

THE FACTS

ABOUT

KRATOM

**Herbal remedy or dangerous drug?
Here are the facts:**

WHAT'S KRATOM?

Kratom is an herbal extract made from leaves of the *Mitragyna speciosa* tree. In South Asia, people chew the leaves as an energy booster. And while it's legal to sell and use here too, it doesn't mean that Kratom is harmless.

+ In small doses

Kratom acts as a stimulant, boosting mood and energy.

+ In higher doses

Kratom acts as a sedative and pain reliever with opioid-like effects.

+ Physical side effects

Nausea, vomiting, constipation, muscle pain, high blood pressure, weight loss, dry mouth, and even liver damage.

+ Mental side effects

Dizziness, drowsiness, depression, confusion, hallucinations, tremors, seizures, and trouble breathing.

+ Risk of addiction

Despite being marketed as a harmless natural supplement, Kratom can cause cravings and substance use disorder (SUD). Quitting can trigger opioid-like withdrawal symptoms.

KRATOM AND OTHER DRUGS

Using Kratom in combination with other substances significantly raises the risk of overdoses and addiction.

RECOVERY IS POSSIBLE

**FDA-approved
Medications for Opioid
Use Disorder (MOUD)
can help manage Kratom
addiction and support
recovery. Talk to your
healthcare provider to
learn more.**



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