

Kratom 101:

What you need to know.



Kratom is a plant sold in many Michigan gas stations, corner stores, smoke/vape shops, and online. It's often marketed as "natural," "herbal," or "safe," but **kratom products are not regulated**, so you can't be sure what's actually in them.

What is Kratom?

Kratom comes from the leaves of the *Mitragyna speciosa* plant. It is sold as:



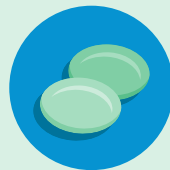
Powders and capsules.



Concentrated "shots" and extracts.



Teas and "energy/wellness" drinks.



Gummies and candies.

Common strain names you might see include Maeng Da, Bali, Borneo, Indo, Red Kratom, White Kratom and Green Kratom.

What is 7-OH?

Some kratom products contain 7-hydroxymitragynine or 7-OH. 7-OH is a chemical compound known for its **opioid-like effects**. 7-OH-spiked kratom products are often labeled as:

enhanced

extra strength

platinum

concentrate

What You Should Know

Kratom is *unregulated* in Michigan.

- Labels may **not match** what's inside.
- Potency can **vary widely** between products.
- Some items have been found to **contain heavy metals**, stimulants or opioid-like substances.

Side effects can be *unpredictable*.

7-OH-spiked kratom products affect people differently and the effects **can be hard to predict**. Common effects include:

- Feeling energized or more alert.
- Feeling sleepy, out of it or slowed down.
- Nausea or stomach upset.
- Dizziness or fast heart rate.
- Anxiety, restlessness or confusion.

Mixing 7-OH-spiked kratom products with other substances is *dangerous*.

Especially when mixed with:

- Alcohol.
- Opioids (prescription or unregulated).
- Benzodiazepines (e.g., Xanax, Ativan).
- Sleep medications or other sedatives.

Why Kratom Products Are Risky

Because kratom is not consistently tested or regulated:

- You may be taking a **much stronger** product than you think.
- “Natural” **does not mean safe**.
- Concentrates and “shots” often have **very high levels** of active compounds, like 7-OH.

Michigan does not currently have a statewide age restriction, so teens and young adults can access 7-OH-spiked kratom products easily. Products often look like energy drinks, wellness shots, gummies or supplements. This can make them seem safer than they are.



If Someone Looks Sick or Hard to Wake



Call 911 right away.

If you think an opioid might also be involved, **use naloxone** if you have it. For questions about possible poisoning or side effects, call **Michigan Poison Control** at **1-800-222-1222**.

Where to Get Naloxone and Help in Michigan

Naloxone is available at many pharmacies and harm reduction programs. You can locate free naloxone and harm reduction services at Michigan.gov/Naloxone.

