

THE FACTS

ABOUT

KRATOM

Herbal, healthy, harmless?

WHAT'S KRATOM?

Kratom is an herbal extract from the leaves of the *Mitragyna speciosa* tree. In Southeast Asia, people have used it for generations as an energy booster and pain reliever. It's legal to buy and sell in most U.S. states. But legal and safe aren't the same thing. Here's what you should know.

+ Effects depend on the dose

Low doses boost energy and mood. Higher doses can cause sedation and opioid-like effects that are much stronger than most people expect.

+ Side effects

Nausea, liver damage, high blood pressure, muscle pain, depression, and confusion are all documented. Seizures and hallucinations have been reported at high doses or when combined with other substances.

+ It can become a habit

Kratom can cause cravings and substance use disorder over time. Quitting triggers real withdrawal symptoms like muscle aches, insomnia, irritability, and nausea.

MIXING IT WITH OTHER SUBSTANCES IS DANGEROUS

Using kratom with other substances can cause serious harm. It can interact with prescription medications and amplify the effects of street drugs and alcohol, increasing the risk of overdose.

The CDC reviewed 152 kratom-related deaths. In 91% of cases, another substance was involved. Kratom alone is rarely the cause of death, but it's often a contributing factor.

RECOVERY IS POSSIBLE

FDA-approved Medications for Opioid Use Disorder (MOUD) can help manage Kratom dependency and ease withdrawal. Talk to a doctor about the best options for you.



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