



Kratom 101

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What is kratom?

- Tree from SE Asia, psychoactive leaves
 - Chewed, brewed into a tea
- Low doses = stimulant
High doses = sedative, opioid
- Binds to mu-opioid receptors, same as other opioids
 - “Gas station heroin”
- Mitragynine & 7-hydroxymitragynine (7-OH)



Pharmacy Times

What is 7-OH?

- Converted from mitragynine in the liver
- Up to 13x as potent as morphine
 - Use can result in sedation, respiratory depression, addiction, overdose
- Manufacturers synthesizing 7-OH from mitragynine to create new, potent products
- Labeled as “natural,” “plant-based,” or “enhanced”



Hanley Center

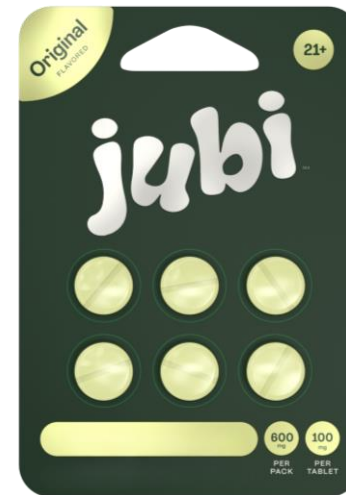
Examples of products



Top Tree Herbs,
Kratom Tea: \$20/box
<0.1mg 7-OH/bag



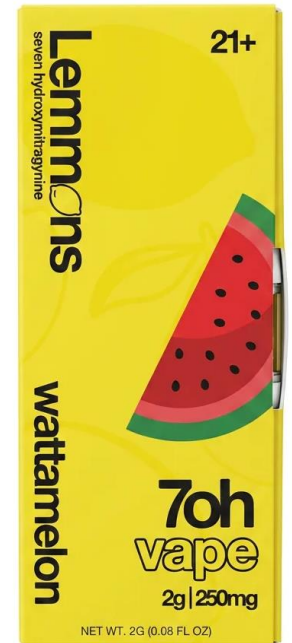
Feel Free, Tonic (Kratom +
Kava): 12 pack for \$158
"0 mg 7-OH" /container



Jubi, 7-OH Chewable
Tablets: \$35
100mg 7OH/tablet



7OH.com, Premium
Kratom Alkaloid
Tablets: \$650
150mg/tablet



7OH.com, 7-OH Vape
Pen: \$23
250mg/use

Why do people use kratom/7-OH?

- Recreation/abuse
- Unaware
- **Self-medication**
 - Stimulation
 - Sleep
 - Pain management
 - Opioid withdrawal management
- Available & accessible
- Can still result in addiction



Are these substances legal?

- Grey area in legality
 - Some states have banned entirely—WI, ND, KS, IN
- MN legislation says legal for anyone 21 and above
 - These products are considered adulterated, and therefore not legal to sell to anyone
- Unregulated, not FDA-approved
- As of August 26, 2026, DEA temporarily placed three derivatives of 7-OH in Schedule I:
 - Mitragynine pseudoindoxyl (MP)
 - Dihydro-7-hydroxymitragynine (MGM-15)
 - 9-fluoro-dihydro-7-hydroxymitragynine (MGM-16)
- Lasts until August 26, 2028

What does public health need to know?

- Why are people using?
 - Some self-medication
- Effects like opioids, responsive to naloxone
- Other states around MN have introduced bans
 - Must be 21+ in MN
- Who's using?
 - Including geographic spread
- How much are people using, spending?
- Are there medical uses?
- What are the long-term effects?

Thank You!

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