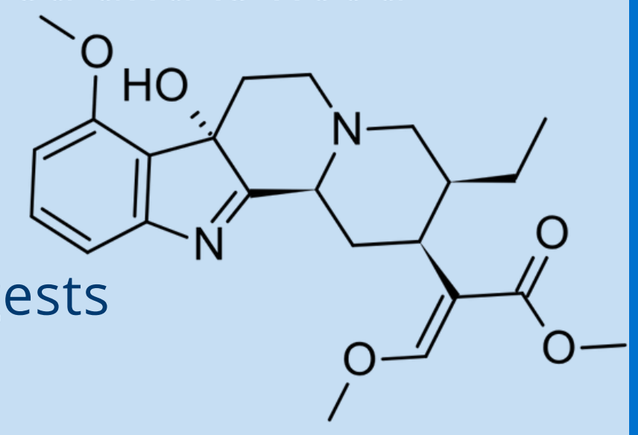
HOW DOES 7-OH AFFECT YOUR CHILD?

WHAT IS 7-OH?

7-hydroxymitragynine (7-OH) is a potent kratom-derived substance. It may be sold on its own or added to kratom products labeled as “enhanced” or “concentrated.” It is not FDA-approved and is not a dietary supplement, even if packaging suggests otherwise.



WHY WOULD YOUTH EXPERIMENT WITH 7-OH?

- Products are often mislabeled as “natural kratom” or “legal highs”
- Curiosity or peer influence
- Belief it can boost mood, energy, or relaxation

SIGNS THAT YOUTH COULD BE USING 7-OH:

- Drowsiness, dizziness, or nausea
- Mood or behavior changes (irritable, secretive)
- Trouble focusing or staying awake
- Small pupils or slow breathing

DANGERS OF 7-OH

- Strong opioid-like effects, especially when highly concentrated
- Addiction and withdrawal
- Risk of overdose, heart or blood pressure problems, and dangerous interactions with alcohol or other drugs
- Youth are often targeted through product advertisement

PRODUCTS ARE OFTEN SOLD AS:

- candy
- energy drinks
- gummies
- supplements
- vitamins
- water additives
- ice cream cones
- tobacco products
- gum
- cold medicine
- protein powder
- tea
- chocolate
- vitamin C or energy shots
- soda
- seltzers
- juice

HOW TO TALK TO YOUR CHILD

Open conversations with your child are key to protecting their health.

Talking regularly helps you understand their activities, recognize risks, and guide them to make safe choices.

Scan the QR code to find some tips on how to have open conversations →

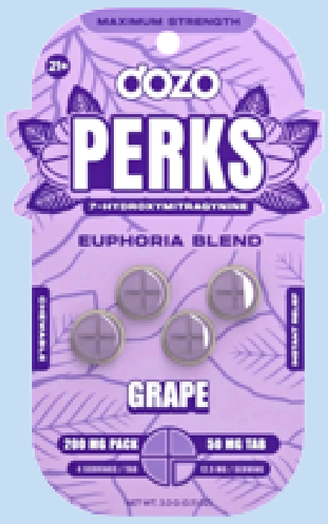
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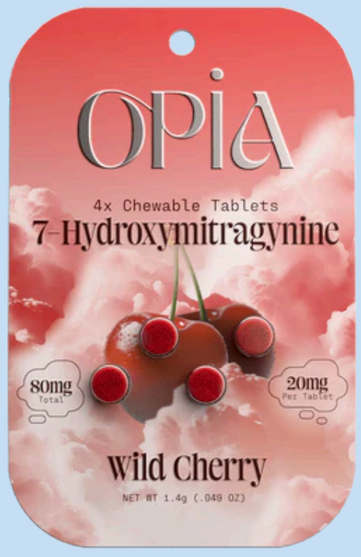
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COMMON 7-OH PRODUCTS TO LOOK FOR









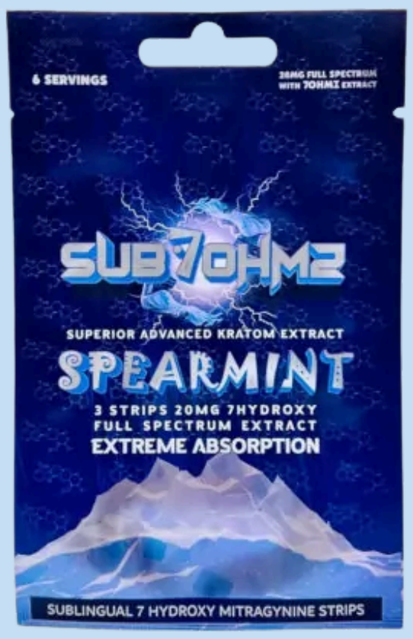








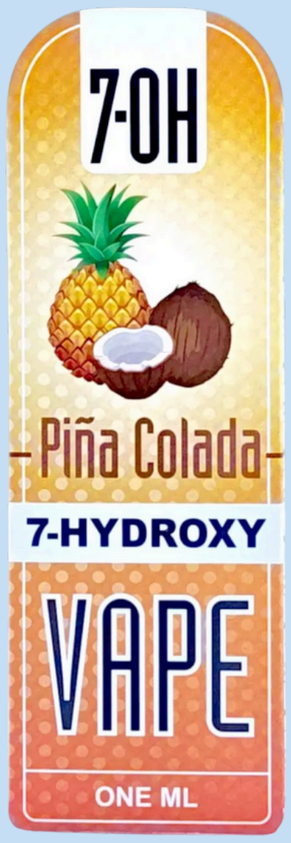














HOW ARE YOUTH OBTAINING 7-OH?

- From friends or peers at school or in their community
- Accessed online through websites or social media
- Family or household access
- Easily accessed at gas stations, vape shops, and convenience stores throughout their community

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