

The Miracle Supplement: Debunked

Kratom

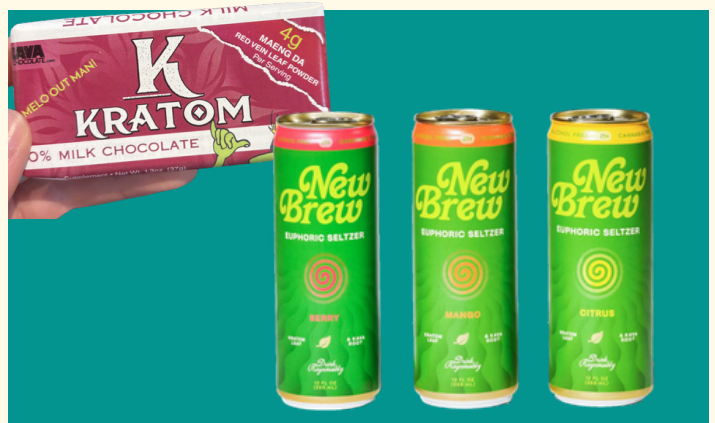


Why is it harmful:

Because of its dual nature, kratom is **highly addictive** and can lead to dependency, cravings, and withdrawal. This may include tremors, anxiety, insomnia, or muscle pain. High doses can be toxic, leading to seizures, liver damage, hallucinations, and psychosis.

What is Kratom?

- Kratom is a tree native to Asia that contains psychoactive ingredients mitragynine and 7-hydroxymitragynine.
- It is a supplement sold as extracts, powders, drinks, capsules, and foods commonly found at vape shops and gas stations.
- At low doses kratom acts as a sedative, while at high doses may act as a stimulant, affecting the same receptors as opioids.
- It has various health claims, such as being able to help with everything from relaxation to pain management and energy.



! Things to Know !

- Kratom is not FDA approved.
- SC and other states have enacted laws to limit access to Kratom.
- Potency can vary greatly between products.
- Some products may contain other substances not listed on the label.



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