

First I'd like to go over Kratom products and 3 main types.

Kratom Powder: Simply Kratom leaves ground into a fine powder.

Mild-Moderate potential for addiction, dependency, and adverse effects.

Kratom Extracts: Products that contain Mitragynine (the alkaloid in Kratom responsible for its effects) extracted from the kratom plant allowing people to ingest multiple grams worth of Kratom in a few oz of liquid or a “shot”, this includes products like *Feel Free*.

Moderate-Severe potential for addiction, dependency, and adverse effects.

And **7OH:** a semi-synthetic extract derived from Kratom but separate.

Severe potential for addiction, dependency, and adverse effects.

It's important to consider that, Kratom does naturally contain trace amounts of 7OH about .002%. Commercial 7oh products are made synthetically through oxidation of kratom alkaloids. These 7oh products contain anywhere from 10mg-100mg of 7oh in a tablet. For reference 1 gram of Kratom may contain up to .01mg of 7OH and Someone would have to consume about 100 grams of Kratom powder to ingest 10mg of 7oh, which is essentially impossible.

I have been taking Kratom, specifically Kratom powder for about 8 years. I do not take kratom to relieve chronic pain or to manage opioid dependency but it has made a big difference for me. I have found it to be quite beneficial for reducing my general/social anxiety, depression, insomnia, chronic fatigue, and reducing symptoms of OCD, ADHD, and restless leg syndrome

I first noticed 7oh and other Synthetic Kratom derivatives being sold sometime in 2024. These products are often advertised as a Kratom extract which is not the case.

People across the United States have been using Kratom since the early 2010s and when products like 7oh became available we've seen Kratom become a growing concern as well as a dramatic increase in the rates of addiction, the severity of, and adverse health effects. According to the CDC “During the past 11 years, poison centers received a total of 14,449 kratom exposure reports; the record high 3,434 reports in 2025 represent an increase of approximately 1,200% compared with the 258 reports in 2015”. I think it's reasonable to conclude that 7OH and some Kratom extracts are largely responsible for the recent increases and why “Kratom” has become a major concern regarding its potential for addiction and health concerns.

To summarize, I am in favor of a total ban on synthetic Kratom products, and potentially potent Kratom extracts. As well as strict age requirements and clear warning labels.

Thank you for considering my input.