Kratom is a tropical plant that people are using as an alternative treatment for pain, mood disorders, and opioid withdrawal without supervision from doctors. Because kratom is unregulated, any use comes with real risks.

### 1. Kratom Affects Your Brain
Depending on the amount you take, kratom can act as an opioid or a stimulant.

### 2. Kratom Is Addictive
Compounds in kratom bind to the brain’s opioid receptors, so it’s addictive just like morphine, heroin, and other opioids.

### 3. Kratom Has Serious Side Effects
- Drowsiness
- Dizziness
- Dry mouth
- Seizures
- Nausea
- Vomiting
- Loss of appetite
- Constipation
- Itching
- Muscle pain
- Increased urination
- Sweating

### 4. Kratom Is an Unregulated Substance
Kratom trees are native to Southeast Asia, and there are no safety standards for kratom products in the U.S.

### 5. Kratom Products Aren’t Consistent
- Tea
- Powdered Drink
- Capsule

The amount of kratom in a given product is not regulated, so you can’t control how much you’re taking no matter how you ingest it.

### 6. Kratom Can Be Contaminated
FDA tests have revealed that some kratom products contain risky added ingredients, heavy metals, or dangerous contaminants.

- Nickel (Ni)
- Lead (Pb)
- Salmonella

### 7. Kratom Is Banned in the Region in Which It Originates and Some States
Because of serious health risks, kratom has been banned in some Southeast Asian countries and several U.S. states.

Learn more at [SAMHSA.gov](https://www.samhsa.gov)

If you or someone you know needs help with a substance use disorder, including kratom, call SAMHSA’s National Helpline at 1-800-662-HELP (4357) or TTY: 1-800-487-4889, or use SAMHSA’s Behavioral Health Treatment Services Locator at samhsa.gov to get help.

References:
- [https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm595622.htm](https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm595622.htm)
- [https://www.drugabuse.gov/publications/drugfacts/kratom](https://www.drugabuse.gov/publications/drugfacts/kratom)