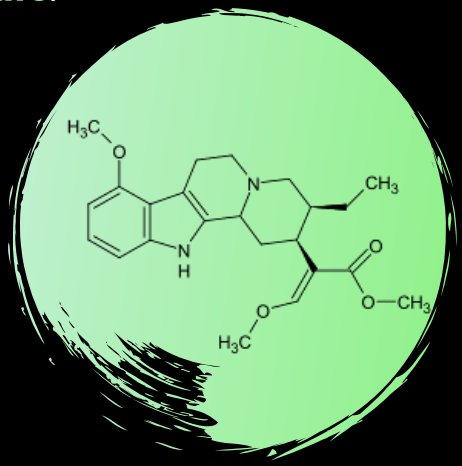
KRATOM

Kratom is a herbal extract that comes from the leaves of the evergreen tree and is grown in Southeast Asia.

Though a part of the **caffeine family**, Kratom is believed to act like an **opioid** in the body.

Kratom takes effect in **5-10 minutes** stays in effect for **2-5 hours**.



There is much we do not know about Kratom. It is **unregulated** and the small evidence-base that does exist has been **inconclusive**.

Kratom is said to have a number of medical benefits, such as aiding in opioid withdrawal and reducing anxiety and depression. There is **currently no empirical evidence** to support these claims.

The CDC has connected Kratom with **137 overdose deaths**. The cause of the majority of these deaths was **mixing Kratom** with other drugs. FDA testing revealed that Kratom is being mixed with **toxic metals.**

Kratom can have exaggerated effects when taken with **prescription medicine**, leading to **confusion**, **migraine**, or **inability to talk.**

Avoid mixing Kratom with other substances, especially opioids and prescription medications.

Kratom withdrawal can be just as bad as - and sometimes worse than - opioid withdrawal. Symptoms include aggression, dizziness, drowsiness, constipation, weight loss, muscle pain, chills, nausea, vomiting, depression, delusion, hallucinations, breathing suppression, coma, and death.

It is recommended that you talk with a doctor if you are considering reducing or stopping your Kratom use.