

Foods, Dietary Supplements and Medical Drugs containing Kratom and 7-OH are Dangerous and Illegal to Sell or Manufacture for Consumption

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CDPH Advises Consumers to Avoid Using Kratom or 7-OH Products, Continues to Remove Kratom from Manufacturers and Retailers

What You Need to Know: CDPH is warning consumers that foods and other products containing kratom and 7-OH are illegal to sell or manufacture for consumption* and may result in addiction, serious harm, overdose, and death. Despite their wide availability, these products are illegal to sell for consumption and cannot be sold online or in stores.

SACRAMENTO – The California Department of Public Health (CDPH) is warning consumers about products containing kratom and 7-hydroxymitragynine, commonly known as 7-OH, a potent opioid product derived from the kratom plant. These products may lead to addiction, serious harm, overdose, and death. Since April 2025, Los Angeles County Department of Public Health reported six fatal overdoses linked to 7-OH.

“Although illegal to sell or manufacture for consumption, we are still finding kratom and 7-OH products for sale in gas stations, smoke shops, online and other retailers. While these products are sometimes marketed as natural remedies, they are dangerous and can result in fatal overdoses,” said **Dr. Erica Pan, CDPH Director and State Public Health Officer**. “The best way to protect yourself is to avoid using 7-OH and kratom-related products.”

Neither kratom nor 7-OH can lawfully be marketed in the United States as a drug product, dietary supplement or food additive. Claims that kratom and 7-OH products can treat pain, anxiety and opioid withdrawal are unproven. Side effects of kratom and 7-OH include withdrawal symptoms, insomnia and anxiety, seizures and fatal respiratory depression.

What CDPH is doing to protect Californians

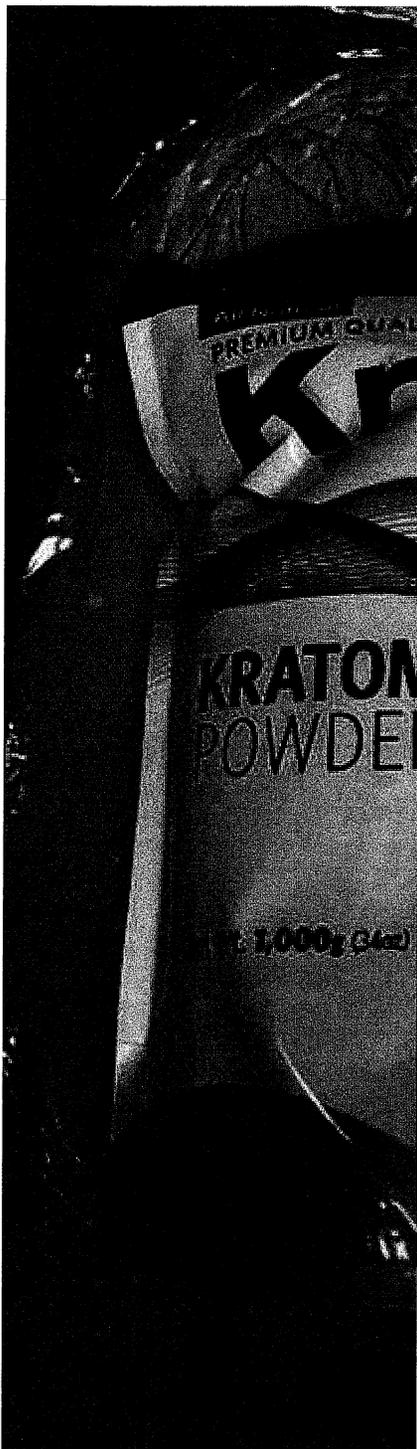
CDPH has been conducting investigative work associated with kratom for many years and continues to take action to remove products or raw materials containing kratom or 7-OH from retail facilities selling to consumers and from manufacturing locations. Once these products are identified during an investigation, they are embargoed or destroyed.

What you can do to protect yourself:

- Avoid buying or consuming products with kratom or 7-OH. Many kratom or 7-OH products are designed to look like candies, treats or “healthy” products. Kratom and 7-OH products are typically sold as beverages, shots, powders, tablets, capsules and gummies. Examine the packaging and label so you do not accidentally buy or consume kratom or 7-OH.
- Carry naloxone. Naloxone is a life-saving medication used to reverse an opioid overdose, including overdose related to heroin, fentanyl, prescription opioid medications, or 7-OH. Californians can purchase CalRx® over-the-counter naloxone HCL for \$22.50 per twin pack directly.
- If you or someone else is experiencing any ill effects after consuming kratom or 7-OH products contact Poison Control at 1-800-222-1222 or online at www.poisonhelp.org, or consult a health care provider.
- Know the signs of an overdose and how to respond. If someone is unresponsive, administer naloxone and call 911 immediately, keep the person awake and breathing, lay them on their side to prevent choking and stay with the person until 911 responders arrive.

Anyone who finds kratom or 7-OH products for sale for consumption should call the CDPH Complaint Hotline at (800) 495-3232 or submit an electronic report here.

*This news release was revised on Jan. 7, 2026 to reflect "for consumption".



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