



## KRATOM (*Mitragyna speciosa*)

**Warning** – The Sonoma County Department of Health Services cautions the public against using products that contain kratom and kratom 7-OH.

*To keep yourself, your family, and your community safe, learn what kratom is, the risks it poses, and how to access help.*

### What is Kratom?

- Often marketed as a supplement, it is sold as loose powder or in capsules, teas, extracts, gummies, or drinks. It is not an approved supplement, food or drug. It is an **illegal** product.
- Sold in natural and synthetic forms. Kratom “7-OH” is a synthetic, highly concentrated form that poses **serious health risks**. Raw kratom comes from the leaf of a tree native to Southeast Asia.
- Taken in small amounts or natural form, the effect is like a stimulant; in larger amounts, it has opioid-like effects. It has not been proven safe or effective.
- It is unregulated and labels cannot be trusted.

### Why is it a Concern?

#### Key Risks:

**Liver Damage • Seizures  
Addiction • Death**

- **Kratom use has been linked to serious health risks and deaths.** In 2025, six people in Los Angeles County died from overdoses involving kratom 7-OH. Several states have reported serious incidents related to kratom use.
- **The FDA warns that kratom can cause liver damage, seizures, addiction, and even death**, especially when used with other drugs. Common side effects include nausea, sweating, constipation, and drowsiness. (U.S. FDA)
- **Kratom affects the same parts of the brain** as opioids and other chemicals like serotonin and dopamine, which makes its effects unpredictable and risky. (U.S. FDA)



**Image source:** California Department of Public Health (CDPH), News Alert. (accessed Nov. 2025)



## Legal and Regulatory Status

- The California Department of Public Health (CDPH) Health Food & Drug Branch is removing kratom and 7-OH products from stores and manufacturing sites. ([CDPH](#))
- The U.S. Food and Drug Administration (FDA) has determined it is not safe as a dietary supplement and cannot be legally sold as a drug or food. There are no prescription medications that contain kratom. ([U.S. FDA](#))
- Kratom is not scheduled under the federal Controlled Substances Act but is designated as a “Drug & Chemical of Concern” by the Drug Enforcement Agency. ([DEA](#))

**If you find a store selling kratom, you can report illegal sales to the CDPH using their [online](#) complaint form or by calling (800) 495-3232**

## Steps You Can Take to Reduce Risk

- **Avoid.** The safest option is not to use kratom 7-OH products.
- **Never use alone.** Have a trusted person nearby who can call 911 or use naloxone in case of overdose.
- **Do not mix** with alcohol, prescription meds, or other drugs.
- **Carry naloxone.** It can reverse opioid-like overdoses from 7-OH. You can get naloxone for free at [Health to Go vending machines](#). California's [Cal Rx](#) offers low cost naloxone by mail.
- **Seek help** if you experience increased use, withdrawal, cravings, or other adverse effects.

## Local Sonoma County Resources

**Sonoma County Behavioral Health — Substance Use Health and Prevention Services:**

- Call (707) 565-7655



**If you are in crisis:**

- Call 911 for medical emergencies
- Call 988 for Suicide & Crisis Lifeline

References: U.S. Food and Drug Administration. “FDA and Kratom.” (accessed Sept 25, 2025).

National Institute on Drug Abuse. “Kratom.” (accessed Sept 2025).

Drug Enforcement Administration. “Kratom.” — Drug Fact Sheet.” June 2020.