

My name is Bern Sponenburgh and I am a resident of Florida, and this is my written testimony.

I want to urge the North Dakota House Judiciary to please not place kratom as a scheduled substance. I have used kratom for 7 years with no negative effects. Kratom provides a safe, non life threatening, and natural recovery route for opiate addicts. It also provides a safe and, more importantly, non life threatening alternative for chronic pain patients. Kratom is a viable solution to our current opioid crisis and banning it would only serve to make the crisis worse. I have seen and heard the testimony of hundreds of opiate addicts getting completely off of opiates, with some have even stopped taking kratom. Such stories reveal true and complete recovery from one of the most difficult addictions known to humankind. Kratom has some opioid like agonist properties to it but, unlike classic opioids it does not cause respiratory depression. Kratom also has several antagonists as part of the natural makeup of the plant, which creates a ceiling to the effects. This ceiling basically means that you can't get high off of kratom. Kratom also has some stimulant like properties, as well as some sedative like properties.

I, personally, have a Attention Deficit Disorder, and Intractable Insomnia. My prescription for Adderall was virtually impossible to fill locally and, honestly, kratom is far more tolerable for me and overall is a better option for me over Adderall. It also replaced all of my sleeping and anti anxiolytic medications. The people of North Dakota deserve to have the right to choose kratom so again, I ask that you please do not schedule kratom.

I thank you for your service and consideration.

Respectfully submitted,

Bern Sponenburgh