



# 7-OH

## What You Need to Know

### What is 7-OH?

7-Hydroxymitragynine (7-OH) is a powerful psychoactive (mind-altering) drug made from the kratom plant that is being sold in many forms, including tablets, gummies, drink mixes, and shots. Kratom and/or 7-OH is often marketed for opioid withdrawal, depression, anxiety, or chronic pain, **but has not been shown to be safe and effective for these conditions or any other medical use** and is not approved by the United States Food and Drug Administration (FDA).

In kratom leaves, 7-OH occurs naturally in very small amounts. Concentrated 7-OH products have become more available and have been linked to addiction, tolerance, withdrawal, slowed breathing, seizures, overdose, and death. 7-OH often marketed as 7-hydroxymitragynine, 7-OH-mitragynine, 7-OHMG, 7-Hydroxy, 7-HMG, 7-OH, or 7, among other referenced names. Mitragynine pseudoindoxyl is also a metabolite of 7-OH with similar and heightened risks. Additionally, some kratom leaf products labeled “spike” or “enhanced” may have dangerous levels of 7-OH. Even though kratom and 7-OH are sometimes marketed as “natural” or “herbal,” products with concentrated or synthetic 7-OH act like opioids and carry serious health risks.

### How Does it Affect the Body?

- **Low doses:** Can act like a stimulant (increasing energy or alertness)
- **High doses:** Can act like an opioid (pain relief, sedation, euphoria, slowed breathing, death)

### Why Is It a Problem?

- 7-OH **binds to the body’s opioid receptors** — the same receptors targeted by morphine and oxycodone.
- 7-OH can be **13 times more potent than morphine**, making it far riskier and more addictive than natural kratom leaves.
- 7-OH has **high potential for dependence, withdrawal, overdoses, and death, particularly when mixed with alcohol, opioids, sedating medications, or other drugs.**

### Kratom vs. 7-OH Extracts

Natural kratom leaves and products with concentrated or synthetic 7-OH are **not** the same. Many extracts are sold as “*kratom extract*” or “*enhanced kratom*” but actually contain 7-OH. Products marketed in this way may look like regular kratom products on store shelves, but often carry **much higher risks**. There is a concern that products made from kratom, in high doses, can **cause psychosis**.

### Risks to Know

Because 7-OH products are **unregulated**, effects can vary widely. Risks include:

- Nausea & vomiting
- Constipation
- Dizziness or dry mouth
- Drowsiness or trouble sleeping
- Nervousness or restlessness
- Euphoria (“high”)
- Sweating or cheek discoloration
- Slowed breathing (respiratory depression)
- Seizures
- Death

### Is it Legal?

- **No.** According to the FDA, it is illegal to sell kratom products in the U.S. as a drug product, dietary supplement, or a food additive in conventional food. The FDA warns that kratom products present a risk of illness or injury, including death.”
- **Kratom and 7-OH products may not be sold in California** as drug products, dietary supplements, or food additives.

### Reducing Harm if Someone Uses

If you or a loved one uses kratom or 7-OH products:

- **Do not mix** with alcohol, opioids, or other drugs due to significantly elevated overdose risk.
- **Never use alone** — have someone nearby in case of emergency.
- **Keep naloxone nearby** — In an overdose, it can reverse the effects of 7-OH and restore breathing.
- **Call 911 immediately** if someone becomes unresponsive.
- If a Los Angeles County resident is looking for help with reducing or stopping the use of kratom or 7-OH, call the **Substance Abuse Service Helpline (SASH): 800-854-7771**.

### Important Resources

- **Emergencies:** 911
- **California Poison Control:** 1-800-222-1222 (24/7)
- **Report illegal sales:** California Dept. of Public Health — 1-800-495-3232 or report online

### References:

- (1) <http://publichealth.lacounty.gov/sapc/docs/prevention/Fact Sheet/KRATOM-07242024.pdf>;
- (2) [https://www.dea.gov/sites/default/files/2020-06/Kratom-2020\\_0.pdf](https://www.dea.gov/sites/default/files/2020-06/Kratom-2020_0.pdf);
- (3) <https://www.fda.gov/news-events/public-health-focus/hiding-plain-sight-7-oh-products>

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