

Kratom Fact Card

What is Kratom?

Kratom is a tropical tree (*Mitragyna speciosa*) native to Southeast Asia. It has recently become popular as a psychoactive substance in Western countries (*Cinosi et al, 2015*).

How is Kratom Used?

Kratom can be taken in capsule, pill or extract form, and/or the leaves can be chewed, smoked, or made into teas.



Kratom Plant

What are the Concerns?

Kratom affects the same opioid brain receptors as morphine and appears to have properties that expose users to the **risks of addiction, abuse, and dependence.**

Some kratom products have been found to **contain high levels of heavy metals.**

Kratom is not federally regulated as a supplement or drug. **There are no FDA-approved uses for kratom.**

Some marketers use deceptive claims that kratom products can treat Opioid Use Disorder or alleviate other medical conditions.

To date, there is no scientific evidence to support these claims.

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