Kratom

Kratom is a tropical tree native to Southeast Asia. In low doses, it produces stimulant effects; in high doses, it produces sedative effects. Kratom is typically ingested orally via capsules or extracts and can be brewed as a tea. Use can lead to psychotic symptoms or dependence.

> "***There have been no adequate and well-controlled scientific studies involving the use of kratom as a treatment for opioid use withdrawal or other diseases in humans.***"
>
> Food and Drug Administration

There are no FDA-approved uses of kratom, and kratom is not recommended by any major medical society. Kratom is not an accepted alternative for opioids. Kratom affects the same opioid brain receptors as morphine and appears to have properties that expose users to the risks of addiction, abuse, and dependence. Regular use is associated with addictive disorders and those who use kratom as a substitute for opioids or to aid with opioid withdrawal still experience opioid withdrawal symptoms.

4.37M Americans reported using Kratom at some point in their lives

772,000 Americans reported daily use in 2021

1.7M Americans reported using kratom in 2021

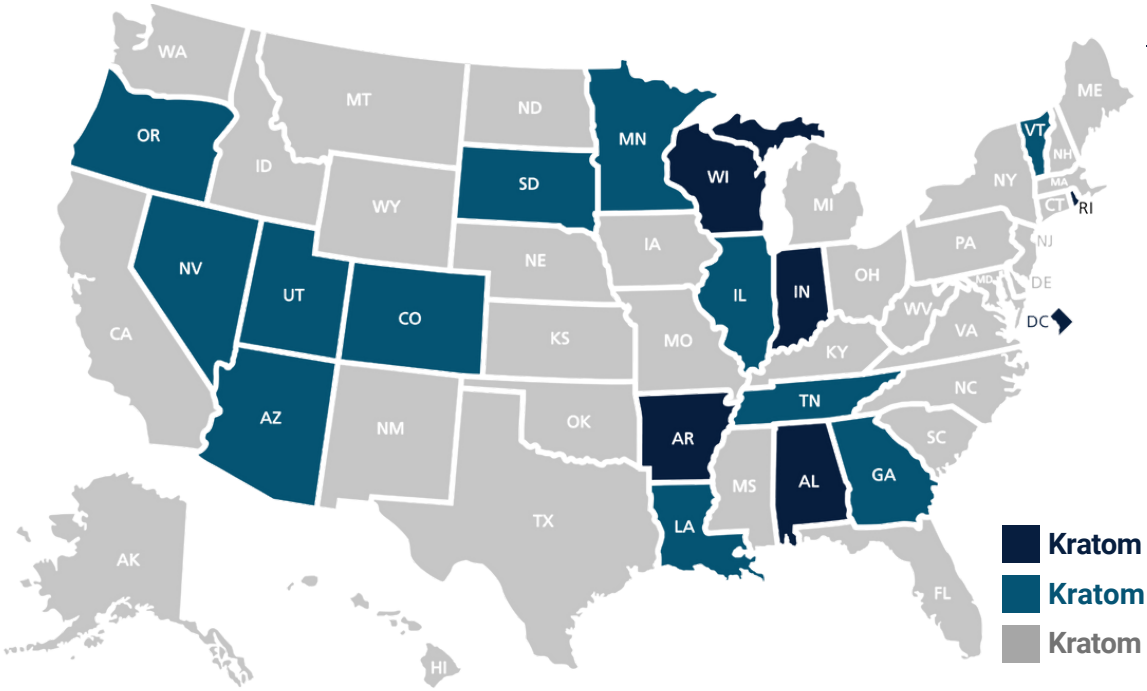
1,524 Kratom-related calls to poison control centers in 2021

91 kratom-related deaths reported in 2017

2% of kratom users meet the criteria for a moderate or severe kratom-related substance use disorder

The FDA has also expressed concern with the lack of research on kratom, its dangers, how it may impact the body, its potential side effects, and its potential interactions with other drugs.

Kratom products have been **contaminated with salmonella** and have resulted in illness. In 2018, the FDA issued a mandatory recall for certain kratom products, after a company selling kratom products refused a voluntary recall. This was the agency's **first-ever mandatory recall** of contaminated food products.



Kratom's legal status

Kratom use or sale has been banned or restricted in several countries, but it is not a controlled substance in the US. Products are currently legal and accessible online and in stores in many areas of the US. Several states have taken action to either ban or regulate it.

- **Kratom and its components illegal**
- **Kratom products regulated**
- **Kratom not controlled or regulated**