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## Health Advisory: Serious Illnesses Associated with 7-OH Use

Shauna Devitt (Administrator) | August 12, 2025 2:01 PM

**U.S. Poison Centers have received reports of serious health effects associated with 7-OH (7-hydroxymitragynine),** a strong chemical found in the kratom plant. Kratom has been used for its stimulant and opioid-like effects. It is often sold as powders, teas, pills, edibles, or liquid extracts. Products containing Kratom or 7-OH are sometimes marketed as natural remedies for pain, anxiety, or to help with opioid withdrawal. **Kratom and 7-OH do not have FDA-approved medical use,** and products containing 7-OH have not been proven to be safe or effective. Recently, the **U.S. Food and Drug Administration (FDA)** announced they have taken steps **to restrict access to 7-OH products** due to its strong opioid effects and continue to monitor reports of adverse effects.

From January 1-July 31, 2025 Poison Centers have received 1,690 reports of exposure cases involving Kratom; **this total has already passed the total from all of 2024.** This trend includes a rising number of cases involving 7-OH.

In 2025, there have been 165 reports of exposures to 7-OH. Of patients reporting exposure to 7-OH alone, 35% had serious health problems and 67% were treated at a healthcare facility.

**Symptoms reported after 7-OH use include:**

- Nausea and vomiting
- Agitation
- Confusion
- Sweating
- Rapid heart rate

- High blood pressure
- Trouble breathing
- Sleepiness or loss of consciousness
- Seizures

**America's Poison Centers advises the public to:**

- **Avoid products containing 7-OH.** Some kratom products have been found to contain potentially dangerous amounts of 7-OH. These products are not tested for safety or effectiveness and are not approved by the FDA to treat any medical conditions.
- **Keep all herbal products away from children and pets.**
- **Talk to a doctor or pharmacist before using any supplements,** especially ones marketed for pain, energy, or mood.
- **Report any bad reactions** to your local Poison Control Center at **1-800-222-1222** or visit [PoisonHelp.org](http://PoisonHelp.org).

## FOR MORE INFORMATION, CONTACT:

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## About

America's Poison Centers represents 54 poison centers across the country, we are united in our cause to prevent every poison and toxin-related health emergency in America. We provide all Americans expert advice from nationally accredited medical specialists, and maintain the nation's only near real-time poisoning data surveillance system. Together, America's Poison Centers ensure a national quality standard for the detection, prevention and treatment of toxin-related health emergencies.

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## Member Center

America's Poison Centers core membership is made up of the U.S. poison centers who combined answer calls to the Poison Help line (1-800-222-1222) in every U.S. state and territory. This includes the physicians, pharmacists, nurses, health educators, and administrators they employ. America's Poison Centers provides opportunities for its members to collaborate with other poison center providers across the world but does not accredit those services.

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