

Kratom Fact Sheet

Ohio Department of Agriculture | Division of Food Safety



What is Kratom?

Kratom is a tropical tree in the coffee family (*Mitragyna speciosa*) that is native to Southeast Asia. The kratom leaves are the part of the tree that are used and sold either fresh or dried. When dried, the kratom leaves are typically sold in the form of green powder. Dried leaves are also used to make tablets, capsules, extracts and gum as well as other edible products.



According to the US Drug Enforcement Administration, consumption of Kratom leaves produces both stimulant effects (in low doses) and sedative effects (in high doses), and can lead to psychotic symptoms, and psychological and physiological dependence.

Additionally, FDA reports that Kratom is often used to self-treat conditions such as pain, coughing, diarrhea, anxiety and depression, opioid use disorder, and opioid withdrawal.

Is Kratom legal to be manufactured, warehoused or sold in Ohio?

Currently, the only legal way to manufacture, warehouse or sell Kratom in Ohio is in its whole or dried leaf form, or in a powdered form. Kratom is not legal to be sold in Ohio as a food, drug or dietary supplement (e.g. if it is either incorporated into a food or represented as any edible product.) Examples include (but are not limited to):

- Encapsulated
- If the labeling (including advertisements) suggests or direct to make the product into a food or ingestible product
- If the labeling includes ingestion directions (i.e. dose information) or includes a supplemental or nutritional fact panel

Where does the ODA FS's authority come from that restricts the sale of Kratom in Ohio?

Because Kratom is not recognized as a GRAS ingredient for food, nor is it an approved drug or dietary supplement, the ODA is following its authority in Ohio Revised Code 3715.55 (adulterated drugs) and 3715.59 (adulterated foods-including dietary supplements). Further, the ODA FS's approach to Kratom is in line with FDA. For more information on FDAs position regarding Kratom, see the following factsheet:

<https://www.fda.gov/news-events/public-health-focus/fda-and-kratom>.