

# KRATOM FACT SHEET



## 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](#)

## 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 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.

