

## How do we keep our residents healthy

- Natural leaf kratom and synthetic versions of 7OH and other psychoactive components from kratom should be banned in Illinois.
- Residents should be educated about the risks of addiction and death from consuming any kratom products

There are no U.S. Food and Drug Administration ([FDA](#)) approved uses for kratom or its constituents. Despite the lack of any approved uses by the FDA, in [Illinois](#) it is legal for persons 18 years of age or older to buy, sell, and use kratom.

The [National Poison Data System](#) had a 1,200% increase in kratom-related reports in last ten years.



## What is the problem with synthetics?

*7OH and other compounds in kratom are being synthesized and concentrated with no regulatory controls to produce much stronger products. Natural leaf kratom products and synthetic versions are sold online and in herb and wellness stores, vape stores, smoke shops, gas stations and convenience stores. Sales are controlled by local laws and regulations. Some states and communities in Illinois have already banned kratom.*

## Kratom is an opioid, addictive and needs to be banned in Illinois

Kratom is a tropical tree native to Southeast Asia. Also known as *Mitragyna speciosa*, its leaves are chewed, dried and used to make tea, put into capsules as a supplement, or smoked. It is sometimes referred to as “gas station heroin”. Kratom is an opioid and can be addictive. People use kratom for pain relief, mood enhancement, managing opioid withdrawal, stimulation and energy boost. Kratom leaves contain over 50 chemical compounds that can affect the body. Very little research has been done on the health effects of kratom. The most-studied compounds in kratom are mitragynine and 7-hydroxymitragynine (7OH).

## What are the effects of kratom?

In low doses it acts as a stimulant and in high doses it acts as a sedative. Effects occur within minutes after ingestion and can last for 2 to 5 hours. Consumption of kratom can lead to psychotic symptoms, psychological and physiological dependence and death. Most kratom associated deaths in the U.S. appeared to have resulted from adulterated products or taking kratom along with other potent substances such as opioids, antidepressants, alcohol, benzodiazepines, and stimulants.

[DEA Drugs of Abuse](#), [DEA Kratom](#),  
[Increases in Kratom-Related Reports to Poison Centers](#)