



PROMISES TO ASHES FOUNDATION

Resource Center Education Module: Kratom Leaf

What it is - and why it must be distinguished from concentrated 7-OH products.

WHAT IS KRATOM?

Kratom commonly refers to material from *Mitragyna speciosa*, a tropical tree native to Southeast Asia. NIDA describes kratom as an herbal substance that can produce opioid- and stimulant-like effects. The plant contains many alkaloids, including mitragynine and naturally occurring trace amounts of 7-hydroxymitragynine (7-OH).

WHY THE DISTINCTION MATTERS

Natural kratom leaf should not automatically be treated as the same thing as concentrated, enhanced, or synthetic 7-OH products. FDA has specifically stated that its concentrated 7-OH actions are not focused on natural kratom leaf products, while still warning consumers about risks associated with kratom itself.

WHAT FAMILIES MAY SEE

FORM	EDUCATIONAL NOTE
Leaf / tea-type material	Traditional botanical forms may resemble dried leaves or brewed plant material.
Powder	Ground botanical material may be sold or prepared as powder.
Capsules	Botanical powder may also appear in capsule form.
Extract-style products	These may differ substantially from traditional leaf. Families should read labels carefully and avoid assuming all products marketed as kratom are equivalent.

WHAT FDA SAYS

FDA states that there are no FDA-approved prescription or over-the-counter drug products containing kratom that are legally marketed in the United States. FDA also warns consumers about serious adverse events associated with kratom use, including liver toxicity, seizures, and substance use disorder.

WHAT RESEARCHERS ARE STILL STUDYING

NIDA continues to study kratom, its alkaloids, patterns of use, and potential risks and benefits. The Foundation will distinguish between what is known, what regulators currently say, and what remains under scientific study.

PROMISES TO ASHES PUBLICATION RULE

Teach the substance. Keep categories separate. Never create a purchasing pathway. Any product image used by the Foundation is for recognition and education only and should be static and non-clickable.

PRIMARY EDUCATIONAL SOURCES

FDA - FDA and Kratom
<https://www.fda.gov/news-events/public-health-focus/fda-and-kratom>

NIDA - Kratom
<https://nida.nih.gov/research-topics/kratom>

FDA - Hiding in Plain Sight: 7-OH Products
<https://www.fda.gov/news-events/public-health-focus/hiding-plain-sight-7-oh-products>

Educational information only. No product promotion. No purchase pathways. Sources are reviewed for accuracy and updated as evidence and regulations change.

For Justin, and for every family after.