



Kratom: A tropical tree native to Southeast Asia. Products are derived from the tree's leaves. Products made from the tree's leaves contain intoxicating chemicals.

How is it used?

- Traditionally used as a multi-purpose remedy to increase alertness and energy.
- Most people report using kratom to self-medicate pain, opioid withdrawal or opioid use disorder, anxiety, or depression, rather than for recreational purposes.

Kratom Health Impacts

Kratom produces stimulant like effects in small doses.



Produces opioid or sedative effects in larger doses.



Potentially addictive.



- Adverse effects include nausea, constipation, dizziness and drowsiness. It can also cause confusion, tremors, seizures, high blood pressure and vomiting.
- Mild to moderate withdrawal symptoms when stopping regular kratom use. There are known overdoses and death related to kratom use.
- Information on health effects is limited; consumers can't make informed decisions.

For information on prevention strategies and treatment options, visit RiverStoneHealth.org/bRIGHTChoices or scan the QR code



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Kratom Regulation and Classification

DEA lists kratom as a “drug of concern.”



Kratom is illegal in 6 states, and some municipalities in the U.S. Kratom unregulated in Montana.



There is no FDA approval of kratom as a prescription drug, food additive or dietary supplement



Where is it sold?

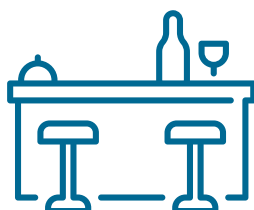
Nutrition Stores



Vape Shops



Kava Bars



Online



What is a kava bar?

- Marketed as sober night-life, alcohol-alternative, booze-free buzz.
- Promoted for health and wellness.
- Kava bars often sell kratom under the guise of “botanical tea”.
- “Kratom is not lawfully marketed in the U.S as a drug product, dietary supplement or a food additive in conventional food.” - FDA 2024
- In 2023, there were more than 280 Kava bars in the U.S. and three in Yellowstone County.
- The number of Kava bars in the US increased 30% from 2012-2017.