

Kratom and 7-OH

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Kratom Introduction

- Natural Kratom (*mitragyna speciosa*) comes from leaves from an evergreen tree
- Native to Southeast Asia
- Regulatory Gray Zone: FDA says it is not approved for medical uses and can't be marketed as a dietary supplement. DEA has not scheduled Kratom federally. Sold as a botanical, or botanical extract.
- Has historical and recreation uses
- Has both stimulant and opioid properties (“atypical opioids”)

Kratom Introduction (Contd)

- Not all products are equal-
 - Where it's from..
 - Various species..
 - Production method ..
- Four Main groups of Consumers: self treatment of pain (32.4%), self-treatment of substance use disorder (19.2%), Recreational- but low SUD risk (24.8%), Recreational- but high SUD risk (23.5%)

Kratom Introduction (Contd)

- Active Components:
 - 50 alkaloids detected thus far
 - Two that have been researched:
 - Mitragynine (66%)
 - 7-hydroxymitragynine, 7-OH (2%)

7-OH

- Extraction from plant is impractical (2%)
- Chemically converted into high amounts in laboratory settings
- 13-fold high potency than morphine
- Creates physiological responses very similar to conventional opioids (pain relief, euphoria, respiratory depression, nausea and dizziness)
- High addiction potential
- FDA warns of severe health risks: liver damage, convulsions and substance use disorders

7-OH Concerns

- Reports of dependency, addiction, and severe withdrawal symptoms
- Products are unregulated, raising concerns about contamination and purity
- Easy availability in gas stations, vape shops and smoke shops,
- No regulation or age restrictions

Real-Life Harm

“While medical providers are becoming more aware of the increasing use of these substances, they are still difficult to keep track of due to myriad of products that are available for purchase. They can have significant effects on a person’s health and especially if that person already has other medical issues and are also taking other medications that can interact with 7-OH that can result in significant health risks.”

Ming Chi, MD
Medical Director
Beacon Mental Health

Real-Life Harm

Coalition Member Email...

Good morning all,

My best friend's brother just committed suicide after getting hooked on Kratom. The medical examiner told my friend she is getting sick of the deaths caused from use of the "leagal" drug.... "It took less than one month to be so addicted he was going to the smoke shop every other day, he quit work, isolated himself, was extremely paranoid and then took his life. "

Something needs to be done.

Warnings and Regulation:

01 FDA recommended scheduling, issued health alerts and warnings, and issued 7 warnings to illegal distributors

03 Regional LE agencies (Midwest HIDTA) have identified 7-OH as an emerging substance of concern.

02 Missouri Department of Health and Senior Services (DHSS) issued a public health advisory citing rising poison-control calls related to Kratom.

04 Kansas City Health sent a health advisory on 10/27 with warnings to health providers

“There are no FDA-approved 7-OH drugs, 7-OH is not lawful in dietary supplements and 7-OH cannot be lawfully added to conventional foods”

The time to act is now. We can and must prevent the next wave of the opioid crisis.



[Read the FDA report on 7-OH, a potent opioid that is an emerging public health threat.](#)



[Questions about 7-OH? Read the consumer guide to learn how to protect you and your family.](#)



[FDA Commissioner Marty Makary, M.D., M.P.H. is taking action to protect Americans from dangerous, illegal opioids. Read his op-ed in the New York Post.](#)



[View the letter that FDA Commissioner Marty Makary, M.D., M.P.H., sent to healthcare professionals.](#)

Cities and States Regulating 7-OH

- **State Of Arizona:** Defines kratom, requires labels, and prohibits 7-OH greater than 2%
- **State of Texas: regulates** “Kratom and Kratom Products”
- **Troy, IL:** Added penalties to their City Code
- **Orange County, CA:** Restricts “synthetic / concentrated” 7-OH. Includes labeling requirements, age limits (21+)
- **Granite City, Illinois:** total ban
- **?- Gladstone MO:** Ordinance No. 4.676 “Dangerous Drugs”

Recommended Areas for City Review:

01 Definitions, labeling, warnings, product testing, retail restrictions and penalties

02 Assess enforcement feasibility and public education strategies

03 Implement controls on enhanced extracts and 7-OH

04 What about the 48 other alkaloids? Delta 8/10? Other “Gas Station” drugs?

References

- (1) Midwest High Intensity Drug Trafficking Area. (2025). Hot sheet: Quarter 3 – 2025, Midwest HIDTA quarterly drug bulletin [PDF]. Midwest HIDTA.
<https://midwesthidta.org/resources>
- (2) U.S. Food and Drug Administration. (2025, July 29). FDA takes steps to restrict 7-OH opioid products threatening American consumers.
<https://www.fda.gov/news-events/press-announcements/fda-takes-steps-restrict-7-oh-opioid-products-threatening-american-consumers>
- (3) Stratis Health. (2025). Kratom: A review and update with 7HMG focus [Webinar]. YouTube. <https://www.youtube.com/watch?v=W7-dlmq1vk>