

Kratom

prevention
spotlight

CURRENTLY LEGAL IN NEBRASKA

Kratom is derived from *Mitragyna speciosa*, a tropical evergreen tree in the coffee family native to Southeast Asia. It is indigenous to Thailand, Indonesia, Malaysia, Myanmar, and Papua New Guinea, where it has been used in herbal medicine since at least the nineteenth century. Kratom types are generally divided into three different variations: Red-vein, White-vein or Green-vein, which is based on the color of the stem and vein of the leaf in the plant prior to processing. Red kratom is considered to be the best-selling and most widely available type on the market.



KRATOM IS MOST COMMONLY USED TO RELIEVE PAIN, BOOST MOOD, COMBAT FATIGUE, OR AS A READILY-AVAILABLE ALTERNATIVE TO OPIATES FOR DRUG SEEKERS, AS IT IS NOT COMMONLY TESTED FOR ON DRUG SCREENS.



KRATOM IS AVAILABLE FOR PURCHASE BOTH FROM MAJOR ONLINE RETAILERS LIKE AMAZON AND LOCALLY THROUGHOUT THE PANHANDLE AT SMOKE SHOPS AND CONVENIENCE STORES, OFTEN MARKETED AS A MOOD ENHANCER OR HERBAL SUPPLEMENT. KRATOM IS TYPICALLY SOLD AS A POWDER, CAPSULE, OR DRINKABLE TEA PRODUCT UNDER A VARIETY OF BRANDS.

The possession, use, or sale of kratom is currently only illegal statewide in Alabama, Arkansas, Indiana, Rhode Island, Vermont, and Wisconsin. In most states where kratom remains legally obtainable, there are no formally-established age restrictions on the purchase of kratom products.

LONG-TERM SIDE EFFECTS OF KRATOM USE INCLUDE: CONSTIPATION, LOSS OF APPETITE, INSOMNIA, NAUSEA, SWEATING, SKIN HYPERPIGMENTATION, SIGNIFICANT WEIGHT LOSS, AND CLINICAL ANOREXIA.

THESE MATERIALS WERE FUNDED IN WHOLE OR IN PART UNDER THE SUBSTANCE ABUSE PREVENTION AND TREATMENT GRANT THROUGH THE NEBRASKA DEPARTMENT OF HEALTH & HUMAN SERVICES AND REGION 1 BEHAVIORAL HEALTH AUTHORITY.