

THE TRUTH ABOUT KRATOM

What You Need to Know



What is Kratom?

- An herbal substance made from the leaves of the *Mitragyna speciosa* tree.
- Often marketed as “natural” or “safe.”
- Available in powders, capsules, teas, and drinks.



Dangers of Kratom Use

- **Addictive:** Can lead to dependence and withdrawal symptoms (similar to opioids).
- **Unregulated:** No FDA approval, which means contamination and unsafe doses are common.

- **Health Risks:**



Nausea & vomiting



Liver damage



Seizures



Rapid heartbeat & high blood pressure



Respiratory issues

- **Overdose Risk:** High doses can cause sedation, loss of consciousness, and even death.

✗ MYTH:

- “Kratom is safe because it’s natural”
- “It helps with pain and anxiety without risks”

✓ FACT:

- Many natural substances can be harmful.
- Kratom acts on the brain’s opioid receptors.
- Short-term relief can turn into long-term addiction and serious health problems.

Safer Choices

- Seek professional help for pain or mental health concerns.
- Use proven, safe treatment options.
- Talk to your doctor or a trusted health provider.

Need Help? If you or someone you know is struggling with Kratom or other substances, call:
SAMHSA Helpline: 1-800-662-HELP (4357)

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