

Alert! For Healthcare and Other Professionals



What is Kratom?

Kratom is a tropical tree native to Southeast Asia, with leaves that contain compounds that can have psychotropic (mind-altering) effects.

- ❑ Most people take Kratom as a pill, capsule, or extract. Some people chew kratom leaves or brew the dried or powdered leaves as a tea. Sometimes the leaves are smoked or eaten in food.

Source: [National Institute on Drug Abuse](#)

Compound Chemistry and Health Effects

- ❑ The two active compounds in kratom leaves are *mitragynine* and *7- α -hydroxymitragynine*.
- ❑ Small doses = stimulant effects Large doses = depressant effects
- ❑ Kratom can cause vomiting, chills, itching, and loss of appetite. Long-term can cause extreme weight loss, skin darkening, frequent need to urinate, constipation, muscle pain, and liver damage. Kratom may also cause dizziness, delusions and seizures. It may suppress your breathing and lead to coma and death.

Source: [Mayo Clinic](#)

Why do people use Kratom?

- ❑ Kratom interacts with the brain's opioid receptors, some people use it to relieve pain or overcome opioid addiction. As medical communities try to shy away from opioid use for pain, many patients who previously relied on them no longer can. Individuals scrambling to find alternatives, may be turning to kratom because it has similar pain-relieving effects.
- ❑ People tend (however incorrectly) to think that kratom is safe because it's "natural."

Is Kratom Addictive?

- ❑ The FDA is concerned that Kratom, which affects the same opioid brain receptors as morphine, appears to have properties that expose users to the risks of addiction, abuse, and dependence.

Source: [U.S Food and Drug Administration](#)

Like other drugs with opioid-like effects, withdrawal symptoms include:

- muscle aches
- insomnia
- irritability
- hostility
- aggression
- emotional changes
- runny nose
- jerky movements

Source: [National Institute of Drug Abuse](#)



Parent & Community Alert!



The Dangers of Kratom

Sold in some gas stations, tobacco shops, and on-line in Michigan under a variety of names. This product is now banned in some states. [National Institute on Drug Abuse](#)

What is Kratom?

- It is sold in pill/capsule/powder/extract form that comes from the leaves of a tree in Southeast Asia.
- Kratom leaves are sometimes brewed in tea or eaten in food.
- It has mind-altering effects and can be addictive at high doses. [National Institute on Drug Abuse](#)

What are the Potential Dangers?

In low doses, Kratom has stimulating effects and, in large doses, depressant effects. Kratom can cause vomiting, chills, itching, and loss of appetite. Long-term use can cause extreme weight loss, skin darkening, frequent need to urinate, constipation, muscle pain, and liver damage. Kratom may also cause dizziness, delusions, and seizures. It may suppress your breathing and lead to coma and death. [Mayo Clinic](#)

Poison control centers in the U.S. received about 1,800 reports involving use of Kratom from 2011 through 2017, including reports of death. By comparison, in 2019 alone, 1,357 calls to Poison Control Centers involved exposure to Kratom. [Kratom: Unsafe and ineffective - Mayo Clinic](#)

Is Kratom Addictive?

It can be. Like other drugs with opioid-like effects, Kratom can become addictive for some people. Withdrawal symptoms can include muscle aches, hostility/irritability, emotional changes, jerky movements, and runny nose. [National Institute on Drug Abuse](#)

Is Kratom legal to buy and use in Michigan?

Yes. Michigan has attempted to regulate Kratom but no legislation exists so far. [Michigan debates future of kratom, an herbal remedy linked to 9 state deaths | Bridge Michigan.](#) **Some states have banned Kratom. Other states have regulated it.**

What are the Potential Dangers of Kratom Use During Pregnancy?

When Kratom is used during pregnancy, the baby may be born with symptoms of withdrawal that require treatment plus adversely affects infant development. [Kratom: Unsafe and ineffective - Mayo Clinic](#)