# 7-HYDROXYMITRAGYNINE (7-OH): WHAT EDUCATORS SHOULD KNOW




## What is 7-OH?

- A potent compound related to kratom
- Acts on receptors in the brain similar to opioids
- A highly addictive substance
- Products not regulated or FDA approved

## Why is 7-OH a concern for students?

- Often misunderstood as “natural” and therefore “safe”
- Increased risk of dependence and misuse
- Can have negative effects on developing brains
- Use may lead to mood changes, sedation, nausea, and impaired attention

## Possible signs of use or impairment

- Sudden lethargy or drowsiness
- Mood swings or irritability
- Nausea or vomiting
- Pinpoint pupils
- Slowed responses or coordination issues

## Resources & Credibility

- Organization’s logo
- Contact info
- Optional QR code to:
  - fact sheets
  - state guidance
  - prevention resources










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