



Parent & Community Alert!



The Dangers of Kratom

Sold in some gas stations, smoke shops, vape shops and online in Michigan under a variety of names. This product is now banned in some states. [National Institute on Drug Abuse](#)

What is kratom?

- 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. [National Institute on Drug Abuse](#)

What are the Potential Dangers?

In low doses, kratom has stimulating effects and, in large doses, central nervous system depressant effects. Kratom can cause vomiting, chills, itching, and loss of appetite. Long-term use 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.

[Mayo Clinic](#)

Poison control centers in the U.S. received about 1,800 reports involving use of kratom from 2011 through 2017, including reports of death. By comparison, in 2019 alone, 1,357 calls to Poison Control Centers involved exposure to kratom. [Kratom: Unsafe and ineffective - Mayo Clinic](#)

Is kratom addictive?

It can be. Like other drugs with opioid-like effects, kratom can become addictive for some people. Withdrawal symptoms can include muscle aches, hostility/irritability, emotional changes, jerky movements, and runny nose. [National Institute on Drug Abuse](#)

Is kratom legal to buy and use in Michigan?

Yes. Michigan has attempted to regulate kratom, but no legislation exists so far. **Some states have banned kratom. Other states have regulated it.**

What are the potential dangers of kratom use during pregnancy?

When kratom is used during pregnancy, the baby may be born with symptoms of withdrawal that require treatment as well as having adverse effects on infant development. [Kratom: Unsafe and ineffective - Mayo Clinic](#)

If you have any questions, concerns, or would like to speak to a specialist or toxicologist about kratom, contact the Michigan Poison Center at 1-800-222-1222 or 313-486-0078 (locally).

To access resources and information about preventing youth substance use in your community, visit cvcoalition.org.

