
Kratom

What You Need to Know



What is kratom?

Kratom is an opioid-type herbal supplement that originates from the leaves of a tree which grows in Southeast Asia. It is commonly known as Biak, Ithang, Kakuam, Ketum, and Thom.

Is kratom legal?

Sale and possession of kratom is illegal in many states. It is currently an unregulated substance in the United States, making it difficult to know what active ingredients are in a kratom product. The U.S. Federal Drug Administration (FDA) is evaluating available safety information about the effects of Kratom. There is still much that is unknown about kratom, and it is not currently accepted for medical use in the U.S.

How is kratom distributed?

Pills, powders, extracts, gum, leaves, and tea. It is most commonly taken in a pill or capsule form. It can also be dried, smoked and eaten in food.

What effects does kratom cause?

Kratom can act as both a stimulant and depressant and affects the same opioid receptors in the brain as morphine. When taken in small doses, kratom users have described an increase in energy, sociability, and alertness. In larger doses, kratom acts similarly to heroin or morphine and causes sedation, pleasure, and decreased pain. Kratom also appears to expose users to addiction, abuse and dependence.

What are the health effects of kratom use?

Side effects of kratom use	Withdrawal symptoms
<ul style="list-style-type: none">• Dizziness• Drowsiness• Seizures• Nausea• Itching• Muscle pain• Sweating• Hallucinations• Loss of appetite• Increased urination• Dry mouth• Constipation• Vomiting	<ul style="list-style-type: none">• Muscle aches• Insomnia• Irritability• Aggression• Emotional changes• Jerky movements• Watery eyes• Nausea• Abdominal pain• Vomiting• Sweating• Anxiety• Diarrhea

What other risks are there to using kratom?

Kratom products have been found to carry diseases such as salmonella, which can cause serious illness resulting in hospitalization and even death. Kratom also interacts with other drugs and medications, causing increased risk for serious adverse side effects or death. Additionally, kratom products may contain unsafe levels of toxic heavy metals, such as lead and nickel. Consuming these heavy metals can result in serious illness including cancers.

Can a person overdose on kratom?

Yes. Overdose deaths linked to kratom use have been reported throughout the country. Many of these deaths involved the use of kratom in combination with opioids or various prescription or over-the-counter drugs.

What do I do if myself or someone I know has serious side effects from using kratom or kratom withdrawal?

- Call 911
- Call Oakland County Nurse on Call at 800-848-5533
- Call Oakland Community Health Network at 248-464-6363



NURSE ON CALL PUBLIC HEALTH INFORMATION HOTLINE
800.848.5533 NOC@OAKGOV.COM
OAKGOV.COM/HEALTH



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