



PROMISES TO ASHES FOUNDATION

Resource Center Education Module: Concentrated / Enhanced 7-OH

7-OH occurs naturally in trace amounts in kratom. The concern here is products with added or enhanced 7-OH.

WHAT IS 7-OH?

7-hydroxymitragynine, commonly called 7-OH, is an alkaloid associated with the kratom plant. FDA states that 7-OH occurs naturally in kratom in trace amounts, but its warning is directed at products that contain 7-OH as an added ingredient or at enhanced levels.

WHY CONCENTRATION MATTERS

FDA describes concentrated 7-OH products as potent opioid products and recommends that consumers avoid them. These products should not be treated as equivalent to natural kratom leaf simply because 7-OH can occur naturally in the plant.

WHAT FAMILIES MAY SEE

FORM	EDUCATIONAL NOTE
Tablets	May be labeled by milligrams of 7-OH or other active-content language.
Gummies	FDA has raised particular concern about flavored, familiar consumer forms that may appeal to children or teenagers.
Shots / liquids	Concentrated liquid products may be marketed in small bottles or single-serving formats.
Drink mixes	Powdered or mix-in forms may resemble ordinary beverage products.
Capsules / powders / strips	DEA has also described commercial 7-OH products appearing in capsules, powders, and dissolvable strips.

KEEP THE TERMINOLOGY PRECISE

Do not call every concentrated 7-OH product 'synthetic.' DEA has used the term **semi-synthetic 7-OH** in describing certain commercial products, while FDA separately identifies three specific synthetic 7-OH derivatives: mitragynine pseudoindoxyl, MGM-15, and MGM-16. Those synthetic derivatives belong in their own education module.

CURRENT FEDERAL STATUS

In July 2026, FDA reported that DEA had begun the temporary-scheduling process for 7-OH above a proposed specified threshold and for three related synthetic derivatives. Botanical kratom containing naturally occurring trace 7-OH is treated separately in the federal materials. Because regulatory status can change, this section should always carry a review date.

WHAT PARENTS SHOULD LOOK FOR

Read the ingredient panel and front-label language carefully. Terms such as **7-hydroxymitragynine** or **7-OH**, especially when paired with a stated milligram amount or concentrated/enhanced wording, should prompt closer review. Brand names alone are not reliable definitions because branding and formulations can change.

PROMISES TO ASHES PUBLICATION RULE

Recognize it. Understand it. Research it. Never promote it. Product-recognition images are educational only, static, and non-clickable. No retailer, manufacturer-sales, marketplace, affiliate, cart, or purchase destination is permitted.

PRIMARY EDUCATIONAL SOURCES

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>

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.