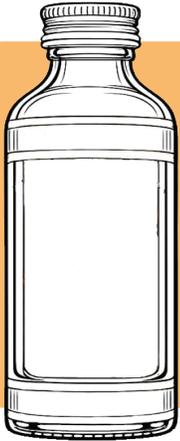




# KRATOM & 7-OH

## Natural Doesn't Mean Safe



Kratom comes from a tree in Southeast Asia. The leaves are processed into products like pills, powders, and drinks.

### Mitragynine & 7-OH

Kratom leaves contain 2 major chemicals that can be highly addictive: Mitragynine & 7-OH.

### Natural Doesn't Mean Safe!

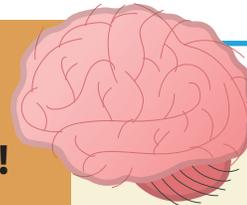
Just because Kratom comes from a plant, it doesn't mean it is safe to use.

There is no oversight on how it is made. It's not approved for medicinal use in the USA.

### Choose to Stay Healthy!



Know the facts about Kratom and 7-OH products. Share the facts with friends and family. Be a positive influence by living a substance-free life!



### Protect Your Brain & Body

Using Kratom can cause

- nausea
- dizziness
- trouble breathing
- faster or slower heartbeat
- anxiety
- irritability
- memory problems
- depression

- 911 Emergency Services
- 988 Crisis Lifeline
- Poison Control: 1-800-222-1222
- State Crisis Line: 844-534-4673
- OAR Line: 1-888-688-4222

### Need to Talk?

Whether it has been a bad day, or you just need someone to listen, reach out now. Talk or text 24/7 with these resources designed to support youth.



Protect Yourself.  
Know the Risks.  
Visit [LearnMoreAZ.org](https://LearnMoreAZ.org)

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**Substance Awareness  
Coalition Leaders  
of Arizona**