



Kratom & 7-OH

What Our Community Should Know

What is Kratom?

Kratom is a plant that contains chemicals acting on the same brain receptors as opioids. Extracts from the Kratom plant, like 7-hydroxymitragynine (7-OH), and synthetics like MGM-15 and MGM-16, can be 13x-40x more powerful than Morphine. Products are sold as capsules, powders, gummies, and energy shots - usually in gas stations and vape shops.

These products are widely available across Washington State and there are no restrictions that prevent sales to youth of any age.

Why Are Health Officials Concerned?

Public health experts warn kratom, 7-OH and synthetic products may contribute to the next phase of the opioid epidemic, sometimes referred to as the '5th wave.'

Risks include addiction, withdrawal, and severe overdose symptoms such as distressed breathing, seizures, respiratory failure, coma, and death.

An Unregulated Market

Kratom products are not approved by the FDA to treat any medical condition. Because the market is unregulated, many products are mislabeled and may contain unknown or dangerously high concentrations of 7-OH or its synthetic counterparts. These products are typically marketed as 'natural supplements' despite risk of addiction and overdose.

Health Guidance

Avoid all products containing Kratom, 7-OH, or its synthetic compounds like MGM-15 and MGM-16. Talk to your doctor before using unregulated supplements marketed for pain, energy, or mood. Keep these products away from children and pets.

If someone experiences a reaction, contact Poison Control at 1-800-222-1222 or PoisonHelp.org.

Let's keep kratom from boiling over into a crisis for our community.