

7-OH and Kratom

What parents should know

7-OH, or “7-hydroxy,” is engineered to be addictive. It is a potent opioid by design. These products are often falsely marketed as “natural kratom.” Not prescribed or sold on the streets, this product is sold online and in stores...like candy.

What is 7-OH? 7-OH stands for 7-Hydroxymitragynine. It is a strong chemical found in very small amounts in the kratom plant. Some products sold in stores (like gummies, candies, powders and drinks) have much higher amounts of 7-OH than natural kratom.

Why is 7-OH dangerous? 7-OH is 13 times stronger than morphine at affecting the body’s opioid receptors. It can cause serious health problems, including addiction, poisoning and even death. Products with 7-OH are not tested for safety and are sold without restrictions. Isolated 7-OH has never been studied in humans. It can cause an overdose due to respiratory depression, or “stopped breathing.” This can be reversible with naloxone.

How can kids be exposed? 7-OH products may look like regular candy, snacks or supplements. They are sold in stores and online. They are marketed for recreation, stimulation, pain relief or sedation.

What are the symptoms of 7-OH use? If someone uses 7-OH, they may experience nausea and vomiting, agitation or confusion, sweating and anxiety, trouble sleeping, stomach pain, depression, fast heartbeat and high blood pressure, trouble breathing or sleepiness, seizures, withdrawal symptoms (restlessness, body aches, irritability, cold sweats), addiction or dependence, overdose and death (especially if mixed with other alcohol or drugs).

Can 7-OH cause addiction? Yes, it is highly addictive.

Poison center cases are climbing.

Helpful Online Resources:

vdh.virginia.gov
FDA.gov
pulaskicounty.org/office-prevention-recovery

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Note: These images are select illustrative examples and do not represent the full scope of 7-OH products on the market. Consumers should read packaging and labels carefully to determine whether a product contains 7-OH.



Avoid products with 7-OH. Check labels on candies and supplements.	Keep these products away from children and pets.	Talk to your family about the risks of 7-OH.	Call 911 and administer naloxone if someone has used 7-OH and is sick or unresponsive.	Call the Poison Help Line with questions or concerns. 1-800-222-1222	For help with addiction or dependence, call 988.
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