

The facts behind kratom regulation

Kratom consumers need protection from adulterated products, not a ban that does far more harm than good.



Benefits to kratom regulation

Kratom consumers currently have **no protection from bad actors selling adulterated kratom products** in most states or at the federal level. Unregulated products can contain dangerous drugs or be mixed with other compounds and contaminants.

Legal regulation provides **a safe supply of the substance** that must meet strict government standards as well as important safeguards such as age restrictions and ID checks.

“We advocate for the FDA to regulate kratom, which would require testing for impurities and maintaining safe levels of the active chemicals. Otherwise, unregulated products run the risk of unsafe additives and dosing problems.”

ALBERT GARCIA-ROMEY, PH.D.,
A KRATOM RESEARCHER AND
PROFESSOR AT THE JOHN HOPKINS
UNIVERSITY SCHOOL OF MEDICINE.

Why a ban would be harmful

Banning kratom possession would **criminalize consumers, impede research and endanger the lives of kratom consumers** who rely on the product for pain relief or to help manage opioid withdrawal symptoms.

“Public health is better served by assuring continued access to kratom products by consumers and researchers.”

FRONTIERS IN PHARMACOLOGY
REVIEW OF MORE THAN 100
STUDIES ON KRATOM.

The Kratom Consumer Protection Act

The bill standardizes **good practices of kratom production and labeling**, bans adulteration and limits artificially elevating the amount of active compounds in the product. A federal bill is expected to be introduced this year.



What the states are doing

Numerous states have enacted the Kratom Consumer Protection Act, and over 20 legislatures considered the measure this year.

Eleven states have passed the KCPA: Arizona, Colorado, Florida, Georgia, Nevada, Oklahoma, Oregon, Texas, Utah, Virginia and West Virginia.

History of government action

In 2016, the federal government withdrew a proposal to schedule kratom under the Controlled Substances Act in response to tens of thousands of public comments from kratom consumers and bipartisan members of Congress.

In 2018, the Department of Health and Human Services said that kratom should not be controlled “temporarily or permanently until scientific research can sufficiently support such an action.”

Unfortunately, inaccurate and outdated claims by the Food and Drug Administration continue to surface despite scientific evidence that kratom can be a powerful tool in the fight against opioid use.

“There is a significant risk of immediate adverse public health consequences for potentially millions of users if kratom or its components are included in Schedule I [of the Controlled Substances Act].”

THE DEPARTMENT OF HEALTH
AND HUMAN SERVICES

For more information on the latest kratom regulation updates, visit kratomanswers.org

The science and research behind kratom

Studies are increasing the potential applications for the plant and dispelling previous mischaracterizations.



Overview

Kratom (*Mitragyna speciosa*) is a plant used for hundreds of years in Asia that can boost energy, reduce anxiety and depression, or act as a natural painkiller. Millions of Americans use the substance, mainly for its pain-relieving properties and as a safer alternative to opioids.

Promising research

Federal agencies and health organizations have funded more scientific research to understand the potential benefits of kratom. This growing body of research is showing promising results of positive impacts, including in areas such as opioid use disorder treatment.

“We feel that this is a possible solution to the opioid epidemic, and it could come from nature.”

DR. CHRISTOPHER R. MCCURDY,
A KRATOM RESEARCHER WITH
THE UNIVERSITY OF FLORIDA.

A new study found that mitragynine, kratom’s primary alkaloid, does not produce negative, opioid-like respiratory effects even at doses many times higher than those known to be taken by humans.

Federally funded scientific studies

The National Institute on Drug Abuse has committed tens of millions of dollars to researching potential medicinal and therapeutic uses of kratom, including providing non-addictive pain relief, treating opioid and alcohol use disorders, and reducing anxiety and depression.

Several other agencies are also conducting research, including the National Institutes of Health, the Centers for Disease Control and Prevention, the Food and Drug Administration and the World Health Organization.

Low potential for abuse

Current research suggests a significantly lower potential for abuse compared with other powerful pain relievers. Johns Hopkins Medicine researchers concluded kratom has a lower rate of harm than prescription opioids for treating pain, anxiety, depression and addiction.



“Findings point toward the potential of this drug in pain research as well as the need for further research on the pharmacology of kratom’s constituents, their toxicity and potential value in the treatment of opioid use disorder.”

DR. NORA D. VOLKOW, M.D.,
DIRECTOR OF THE NATIONAL
INSTITUTE ON DRUG ABUSE AT THE
NATIONAL INSTITUTES OF HEALTH.

Recent federal and international activity

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In 2018, the Department of Health and Human Services said that kratom should not be controlled “temporarily or permanently until scientific research can sufficiently support such an action.”

And in 2021, the World Health Organization concluded there was insufficient evidence of adverse health effects from kratom that would warrant its inclusion in the United Nation’s list of internationally controlled substances.

Unfortunately, inaccurate and outdated claims by the Food and Drug Administration continue to surface despite scientific evidence that kratom can be a powerful tool in the fight against opioid use.

“We believe that additional data and information are needed to understand the public health impact of kratom in terms of therapeutic benefits as well as safety risk.”

HEALTH AND HUMAN SERVICES
SECRETARY XAVIER BECERRA, IN
A 2022 LETTER TO LAWMAKERS.

For more information on the latest kratom science and research updates, visit kratomanswers.org