

## WHAT IS IT?

Kratom is a tropical tree native to Southeast Asia. Its leaves contain naturally occurring compounds that affect systems in the body associated with pain, mood, and alertness. Kratom has been used traditionally in some regions, but its safety and effectiveness have not been fully established through modern clinical research.



# KRATOM

## REPORTED EFFECTS

Some individuals report that kratom produces stimulant-like effects, depending on multiple factors. Reported experiences vary widely, and scientific evidence supporting these claims is limited. Responses can differ significantly from person to person, and effects are not predictable.

## KNOWN RISKS & SAFETY CONCERNS

Kratom use has been associated with potential health risks, including dependence, withdrawal symptoms, gastrointestinal discomfort, and in some reports, liver injury. Risks may increase when kratom is used frequently, in large amounts, or in combination with other substances or medications. Kratom is not approved by the U.S. Food and Drug Administration for any medical use.

## WHAT YOU SHOULD KNOW about KRATOM

*This material is for informational purposes only and does not endorse or encourage kratom use. It is not medical or legal advice. Readers are encouraged to consult with qualified healthcare providers or legal professionals for guidance specific to their circumstances.*

## LEGAL & REGULATORY STATUS

At the federal level, kratom is legal but unapproved for medical treatment. However, state and local laws vary, and some jurisdictions restrict or prohibit its sale or possession. Individuals and organizations should be aware of and comply with applicable local regulations.

## WHO SHOULD AVOID KRATOM?

Kratom may pose heightened risks for certain groups, including pregnant or breastfeeding individuals, people with liver disease or heart conditions, those with a history of substance use disorder, and individuals taking prescription medications. Anyone with health concerns should consult a licensed healthcare professional before considering exposure.

## QUALITY & CONSUMER AWARENESS

Kratom products are not subject to standardized federal manufacturing or quality controls. As a result, product purity, labeling accuracy, and potency may vary, and there is a risk of contamination or adulteration. This variability presents an additional safety concern for consumers.

