**WHAT HAPPENS IF YOU MIX KRATOM AND ALCOHOL?**

Mixing kratom and alcohol increases the risk of overdose. Since both substances are depressants, combining the two can lead to respiratory arrest, kidney failure or coma, among other risks. Source

**WHY IS KRATOM SO CONTROVERSIAL?**

Kratom has fierce advocates, who defend it as a pain reliever and safer alternative to opioids. Critics, such as the FDA, say its effects are unproven, and that the risks, such as addiction, outweigh the benefits. Source

**WHAT ARE THE SIDE EFFECTS?**

Kratom can cause vomiting, chills, sweating, itching and loss of appetite. Long-term use can cause extreme weight loss, skin darkening, frequent need to urinate, constipation, muscle pain, and liver damage. Source

**IS KRATOM ADDICTIVE?**

Like other drugs with opioid-like effects, kratom can become addictive for some people. Withdrawal symptoms include muscle aches, irritability and jerky movements. Source

**IS KRATOM LEGAL?**

Kratom is unregulated at the federal level, which means states control the legality. Some states have banned the substance, while others have passed regulations, such as a minimum age. Source

**WHAT IF I NEED HELP QUITTING?**

Recovery from any addictive drug is a journey. Thankfully, it’s not one that you need to take alone. There are a number of treatment facilities with flexible outpatient programs that can give you the support and resources you need.