



Marion County
OREGON

Health & Human Services

5 THINGS TO KNOW ABOUT KRATOM

Kratom is a tropical plant that people use to self-treat pain, or as a stimulant. Kratom is not regulated or inspected and comes with real risks.



#1 Kratom can affect babies during pregnancy.

When a pregnant person uses kratom, the baby may be born with symptoms of withdrawal and need treatment.

#2 Kratom can be contaminated.

Kratom can be contaminated with heavy metals, or risky unknown added ingredients. Kratom products have been found to have harmful germs such as salmonella. Salmonella poisoning can be fatal.

#3 Kratom has serious side effects.

Some side effects of kratom are:

- Weight loss
- Nausea and vomiting
- Liver damage
- Constipation
- High blood pressure

Kratom may also cause trouble breathing, confusion and false beliefs, called delusions.

#4 Kratom can interact with other medications.

Kratom may interact with other medications a person is taking, which may result in serious adverse effects.

#5 Kratom is banned in many U.S. states because of serious health risks!

If you or someone you know needs help with a substance use disorder, including kratom, call SAMHSA's National Helpline at: 1-800-662-HELP (4357) or TTY: 1-800-487-4889

**LEARN MORE ABOUT
KRATOM AT [NIDA.NIH.GOV](https://nida.nih.gov)**

