

Dear Lawmakers,

I lived with chronic pain for many years, and I previously found a low-dose 7-OH product to be safe and dependable. It allowed me to do everyday things people often take for granted — getting through work, moving comfortably, and staying independent.

HB 1628 would still remove that product from the market because even my modest dose was above the threshold proposed in the bill. I support responsible regulation, but I cannot support HB 1628 as written because it eliminates the form that worked for me.

Removing safer alternatives like low-dose 7-OH will unintentionally push people back toward illicit drugs or leave them bed-bound. The truth is that people with chronic pain are not well-supported in our healthcare system, and doctors are often unwilling or unable to prescribe medication or find any meaningful alternative. Even when they can prescribe those medications, my experience — and the experience of many others — is that 7-OH is a safer, plant-based option that does not cause respiratory depression, and does not require navigating a broken health care system. HB 1628's limits increase that risk by eliminating the one option that has worked safely for some of us at low doses.

— Howard H.

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