

Who We Are

Background

We are a dedicated coalition of parents, family members, loved ones, and individuals committed to understanding and educating others about the real and potentially detrimental effects of Kratom. As a group, we are driven by a shared concern for the well-being of our communities, particularly the impact of Kratom use. Our mission is to provide support, share research, and promote informed decisions through collaborative education and advocacy. We strive to be a resource for those seeking to understand the complexities of Kratom's effects on both individual and public health, fostering a community of care and prevention.

Goals

Our goals center on raising awareness of Kratom's effects through educational initiatives that include disseminating research findings and sharing personal narratives. We aim to support affected individuals and families with resources and guidance, advocate for regulatory changes to ensure public safety, and promote further scientific studies on Kratom's health impacts. By building a collaborative network of families, healthcare professionals, and researchers, we strive to enhance public safety and promote preventive measures against the adverse effects of Kratom use.

You are Not Alone

Struggling with kratom addiction? You're not alone. Join our supportive community where families and seekers of truth unite. Here, you, your loved ones, and those just seeking understanding can find resources, shared experiences, and expert advice in a safe and understanding space. Together, we can face the challenges of kratom addiction and move towards recovery. Connect with us today—let's overcome addiction together.



Join Us For The Truth About Kratom



What is Kratom?

Mitragyna speciosa

Mitragyna speciosa, or kratom, is an evergreen tree in the Rubiaceae family, native to Southeast Asia and used in traditional medicine since the nineteenth century. It is found in Thailand, Malaysia, Indonesia, and Papua New Guinea.

Alkaloids

The leaves of *Mitragyna speciosa* contain the active alkaloids mitragynine and 7-hydroxymitragynine, which cause opioid-like effects ranging from stimulation at low doses to sedation at high doses.

Mitragynine is the most abundant alkaloid in the plant, constituting about 66% of the total alkaloid content in a typical leaf. It acts primarily as an agonist at μ -opioid receptors, though it also has activity at other receptor systems which contributes to its complex pharmacological profile. Mitragynine's stimulation effects at low doses are believed to be due to its adrenergic receptor activity. **7-Hydroxymitragynine**, which makes up a much smaller percentage of the leaf's alkaloid content (roughly <2%), is significantly more potent than mitragynine. This compound is also a μ -opioid receptor agonist and is primarily responsible for the analgesic and opioid effects of kratom.

Common Mistruths

Misinformation.

1. Safely consumed for over 20 years in the USA
2. Kratom, coffee, chocolate, and dairy products are all partial μ -opioid receptor agonists.
3. Does NOT contain opiates.
4. Safe, natural leaf more akin to coffee than any other substance.

Truth

1. Kratom has seen enormous numbers of adverse events, medication complications and even deaths. Kratom deaths were found to be 63x greater than expected with dietary supplements.
2. Coffee, chocolate, and dairy products may contain trace levels of peptides which have slight affinity for μ -opioid receptors, but none possess the activity of the alkaloids found in kratom. Not by a long-shot. This is a false-equivalency fallacy.
3. Kratom contains alkaloids known as atypical opioids. "Opiate" is an opioid from the opium poppy only.
4. There is literally nothing similar to coffee in regards to kratom other than them being in the same family, a fact that does not infer safety.

Research



Credible Kratom Research

There is a broad range of research articles on kratom, varying significantly in quality and reliability. While some studies are rigorously conducted and offer balanced insights, others may be limited by design flaws or potential conflicts of interest, including funding sources with vested interests. It is crucial to critically evaluate these factors when assessing kratom research to ensure a comprehensive understanding of its effects and safety. Below are some of the better kratom studies.

Chakraborty, Soumen, Rajendra Uprety, Samuel T. Slocum, Takeshi Irie, Valerie Le Rouzic, Xiaohai Li, Lisa L. Wilson, et al. 2021. "Oxidative Metabolism as a Modulator of Kratom's Biological Actions." *Journal of Medicinal Chemistry* 64 (22): 16553–72. <https://doi.org/10.1021/acs.jmedchem.1c01111>.

Hill, Rob, Andrew C. Kruegel, Jonathan A. Javitch, J. Robert Lane, and Meritxell Canals. 2022. "The Respiratory Depressant Effects of Mitragynine Are Limited by Its Conversion to 7-OH Mitragynine." *British Journal of Pharmacology* 179 (14): 3875–85. <https://doi.org/10.1111/bph.15832>.

Kerrigan, Sarah, and Stephanie Basiliere. 2022. "Kratom: A Systematic Review of Toxicological Issues." *WIREs Forensic Science* 4 (1). <https://doi.org/10.1002/wfs2.1420>.

Li, Xiaotong, Patrick Ndungu, Sanya B. Taneja, Maryann R. Chapin, Susan B. Egbert, Krishi Akenapalli, Mary F. Paine, Sandra L. Kane-Gill, and Richard D. Boyce. 2023. "An Evaluation of Adverse Drug Reactions and Outcomes Attributed to Kratom in the US Food and Drug Administration Adverse Event Reporting System (FAERS) from January 2004 through September 2021." *Clinical and Translational Science* 16 (6): 1002–11. <https://doi.org/10.1111/cts.13505>.

McCurdy, Christopher R., Abhisheak Sharma, Kirsten E. Smith, Charles A. Veltri, Stephanie T. Weiss, Charles M. White, and Oliver Grundmann. 2024. "An Update on the Clinical Pharmacology of Kratom: Uses, Abuse Potential, and Future Considerations." *Expert Review of Clinical Pharmacology* 17 (2): 131–42. <https://doi.org/10.1080/17512433.2024.2305798>.