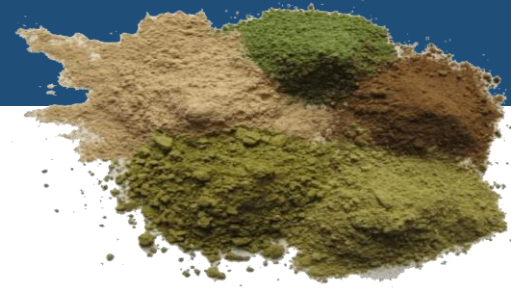




Alert! For Persons in Recovery

The Dangers of Kratom



KRATOM HAS THE POTENTIAL TO BE ADDICTIVE [Kratom Drug Facts | National Institute on Drug Abuse](#)

Kratom use has been used by individuals in recovery thinking it is an effective means of dealing with addiction, including opioid addiction.

Kratom is a tropical tree native to Southeast Asia, with leaves that contain compounds that can have psychotropic (mind-altering) effects.

- ☐ It is sold in pill/capsule/powder/extract form that comes from the leaves of a tree in Southeast Asia.
- ☐ Kratom leaves are sometimes brewed in tea or eaten in food.
- ☐ It has mind-altering effects and can be addictive at high doses. [Kratom Drug Facts | National Institute on Drug Abuse \(NIDA\)](#)

What are the Potential Dangers?

- ☐ Small doses = stimulant effects
- ☐ Large doses = depressant effects
- ☐ Kratom can cause vomiting, chills, itching, and loss of appetite. Long-term can cause extreme weight loss, skin darkening, frequent need to urinate, constipation, muscle pain, and liver damage. Kratom may also cause dizziness, delusions and seizures. It may suppress your breathing and lead to coma and death.
Source: [Mayo Clinic](#)

Is Kratom Addictive?

- ☐ **It can be.** Like other drugs with opioid-like effects, kratom can become addictive for some people. People with substance use disorders should be very aware that this drug is not safe. [National Institute on Drug Abuse](#)
- ☐ Kratom may have the potential to induce symptoms consistent with drug dependence. There are current studies aimed to address the prevalence of, and motivations for, kratom use among individuals receiving substance use disorder treatment. [Recovery Research Institute \(recoveryanswers.org\)](#)

Is Kratom FDA Regulated?

- ☐ At the federal level, kratom products are neither specifically regulated, nor are kratom or its two psychoactive compounds, considered controlled substances. [Kratom Summary of State Laws](#)
- ☐ Kratom is not currently regulated in Michigan. This herb is sold in some gas stations, tobacco shops, vape shops and online in Michigan under a variety of names. In six states, kratom's psychoactive components are controlled substances. In 16 states, the possession, sale, manufacture, etc. of kratom products is regulated. [National Institute on Drug Abuse \(NIDA\)](#) and [Kratom Summary of State Laws](#)

To access resources and information about preventing youth substance use in your community, visit cvcoalition.org. To learn about the services through CARE of SEM's Recovery United Community Center visit <http://www.careofsem.com/recovery-community-center>.