

KRATOM VS 7-OH

Both Kratom and 7-OH are sold legally at gas stations, corner stores, and vitamin shops. Often side by side and under the same name. But 7-OH and Kratom are not the same. Understanding the difference helps you stay safe.

	KRATOM	7-OH
WHAT IT IS	An herbal extract made from the dried leaves of the <i>Mitragyna speciosa</i> tree.	A semi-synthetic, highly concentrated opioid-like substance derived from Kratom. It's often falsely sold as "natural Kratom."
HOW IS IT MADE	Dried or powdered leaves, minimally processed.	Engineered in labs. May be cut with heavy metals or other harmful substances.
EFFECTS	Low doses: Energy boost, mood lift. High doses: pain relief, sedation.	Euphoria, sedation, rapid tolerance, strong cravings.
POTENCY	Comparable to a mild opioid at higher doses.	Opioid-like effects, even at commercially sold doses.
7-OH CONTENT	Contains trace amounts of 7-OH, usually less than 2% of total alkaloid content.	Highly concentrated. Products may contain up to 500% more 7-OH than natural Kratom.
RISKS	Nausea, liver damage, dependence, opioid-like withdrawal. Risks increase with dose and duration of use.	Dependence, addiction, liver failure, seizures, overdose, cardiac arrest. Risks can increase when used with prescription medications or illegal substances.
REGULATORY STATUS	Legal but not FDA-approved.	Unregulated, no FDA or DEA oversight.

As you can see, both Kratom and 7-OH come with serious health risks. But 7-OH is the bigger threat: a concentrated, unregulated opioid that's highly addictive, widely accessible, and increasingly linked to overdose and death. Don't let the packaging fool you.



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