

KRATOM

While kratom is marketed as a natural supplement, its psychoactive properties and potential for addiction raise significant concerns

Kratom is nicknamed “gas-station heroin”

Kratom is an herb derived from the leaves of a tree found in Southeast Asia. Most use kratom as a pill, capsule or extract. There are two psychoactive compounds in kratom - mitragynine and 7-hydroxymitragynine. These compounds bind to opioid receptors in the brain and can produce effects similar to those of opiates, like morphine. This is especially true of newer “7-OH” products that contain higher concentrations of the powerful 7-hydroxymitragynine compound derived from kratom.



Kratom is unregulated by the FDA

Some consider kratom an herbal supplement because it comes from the leaves of a tree and is used as a pain reliever, energy booster and mood enhancer. However, kratom is not regulated as a pharmaceutical. There is also no standard oversight into the production or packaging of kratom, so ingredients and dosage guidelines vary.



Kratom has potential to be the next Big Tobacco

There is an emerging market of flavored kratom products that appeal to children, such as chocolate bars, taffy, gummies, and drink powders. These products do not fall under the same packaging rules or age restrictions as other harmful substances such as vapes and cannabis.



**Contact Southington STEPS coalition at
southingtonSTEPS@gmail.com to learn more and get involved
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