



Alert! For Persons in Recovery

The Dangers of Kratom



KRATOM HAS THE POTENTIAL TO BE ADDICTIVE [Kratom Drug Facts | National Institute on Drug Abuse](#)

Kratom use has been used by individuals in recovery thinking it is an effective means of dealing with addiction, including opioid addiction. **It's not!**

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

- 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. [Kratom Drug Facts | National Institute on Drug Abuse \(NIDA\)](#)

What are the Potential Dangers?

- Small doses = stimulant effects
- Large doses = depressant effects
- It is considered a dietary supplement by the FDA, therefore it is not regulated like medication. This increases the risk of contamination like salmonella. It also means the quantity of active ingredients may differ from what's printed on the label, or that there could be additional, potentially dangerous substances (nickel and lead) mixed in, which may be harmful with long-term exposure. [Kratom: the risky new substance you need to know about \(https://doctors-hospital.net\)](https://doctors-hospital.net)

Is Kratom Addictive?

- It can be.** Like other drugs with opioid-like effects, Kratom can become addictive for some people. People that have had addiction issues in the past should be very aware that this drug is not safe. [National Institute on Drug Abuse](#)
- Kratom may have the potential to induce dependence-like symptoms (withdrawal and craving). There are current studies aimed to address the prevalence of, and motivations for, kratom use among individuals receiving substance use disorder treatment. [Recovery Research Institute \(recoveryanswers.org\)](#)

Is Kratom FDA Regulated?

- Unfortunately, it is not currently regulated in Michigan. This herb is sold in some gas stations, tobacco shops, and on-line in Michigan under a variety of names. However, this product is banned in six states and 18 countries. [National Institute on Drug Abuse \(NIDA\)](#) and [Is Kratom Legal? Kratom Legality by State - Sprout Health Group](#)

To access resources and information about preventing youth substance use in your community, visit cvcoalition.org. To learn about the services through CARE of SEM's Recovery United Community Center visit www.careofsem.com/recovery-community-center.