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WHAT IS KRATOM?



Public Health
Prevent. Promote. Protect.

Meeker • McLeod • Sibley
Community Health Services

Kratom is a plant-based substance derived from the leaves of a tree native to Southeast Asia.

SOLD AS:



CAPSULES



POWDERS



GUMMIES



TEAS



**EXTRACTS &
SHOTS**



Commonly sold in vape shops, smoke shops, convenience stores, and online.



Often marketed as “natural,” “safe,” or a “wellness” product.

NATURAL DOESN'T ALWAYS MEAN SAFE!

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WHY ARE PEOPLE USING KRATOM?



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MANY PEOPLE USE KRATOM SEEKING:



ENERGY



PAIN RELIEF



FOCUS



BETTER MOOD



**RELIEF FROM OPIOID
WITHDRAWAL SYMPTOMS**



THE REALITY:

Kratom is **NOT** FDA-approved to treat pain, anxiety, depression, improve energy or focus, or treat opioid use disorder.

MARKETING CLAIMS DON'T EQUAL SAFETY!

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THE DANGERS OF KRATOM



DEPENDENCE & ADDICTION



SEVERE WITHDRAWAL SYMPTOMS



SEIZURES



LIVER DAMAGE



**DANGEROUS INTERACTIONS WITH ALCOHOL,
MEDICATIONS, AND OTHER SUBSTANCES**



BREATHING PROBLEMS



OVERDOSE



DEATH

EMERGENCY



**PEOPLE HAVE BEEN HOSPITALIZED,
POISONED, AND DIED AFTER USING
KRATOM PRODUCTS.**



**RISKS ARE HIGHER WHEN KRATOM IS MIXED WITH
ALCOHOL, MEDICATIONS, OR OTHER DRUGS.**

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