

What is Kratom? Why do I keep hearing about it? Is it illegal?
All of these are good questions, and we are here to answer some of them for you.

Kratom Fast Facts

- **KRATOM is an herbal substance derived from the leaves of a tree native to Southeast Asia.**
- **KRATOM can produce effects similar to those of stimulants (small dose) to sedatives (large dose).**
- **KRATOM is marketed in the US as an herbal supplement and is often referred to as a "sober alternative".**
- **KRATOM is NOT FDA-approved, and many health agencies warn against its use due to its addictive properties and unsupported medicinal claims.**



What does Kratom actually do?

- **In low doses, Kratom acts as a stimulant**
- **In high doses, it can have a sedative effect**
- **The effects include nausea, itching, sweating, dry mouth, constipation, rapid heartbeat.**
- **Users have experienced anorexia, weight loss, insomnia, seizures, and hallucinations.**
- **Some users have experienced hallucinations**
    - **DEA: Drug Sheet Kratom** https://www.dea.gov/sites/default/files/2020-06/Kratom-2020_0.pdf

Parental monitoring and support, along with clear disapproval of substance use, help reduce underage substance consumption.

To learn more, or to schedule a presentation for your group or at your school at no cost, please contact:

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This information is provided by the Geauga County Opiate HUB Coalition

geauga county board of mental health & recovery services