breaths, and getting medical attention right away.

HOW DO I GIVE SOMEONE NALOXONE (NARCAN)?

Support the person's neck with your hand and allow the head to tilt back. Gently insert the tip of the nozzle into one nostril, until your fingers on either side of the nozzle are against the bottom of their nose. Press the plunger firmly to give the dose.

Want to be formally trained on how to administer naloxone? Reach out to Nevada County Public Health today to schedule a training, or watch our full training video here.

LEARN MORE

Web: KnowOverdoseNC.com

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