



PROMISES TO ASHES FOUNDATION

Curated Public Research & Sources

Public education sources only. No commercial destinations.

HOW THIS PAGE IS USED

This source list is designed for the public Resource Center. It favors clear government and public-health pages that support family education without sending readers toward a seller. Technical enforcement records and deeper research documents may be retained in the Research Archive without becoming public-facing links.

KRATOM LEAF

SOURCE	WHY IT IS PUBLIC-FACING
FDA - FDA and Kratom	Current FDA overview of kratom, its alkaloids, lawful marketing status, safety concerns, and ongoing research.
NIDA - Kratom	Federal research overview explaining what is known, what remains under study, and how kratom is being researched.
FDA - Hiding in Plain Sight: 7-OH Products	Useful for distinguishing natural kratom leaf containing trace 7-OH from concentrated and synthetic 7-OH products.

CONCENTRATED / ENHANCED 7-OH

FDA - Products Containing 7-OH Can Cause Serious Harm
<https://www.fda.gov/consumers/consumer-updates/products-containing-7-oh-can-cause-serious-harm>

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

DEA - DEA to Temporarily Schedule 7-OH and Related Substances to Protect Public Safety
<https://www.dea.gov/press-releases/2026/07/01/dea-temporarily-schedule-7-oh-and-related-substances-protect-public>

SYNTHETIC 7-OH DERIVATIVES

FDA - Hiding in Plain Sight: 7-OH Products
Identifies mitragynine pseudoindoxyl, MGM-15, and MGM-16 as synthetic derivatives not naturally occurring in the kratom plant.

DEA - July 1, 2026 temporary-scheduling announcement
Addresses 7-OH above a specified threshold and the three related substances in separate federal notices.

TIANEPTINE / ZAZA

FDA - Tianeptine
<https://www.fda.gov/consumers/health-fraud-scams/tianeptine>

FDA - Tianeptine Products Linked to Serious Harm, Overdoses, Death
<https://www.fda.gov/consumers/consumer-updates/tianeptine-products-linked-serious-harm-overdoses-death>

FDA - FDA Warns Consumers Not to Purchase or Use Any Tianeptine Product Due to Serious Risks
<https://www.fda.gov/drugs/drug-alerts-and-statements/fda-warns-consumers-not-purchase-or-use-any-tianeptine-product-due-serious-risks>

PUBLIC SOURCE RULE

A primary source can be important evidence without being the right public link. Warning letters or enforcement records that prominently identify commercial sellers can remain in the Research Archive when useful. The public-facing Resource Center should prefer clean educational government pages whenever they communicate the same point.

REVIEW DATE RULE

Because regulatory language can change, this source list should be rechecked before major public releases, legislative packets, or new print runs. Date-sensitive claims should carry an internal verification date even when the public URL remains stable.

PERMANENT FOOTER

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.

Verified August 15, 2026 - Promises to Ashes Foundation