



Kratom Plant

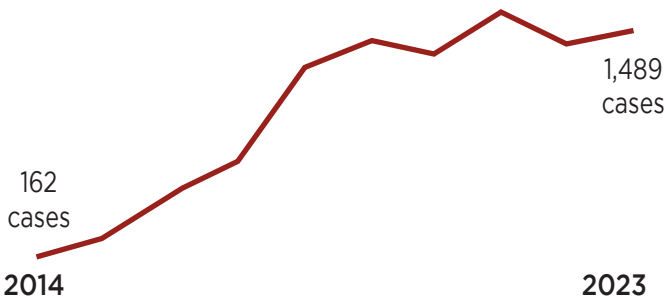
7-OH: What You Need to Know

What is 7-OH?

7-hydroxymitragynine (7-OH) is a natural substance (chemical compound) found in the kratom plant. Kratom has long been used to treat headaches, diarrhea (loose stools), insomnia (trouble sleeping), anxiety, opioid use withdrawal, and more.

7-OH is marketed as a treatment for pain or anxiety. 7-OH is opioid-like. This means that 7-OH and opioids (like morphine and fentanyl) can have similar effects on the body. 7-OH has stronger effects than morphine.¹ Taking too much 7-OH can cause dangerous and life-threatening side effects.

America’s Poison Centers has received an increasing number of cases involving kratom. Some of these cases involve 7-OH.²



Source: America’s Poison Centers 2023 Annual Report

7-OH, kratom, and other kratom-derived substances are not currently regulated by the Food and Drug Administration. New research has led to discussions about regulating and limiting access to these products in the future.

What are the effects of 7-OH?

7-OH can be addictive. At lower doses, 7-OH can have effects similar to stimulants (which speed up brain activity). At higher doses, it can have similar effects to opioids (which slow down brain activity).

Taking too much 7-OH can cause the following side effects. These symptoms can be dangerous and life-threatening³:

- Nausea and vomiting
- Agitation
- Confusion
- Sweating
- Increased heart rate
- High blood pressure
- Trouble breathing

How is 7-OH accessed?

7-OH is not currently regulated by any federal agency. It can be bought without a prescription in gas stations, smoke shops, and online.⁴ 7-OH is commonly sold in the form of powders, capsules, liquid extracts, and gummies.

Very little 7-OH is found in the kratom plant. As a result, it is common for products to use “concentrated 7-OH” to increase how much 7-OH is in the product. Many products also contain synthetic (human-made) 7-OH. Synthetic 7-OH is designed to enhance the effect of the substance on users. This can also increase the risk of life-threatening side effects.



7-OH: What You Need to Know (Continued)

To stay safe:

- Do not use 7-OH products.
- Talk with your doctor or pharmacist before taking any supplements.

How does 7-OH interact with other drugs?

There are limited studies on how 7-OH interacts with other drugs like alcohol and stimulants. This means we are still learning about any side effects.

It is never safe to mix drugs. 7-OH is an opioid-like substance. This means 7-OH and opioids can have similar effects on the body. It is possible that both 7-OH and opioids will interact with other drugs in the same ways. This can be dangerous and life-threatening. For example:

- Mixing opioids with alcohol (even at low doses) can increase the effects of both substances. It can heighten and quicken symptoms such as slowed breathing. This can cause users to stop breathing and lead to death.
- Using stimulants with opioids (also known as “speed-balling”) can force different parts of the body to speed up and slow down at the same time. This creates a “push-pull” effect that strains the heart, lungs, and brain. It increases the risk of death from stroke, heart attack, or respiratory failure.⁵

How should you respond to an overdose?

It is important to respond quickly to an overdose. Take the steps below if you think someone is experiencing an overdose that may involve 7-OH or opioids.

1. Call 911.
2. Give the person naloxone (Narcan) if available.
 - a. Narcan is medicine that stops the effects of opioids and can restore a person’s breathing during an opioid overdose.
3. Give the person rescue breathing or CPR if they have stopped breathing.

References

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