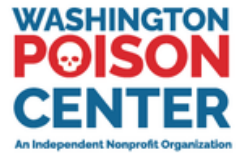


7-OH:

What Communities Need to Know



7-OH is a potent drug disguised as an herbal supplement

7-hydroxymitragynine (7-OH) is a chemical compound found in very small amounts in **kratom**.



7-OH products like pills, gummies, tonics, tinctures/shots, or vapes are **concentrated**. This makes them much **stronger** and more **dangerous** than traditional kratom.



Kratom is a plant with psychoactive properties. It's typically sold as dried leaves or powder.

It's sometimes hard to tell if a product is 7-OH or kratom. A key indicator of 7-OH are the words "extract" or "extra strength" on the label.

You can overdose on 7-OH

7-OH is an opioid

It acts on the same brain receptors as opioids like morphine, heroin, and fentanyl. 7-OH is actually **10 times more potent than morphine**.

Like other opioids, **too much 7-OH can stop your breathing**. Using 7-OH regularly can also lead to **dependence** and **withdrawal**.

7-OH products aren't FDA tested or monitored for safety

- Strength can vary widely
- Labels may be inaccurate
- Some products may contain unlisted substances

This makes it difficult to know what you're taking or how strong it is.



If someone is **unresponsive** after using 7-OH:

1. Call 911
2. Administer naloxone
3. Perform rescue breathing if they aren't breathing

Act fast, save a life!

If you are **awake** and need help, contact Washington Poison Center:

- 📞 Call 1-800-222-1222
- 💬 Text 206-526-2121
- 🖱️ Visit wapc.org to begin a live chat

Get connected with treatment resources and **support**:

Call or text Washington's Recovery Helpline, 24/7: 866-789-1511

Eastern Washington Overdose Collaborative (EWOC) is a program of Washington Poison Center. Visit wapc.org to learn more.