

TEHAMA COUNTY HEALTH SERVICES AGENCY

JAYME BOTTKE, MS
EXECUTIVE DIRECTOR

DEANNA GEE
ASSISTANT EXECUTIVE
DIRECTOR, ADMINISTRATION

MICHELLE SCHMIDT, PHN
ASSISTANT EXECUTIVE
DIRECTOR, PROGRAM

TIMOTHY PETERS, MD
PUBLIC HEALTH OFFICER



PUBLIC HEALTH
MINNIE SAGAR, MPH, MPA
PUBLIC HEALTH DIRECTOR
1860 WALNUT STREET, BUILDING D
MAILING ADDRESS: PO BOX 400, RED BLUFF, CA 96080

PHONE: (530) 527-6824
Fax: (530) 527-0362

January 20, 2026

PUBLIC SERVICE ANNOUNCEMENT

KRATOM AND 7-OH PUBLIC SERVICE ANNOUNCEMENT

Kratom and 7OH products are being sold in many stores and online. Because they are easy to find and often advertised, many people think they are safe and legal to use. This is not true. These products can be dangerous, can lead to addiction, and are not legal to sell for people to consume under California law.

What are Kratom and 7OH?

- Kratom is the leaf of a tropical tree called *Mitragyna speciosa*.
- Kratom can act like a sedative, a stimulant, or an opioid.
- 7hydroxymitragynine (7OH) is a strong opioid made from kratom.
- After someone takes kratom, the body can turn part of it into 7OH.
- Kratom and 7OH can cause addiction, serious harm, overdose, and/or death.
- Claims that they help with pain, anxiety, and/or opioid withdrawal have not been proven.
- Side effects may include withdrawal symptoms, trouble sleeping, anxiety, seizures, and dangerous breathing problems.
- In 2021, about 1.7 million Americans age 12 and older reported using kratom.

Not Approved and Not Legal for Consumption

- The FDA has not approved kratom or 7OH as a food, drug, or dietary supplement.
- Anything not approved by the FDA in these categories cannot be legally made or sold for people to consume.
- Under California law, any food containing kratom or 7OH is considered adulterated, which means unsafe.

Even though these products are unsafe and unlawful to sell for consumption, some businesses still offer them because of confusion about the law, misinformation, or customer demand.

Why Labeling Does Not Change the Law

Some products are labeled as something other than food, drugs, or supplements, or marked “not for human consumption.”

However, if they are clearly being sold for people to use, they must still meet legal requirements. Because kratom and 7OH do not meet these requirements, they cannot be legally sold or made for consumption.

For more information about this Public Advisory, please contact:

Tehama County Health Services Agency - Public Health

Red Bluff: (530) 527-6824; Corning: (530) 824-4890; or Toll Free: 1-800-655-6854