

Middle-Brook Regional Health Commission

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Health Advisory: Kratom

Kratom is a tropical tree which originates from Southeast Asia and has a long history of traditional medicine use in some cultures. In recent years, kratom has become widely available in the United States in forms such as powders, capsules, teas, gummies, and extracts.

While some people use kratom for pain or fatigue, kratom can have stimulant- and opioid-like effects and may cause serious health risks. Adverse effects have been reported with both routine use and overdose. **It is important to know that Kratom is not FDA-approved for any medication use.** The FDA [reports](#) that Kratom is not appropriate for use as a dietary supplement.

Use and misuse of kratom may result in dependency or an overdose. FDA has warned consumers not to use kratom because of the risk of serious adverse events, including liver toxicity, seizures, and substance use disorder. Learn more about the risks associated with kratom use at poison.org.

Here are health and safety considerations:

- ✓ Speak with your healthcare provider before starting any new supplements.
- ✓ Keep medications and supplements out of reach of children and pets.
- ✓ Know the signs of poisoning or overdose, which may include trouble breathing, extreme drowsiness, seizures, or loss of consciousness.

New Jersey Poison Control is available 24/7: do not guess, make the call. For immediate answers — call the line, explain your situation/ symptoms, and have any product names or containers ready. To connect with a trained expert, call 1-800-222-1222, text 973-339-0702, or chat at njpies.org/online-chat/.

If someone is not breathing, hard to wake up, or having a seizure, call 9-1-1.

The Middle-Brook Regional Health Commission, serving Bridgewater, Green Brook, Warren, and Watchung, is available to assist you with any incidents. Please contact us at 732-968-5151 (Main), 908-725-6300 (Bridgewater), or 908-753-8000 (Warren). You can also contact us by email at mbrhc@middlebrookhealth.org with any questions or concerns. If an incident occurs after normal hours, please contact your local police department.



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