

[Substance Memo] Emergence of 7-OH Across the United States

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[CORRECTED 03/24/2026]

The CDC recently highlighted 7-OH (formally known as 7-Hydroxymitragynine) as an emerging substance. 7-OH is a powerful psychoactive compound that occurs naturally in very small amounts in the kratom plant native to Southeast Asia. 7-OH products are concentrated products made in labs that are often falsely advertised as natural kratom products. They are often marketed as a product that helps to increase focus and manage pain and anxiety.

How do people get 7-OH products?

- 7-OH products are sold online and in retail stores like gas stations and vape shops as chewable or dissolvable tablets, gummies, oils, vape pens, and liquid “shots.” [The packaging used often looks like energy drinks or candies](#), which may give consumers the false impression these products are safe or natural alternatives to prescription opioids or stimulants.¹ However, 7-OH is not approved by the U.S. Food and Drug Administration (FDA) for medical use and is not proven to be safe or effective.
- Some states have established legislation to limit the use and possession of 7-OH. Indiana considers all kratom products and its psychoactive components, including 7-OH, as a controlled substance².

What are the risks?

- According to the FDA, consumers should not use kratom or products containing kratom or 7-OH because of serious risks, including liver toxicity, seizures and substance use disorder. Adverse health effects of using 7-OH include nausea, increased heart rate, and difficulty breathing. Regular use of kratom products like 7-OH can lead to symptoms similar to opioid use disorder, and severe withdrawal symptoms are reported.³
- Most 7-OH products are mislabeled as kratom products and almost one million youth and young adults have reported using kratom in their life. While use of 7-OH may still be relatively rare, it is important to increase education and awareness surrounding 7-OH products.

What can OD2A and partners do about 7-OH?

- Provide information to your partners and the general public on the risks of 7-OH and [the connection between mental health and substance use](#).⁴

- Enhance skills among youth to refuse substances in general and shift social norms around use of 7-OH and/or kratom products.
- Change access to 7-OH and other unregulated substances by working with local retailers and business groups to enforce age restrictions.
- Educate/inform policymakers about modifying/changing laws and policies related to age verification/ID, 7-OH and other supplement product marketing and placement.

In case of an emergency, use naloxone!

- Naloxone can restore breathing in a person experiencing a potential overdose from a 7-OH product.
- Dial 911 if someone is unresponsive or needs immediate medical attention.
- Contact Poison Control (1-800-222-1222) or visit www.poisonhelp.org.

For more information, see [What you need to know about 7-OH](#) from FDA.³

References

1. US Food and Drug Administration. (n.d.). *7-Hydroxymitragynine (7-OH) Products*. Flickr. <https://www.flickr.com/photos/fdaphotos/albums/72177720327395989/>
2. *Kratom 101: What You Need to Know*. (2026, February 9). Association of State and Territorial Health Officials. <https://www.astho.org/communications/blog/2026/kratom-101/>
3. FDA. (n.d.). Preventing the next wave of the opioid epidemic: What you need to know about 7 OH. <https://www.fda.gov/media/187900/download>
4. Centers for Disease Control and Prevention. (2025, July 21). *Free mind: Mental health & drug use awareness for teens*. Centers for Disease Control and Prevention. <https://www.cdc.gov/free-mind/index.html>