

Kratom and 7-OH

February 12th, 2026

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No financial conflicts of interests

Brian is the Immediate-Past President of the American Society of Addiction Medicine, so comments on topics involving ASAM may be biased towards ASAM

- A drug with stimulant effects (in low doses) and opioid effects (in high doses)
- Made from leaves from a tree (*Mitragyna speciosa*) native to Southeast Asia

Active Compounds

- Mitragynine and 7-Hydroxymitragynine (7-OH)
- It can be smoked, brewed with tea, or placed into gel capsules
- Marketed as a pain reliever and to help with anxiety and depression



Key Facts

- Kratom products are widely available and have not been approved by the Federal Drug Administration (FDA)
- Both Kratom and 7-OH products are illegal to sell in California as a drug product, dietary supplement, or food additive
- Products are marketed as "natural" despite being illegal and unregulated

7-OH is a powerful psychoactive (mind-altering) drug made from Kratom plant that is being sold in many forms, including tablets, gummies, drink mixes, and shots



Common Labels:

7-hydroxymitragynine, 7-OH-mitragynine, 7-OHMG, 7-Hydroxy, 7-HMG, 7-OH, or 7

Key Facts:

- Natural Kratom and concentrated 7-OH products are not the same
 - Many “kratom extract” products contain dangerous 7-OH levels
- Kratom products with concentrated 7-OH can be unpredictable and risky
 - They are often marketed as “natural supplements” for pain, anxiety, or energy

Kratom Effects

- Nausea, vomiting, constipation
- Dizziness, dry mouth
- Sweating, drowsiness
- Euphoria, possible psychosis

**Serious Risks
Associated with
Kratom**

- Respiratory depression
- Seizures
- Opioid dependence
- Addiction

7-OH Effects

- Products are unregulated, effects can vary widely
- Intense euphoria and heavy sedation
- Sweating, drowsiness, nervousness

**Life-Threatening
Risks Associated
with 7-OH**

- May slow breathing, cause seizures
- High addiction potential
- Tolerance, withdrawal
- Overdose and death

- Six fatal overdoses linked to 7-OH have been identified by the Los Angeles County Medical Examiner.
- Combining 7-OH with alcohol and other opioids or sedatives can be life-threatening.
- Naloxone can reverse 7-OH toxicity, though repeated doses may be required.
- Concentrated 7-OH products, often marketed as dietary supplements (e.g., labeled “plant alkaloids” or “alkaloid”), are available and sold in gas stations, smoke shops, and other retail and online venues.
- Beginning September 2025, Public Health alerted individuals and health care providers about the serious health risks associated with 7-OH through press releases and a health alert.



**LAC DPH Health Alert:
Fatal Overdoses Associated with 7-
Hydroxymitragynine (7-OH) in Los
Angeles County**

September 12, 2025



*This message is intended for emergency, urgent care, primary care, and behavioral health providers in Los Angeles County.
Please distribute as appropriate.*

Key Messages

- Fatal overdoses linked to 7-hydroxymitragynine (7-OH), a synthetically concentrated metabolite of the kratom plant (*Mitragyna speciosa*), have been identified in Los Angeles County.



What you need to know about
the dangers and risks associated
with kratom and 7-OH.

Click to learn more.

- DPH advised retailers to immediately remove from their shelves and stop selling products that contain Kratom and 7-OH.
- Public Health inspectors began conducting inspections at tobacco shops and other retailers for Kratom and 7-OH products in November 2025 and on an ongoing basis. When identified, these products are red-tagged and retailers are required to remove them from sale.
- On February 3, 2026, the LA County Board of Supervisors adopted “Preventing Deaths Related to Kratom and 7-Hydroxymitragynine (7-OH) in Los Angeles County.” DPH is preparing recommendations on how LA County might address and prevent deaths and harm related to Kratom and 7-OH.

Important Notice to Retail Businesses regarding **Kratom, 7-OH, and Tianeptine**

January 2026

ENVIRONMENTAL HEALTH



KEY MESSAGES

- The Los Angeles County Department of Public Health (Public Health) is advising retailers to immediately remove from their shelves and stop selling products that contain kratom, tianeptine and the synthetic kratom compound known as 7-Hydroxymitragynine (7-OH). Per the federal Food and Drug Administration (FDA) kratom and 7-OH products are not lawfully marketed in the U.S. or California as a drug product, dietary supplement, or food additive.
- Public Health inspectors will begin inspections next week at tobacco shops and other retailers for kratom and 7-OH products. If found, these illegal products will be red-tagged and required to be removed from sale. The failure to remove these products from the shelves could result in the impound, destruction of the products, fines and other penalties.
- Kratom, 7-OH, and tianeptine are not approved by the FDA and present significant health risks.
- **Six (6) fatal overdoses involving 7-OH** in Los Angeles County of persons between ages of 18 and 40 have been reported by the Medical Examiner-Coroner.

If you or a loved one use Kratom or 7-OH products, keep in mind the following:

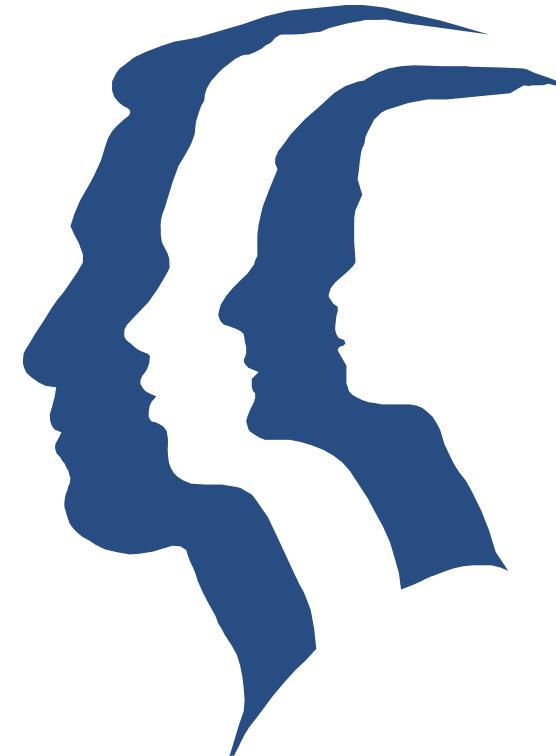
- **Never Use Alone:** Using with another person increases the chances of lifesaving interventions. Have someone nearby in case of emergency.
- **Avoid Mixing:** Do not mix with alcohol, opioids, or sedatives. The effects are stronger and less predictable.
- **Carry Naloxone:** Naloxone can reverse 7-OH toxicity and opioid overdose.
- **Call 911 immediately** if someone becomes unresponsive. If a Los Angeles County resident is looking for help with reducing or stopping the use of Kratom or 7-OH, **call the Integrated Call Center at 1-800-854-7771**. Select option 2 after the language prompt.

Key Numbers:

- **Emergency:** Call 911 immediately. For overdose emergencies or unresponsive individuals
- **Integrated Call Center:** 1-800-854-7771, select option 2 after the language prompt
- **California Poison Control:** 1-800-222-1222 (available 24/7)
- **Report illegal sales - California Dept. of Public Health (CDPH):** 1-800-495-3232 or report complaint online

Key Websites:

- Medi-Cal members can find substance use treatment services at:
Services and Bed Availability Tool (SBAT): <https://SUDHelpLA.org>
- Access more information about public health services related to substance use in LA County through the mobile-friendly **RecoverLA platform** at: www.RecoverLA.org



Questions?