

KAVA

WHAT IS KAVA?

Kava, derived from the roots of the *Piper methysticum* plant native to the South Pacific, is known primarily for its calming, anxiolytic properties.

How to identify Kava products?

Kava is commonly known as kava, kava kava, awa, ava, yagona, saku, and grog.

What are the effects?

Kava is made by drying, grinding, and steeping the root of the kava plant in water to create an earthy, mildly sedative drink. Not all kava is the same. Primary Effects: Anxiolytic, muscle relaxant, mild euphoria, reduced anxiety, decline in motor coordination and reaction time

What does it do to the body?

The effects come from active compounds called kavalactones. These interact with neurotransmitters in the brain promoting relaxation without heavy sedation. Side effects can include: Liver Toxicity, headaches, rash, indigestions, and mouth numbness

*Do not mix kava with alcohol, benzodiazepines, barbiturates, sedatives, or medications metabolized by liver enzymes. These combinations can intensify sedation and increase liver toxicity risk.

KAVA AND KRATOM MIXED TOGETHER?

Mixing Kava and kratom is generally not considered safe due to their combined depressant effects on the nervous system. This interaction can amplify sedation and lead to dangerous side effects like: respiratory depression, dizziness, lowered blood pressure, and impaired coordination.

What is its legal status?

Regulatory stances on kava and kratom vary globally but tend toward caution because of safety concerns.

Kava: banned or restricted in some countries due to liver toxicity reports but widely legal in many as a supplement.

Kratom: faces legal restrictions in several countries /states owing to its opioid-like properties and addiction potential

The combination: No specific laws address mixing them; however, legal status influences availability and quality control standards.

Kava has no federal age requirement, but state laws, policies, and health concerns all play a role in who can actually consume it.



Nicotine Pouches

WHAT TO KNOW

Nicotine pouches contain a powder made of nicotine, flavorings, and other ingredients. The powder dissolves in the mouth, and nicotine is absorbed through the gums and lining of the mouth. Nicotine is a highly addictive chemical that is especially dangerous for youth, young adults, and pregnant women. Unlike traditional smokeless tobacco, they do not contain tobacco leaf but derived from tobacco synthesized in a lab.

How to identify Nicotine products?

Many brands of nicotine pouches are made by major tobacco companies. They are available in a variety of flavors and are often marketed using strategies similar to those used for other tobacco products. Pouches vary typically ranging from 1.5 mg to 12 mg per pouch. A single 6mg pouch can deliver more nicotine to the blood than one cigarette.

What are the effects?

There are no safe tobacco products, including nicotine pouches. Nicotine is:

- highly addictive
- toxic to developing fetuses
- can harm brain development, which continues until age 25
- harms parts of the brain that control attention, learning, mood, and impulse control
- increases risk for future addiction to other drugs
- Cancer risk - Oral Health

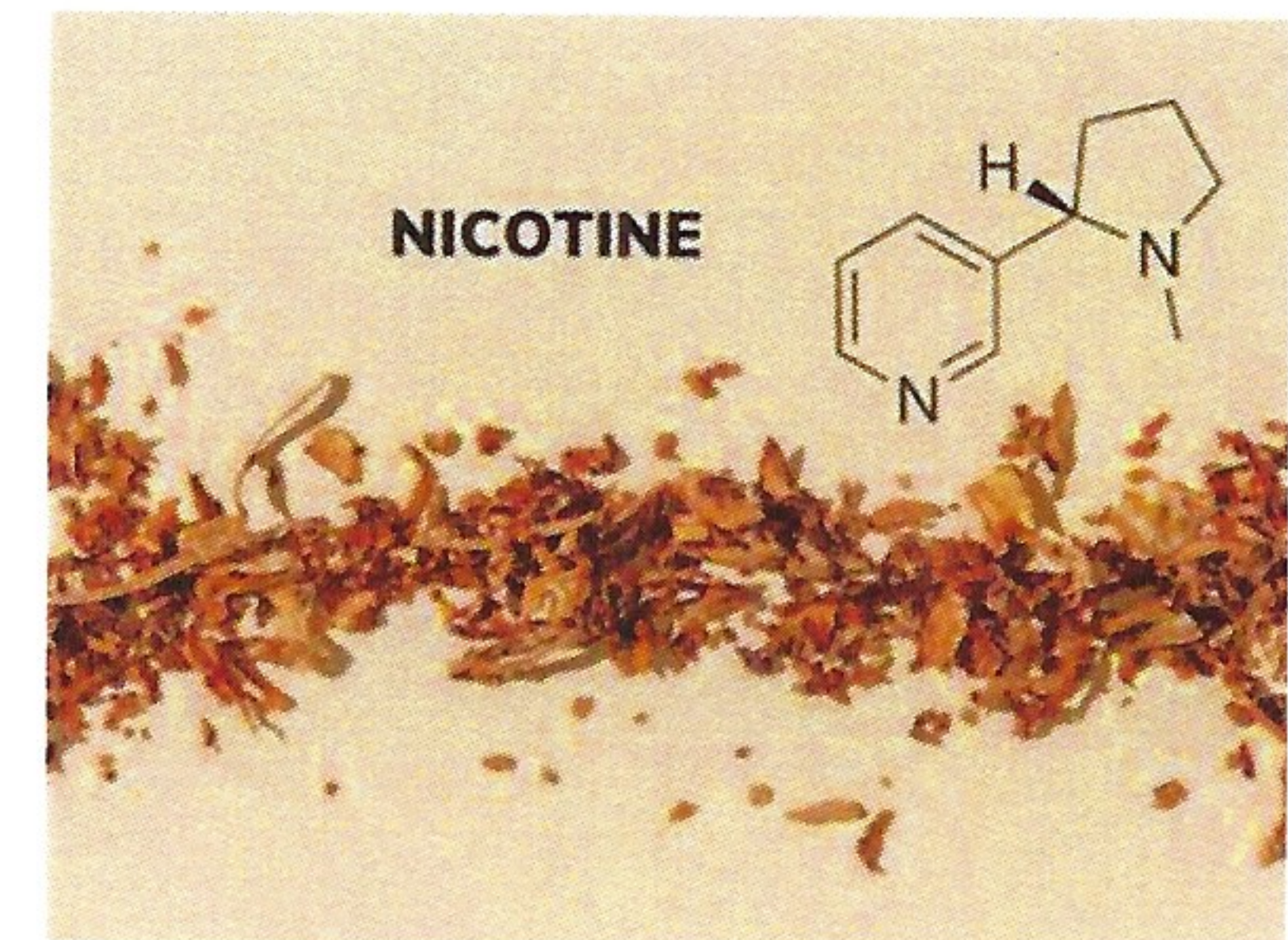
What does it do to the body?

The potential for kratom to interact with other substances, along with the risk of contamination or adulteration with heavy metals, bacteria, unnaturally high levels of 7-OH, and other drugs, also raises significant safety concerns.

What is its legal status?

Nicotine pouches are legal in many countries, but are subject to varying regulations, age restrictions, and occasional bans depending on the jurisdiction.

*Flavored tobacco bans do not automatically apply in some states



7-OH

WHAT IS 7-OH?

7-OH is a dangerous, addictive, opioid-like substance that has 13 times higher potency than morphine.

7-OH may also be referred to as 7-hydroxymitragynine, 7-HMG, 7-OHMG, 7-hydroxy, or 7.

How to identify (and avoid) 7-OH products?

These products come in many forms, such as:

- powder, capsules, tablets, extract, shots, tincture
- beverages (such as drink mixes, seltzer, and soda)
- edibles (such as chocolate, gummies, and ice cream cones) and vapes

Concentrated 7-OH products may be advertised to contain “plant-based,” “advanced,” “superior,” or “complex” alkaloids. Some may also be falsely marketed as “kratom” products. Products may list “kratom,” “Mitragnyna speciosa,” “mitragynine,” “mitragynine pseudoindoxyl,” “7-OH mitragynine,” or “7-OH” as an ingredient. They may carry warnings such as “may be habit-forming” or “lead to dependency.”

What are the effects?

Kratom and 7-OH products have been linked to a rise in fatal and non-fatal overdoses. Other harmful and potentially life-threatening health effects include:

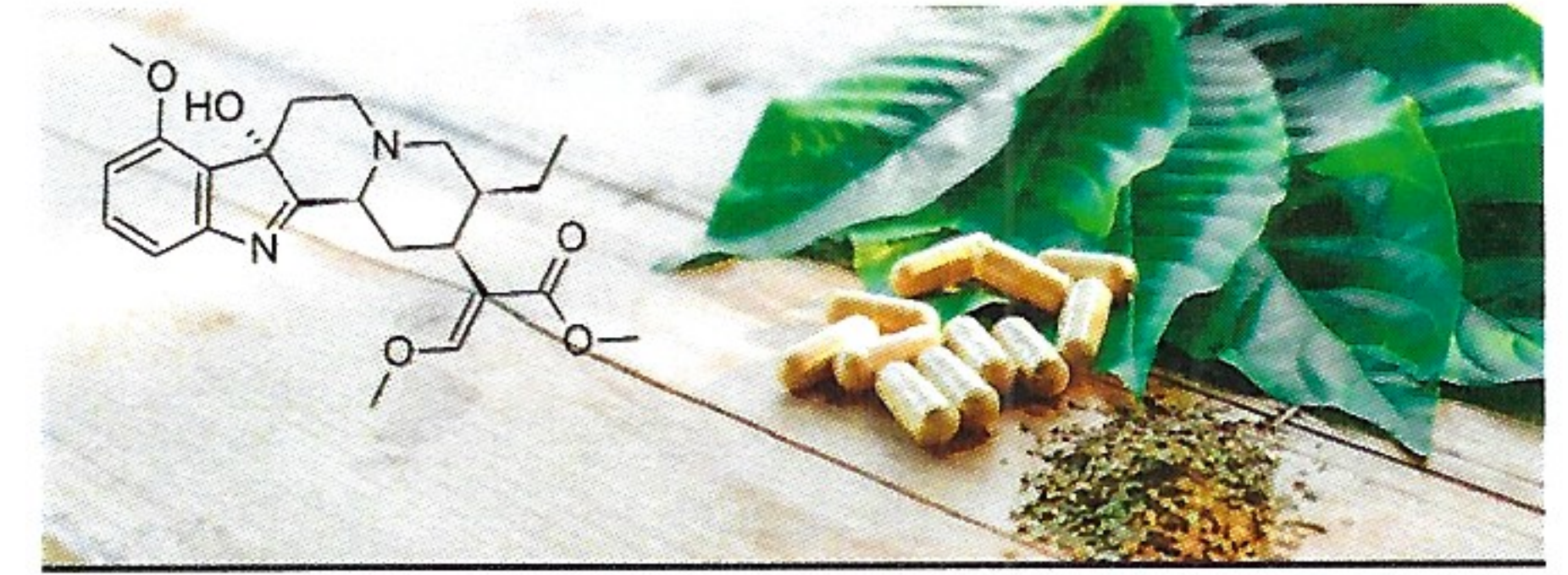
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7-Hydroxymitragynine

Ingredients: Mitragnyna Speciosa, (Kratom) leaf extract.



6 servings: 14mg per tablet



Nitrous Oxide

WHAT IS Nitrous Oxide?

Nitrous Oxide (laughing gas) is trending as a recreational substance. The trend is to inhale nitrous oxide-filled cartridges that is designed to convert cream into whipped cream.

How to identify products?

Some other names: Galaxy Gas, whippets, nitro, nags, nossies, hippy crack, and balloons. Nitrous Oxide is a colorless gas-via a stainless-steel pressurized cartridge. Users typically puncture the canister, release the gas into a balloon or similar object, and inhale the drug.

What are the effects?

When inhaled, it can keep oxygen from getting to your brain. This gives the lightheaded and euphoric feeling. A sensation of floating and visual and auditory hallucination can result as well. This type of high only lasts minutes, it's a common practice to repeat the inhaling to keep the feeling going.

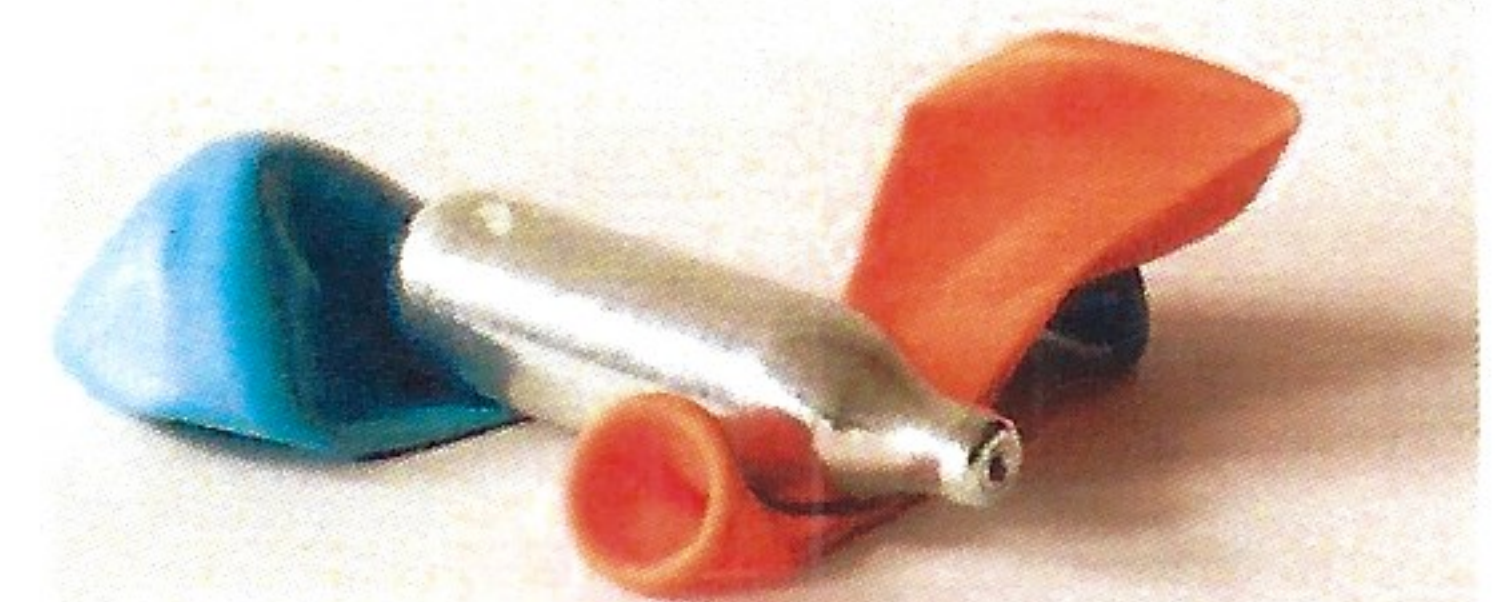
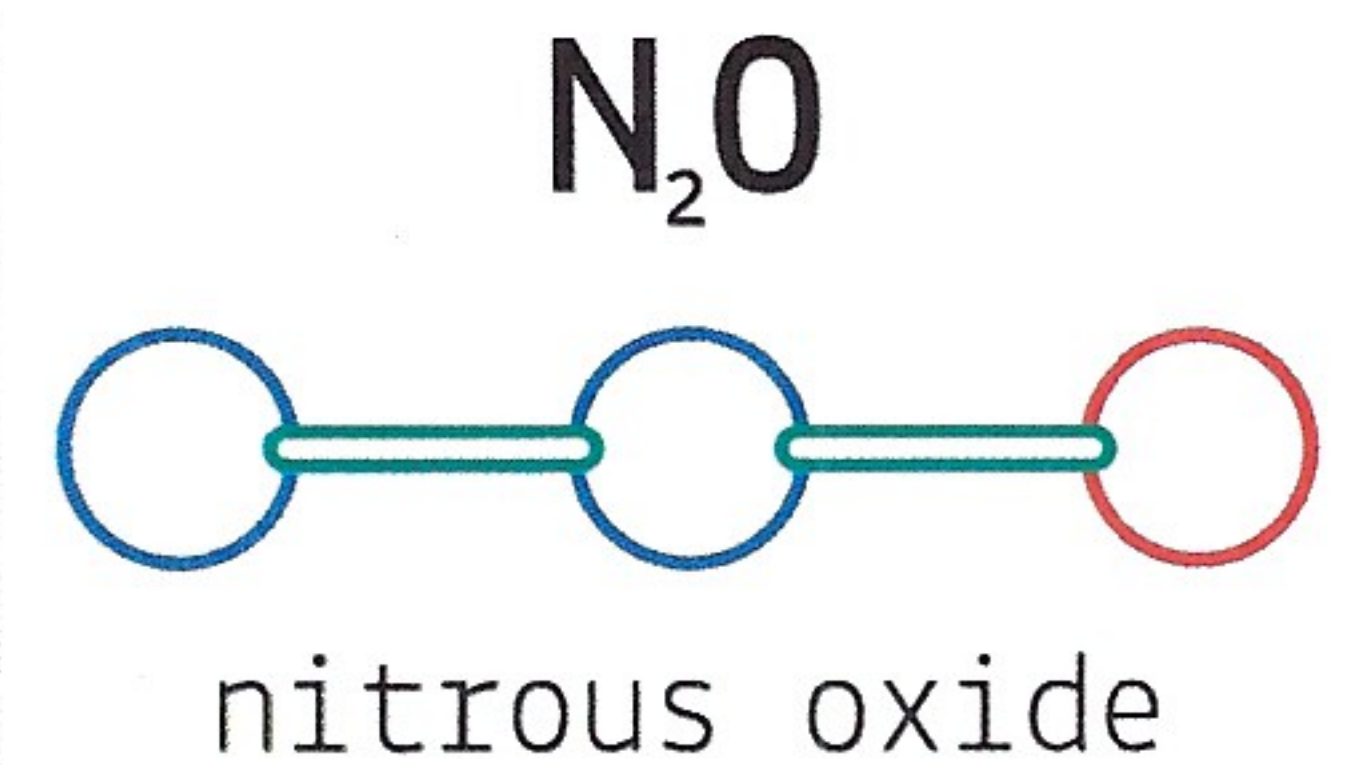
What does it do to the body?

Frequent or chronic use can lead to:

- severe neurological and psychiatric complications
- vitamin B12 deficiency
- ringing in ears
- brain damage
- dizziness, weakness, slurred speech
- blurry vision
- passing out
- nerve damage
- loss of bladder or bowel control

What is its legal status?

Many stores have tried to limit purchases of nitrous oxide-containing products to those who are over 18. Nitrous oxide can be found in over-the-counter products liked can whipped cream and can serve as a preservative for various food items. These are easily purchased on Amazon, Walmart, and culinary websites.



TIANEPTINE

“Gas Station Heroin”

WHAT IS TIANEPTINE?

Tianeptine is a prescription drug used for depression in some European, Asian, and Latin American countries. Often marketed as a brain supplement. It is not approved by the FDA or any medical use and is often taken recreationally to self-treat a variety of ailments. Often called “gas station heroin” because of the availability in gas station stores.

How to identify (and avoid) 7-OH products?

Other names: Coaxil, stablon, Tiannaa, Tianna Red, Za-Za, Neptune’s Fix, and Pegasus. Check for product labeling of Tianeptina and be cautious of products that may look like prescription opioids, especially counterfeit pills.

What are the effects?

Prescription tianeptine seems to reduce symptoms of depression. It is also used for pain, asthma, anxiety, and many other conditions, but there is no good scientific evidence to support these other uses. Tianeptine is considered unsafe for youth.

What does it do to the body?

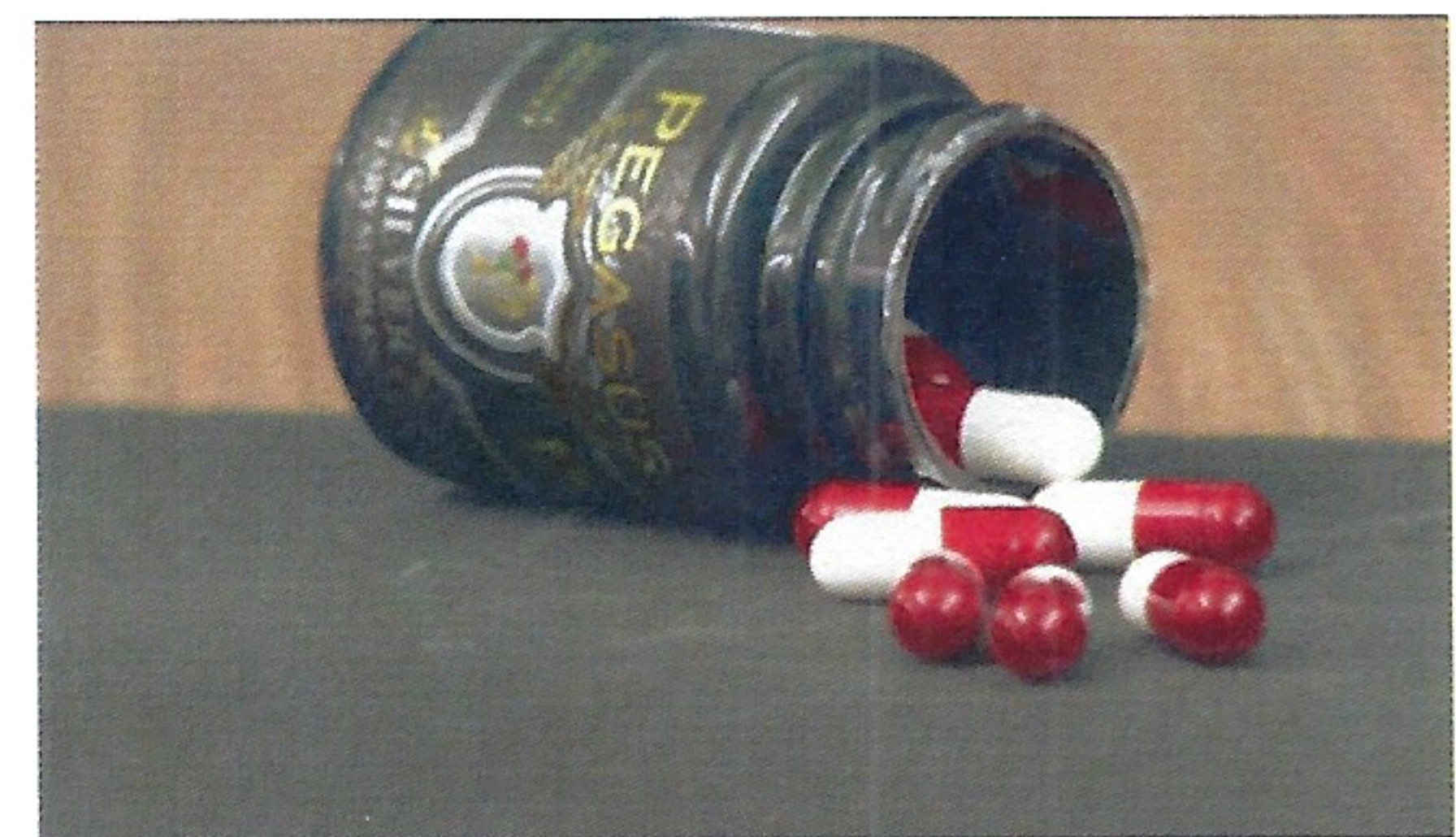
Tianeptine affects brain chemicals. It seems to affect mood when used in low doses. In higher doses, it works like an opioid and can cause addiction and other serious side effects which include: agitation, nausea, vomiting, tremors, respiratory depression (slowed or stopped breathing), seizures, coma, or death.

*Naloxone (Narcan) may help reverse some of dangerous effects since it acts on opioid receptors. Naloxone can be lifesaving.

What is its legal status?

Tianeptine is available as a prescription drug in some countries, but it is not approved for use in drugs or dietary supplements in the US due to safety concerns. Taking tianeptine can lead to dependence and withdrawal.

*Tianeptine is on the US FDA Advisory List of ingredients that do not qualify for use in dietary supplements



Vaping (E-Cigarettes)

WHAT TO KNOW

Vaping is when you use a small, handheld device (like e-cigarettes, vape pens, or mods) to inhale a mist of nicotine and flavoring (e-liquid). It's similar to smoking a cigarette, but vaping heats tiny particles out of a liquid rather than burning tobacco. E-liquid can also be purchased with THC oil, for vaping cannabis products.

How to identify vaping products?

Vapes, vaporizers, vape pens, hookah pens, e-cigarettes, or e-cigs, e-cigars, and e-pens are some of the many tobacco product terms used to describe electronic nicotine delivery systems (ENDS). ENDS may be manufactured to look like conventional cigarettes, USB flash drives, watches, and even games that entice youth. Some clothing products have stealth pockets for vaping discreetly through a hose that is woven through the fabric. These products make it easier for vaping without raising the attention of parents, teachers or other adults.

What are the effects?

The dangers of vaping include lung and other organ damage, breathing problems, addiction and more. People tend to think of vaping as "safer" than smoking, but it's not safe. Problems vaping causes:

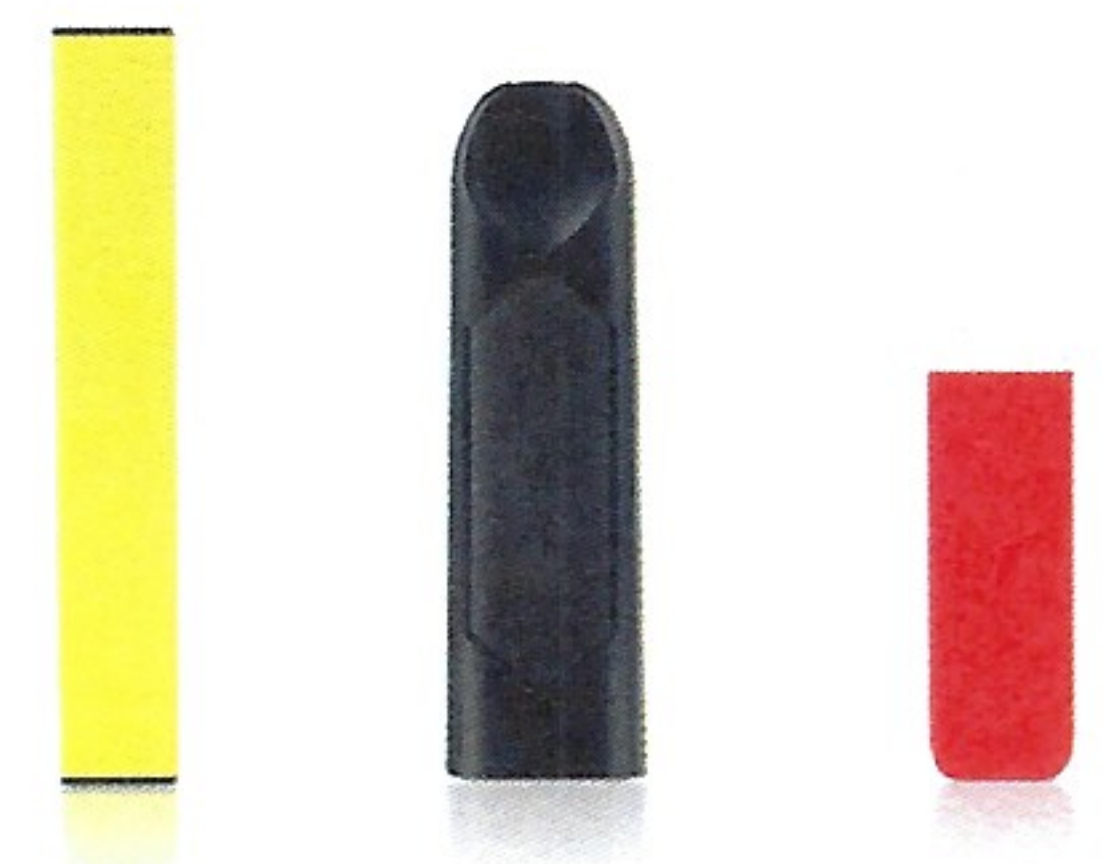
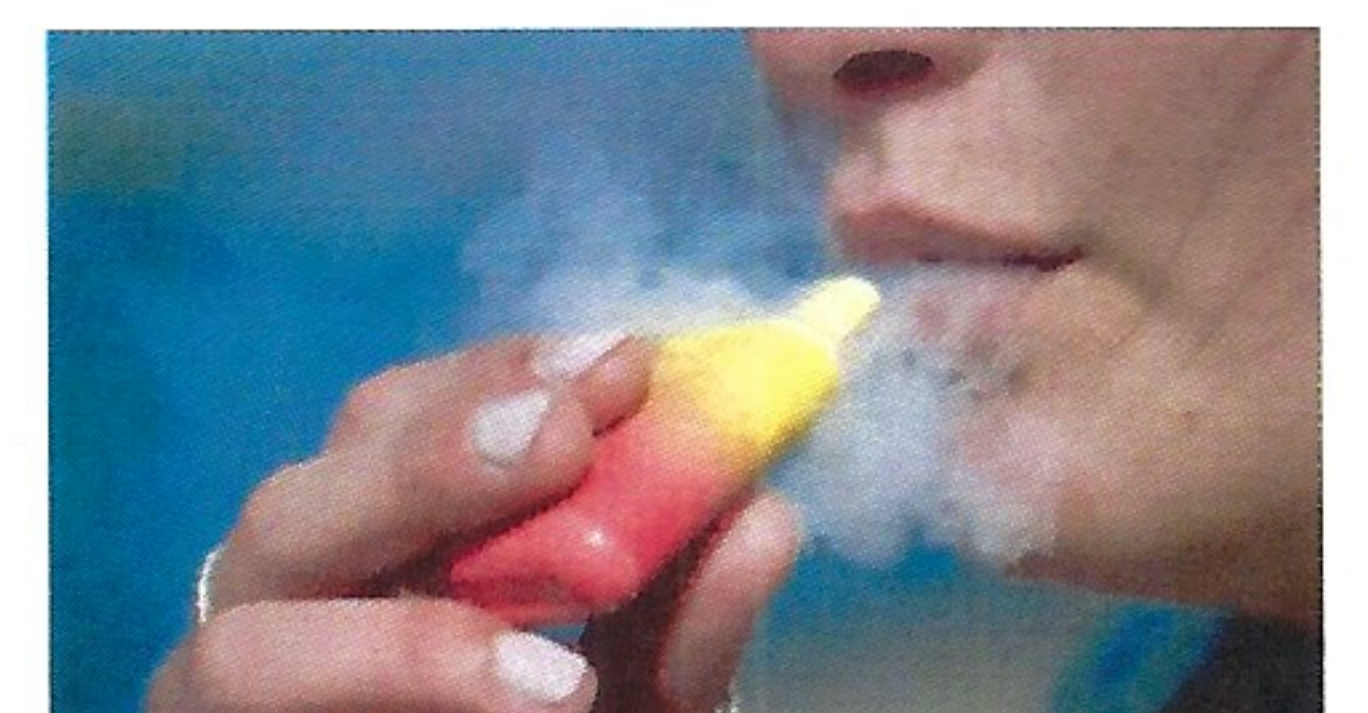
asthma	cough	headaches
lung Scarring	shortness of breath	eye irritation
organ damage	chest pain	nausea
addiction	vomiting	dry and irritated mouth
secondhand exposure	diarrhea	sore throat
cancer	stomach pain	fast heartbeat

What does it do to the body?

Vaping typically produces sensations of relaxation, mild euphoria, and a throat hit, but effects vary by nicotine level and individual response. Vaping delivers vaporized liquid into the lungs, often containing nicotine, flavorings, and other chemicals.

What is its legal status?

Vaping is legal in all states, but regulations vary by state. Most states require a minimum age to purchase. Vaping products are not FDA approved.



KRATOM

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Kratom is a tropical tree native to Southeast Asia. Consumption of its 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. Kratom leaves contain two major psychoactive ingredients (mitragynine and 7-hydroxymitragynine). These leaves are crushed and then smoked, brewed with tea, or placed into gel capsules. Kratom has a long history of use in Southeast Asia, where it is commonly known as thang, kakum, thom, ketum, and biak. In the U.S., the use of kratom has increased markedly in recent years.

How is it used?

Mostly used by oral ingestion in the form of a tablet, capsule, or extract. Kratom leaves may also be dried or powdered and ingested as a tea, or the kratom leaf may be chewed.

What are the effects?

At low doses, kratom produces stimulant effects with people reporting increased alertness, physical energy, and talkativeness. At high doses, people experience sedative effects. Kratom consumption can lead to addiction.

Several cases of psychosis resulting from use of kratom have been reported, where individuals addicted to kratom exhibited psychotic symptoms, including hallucinations, delusion, and confusion.

What does it do to the body?

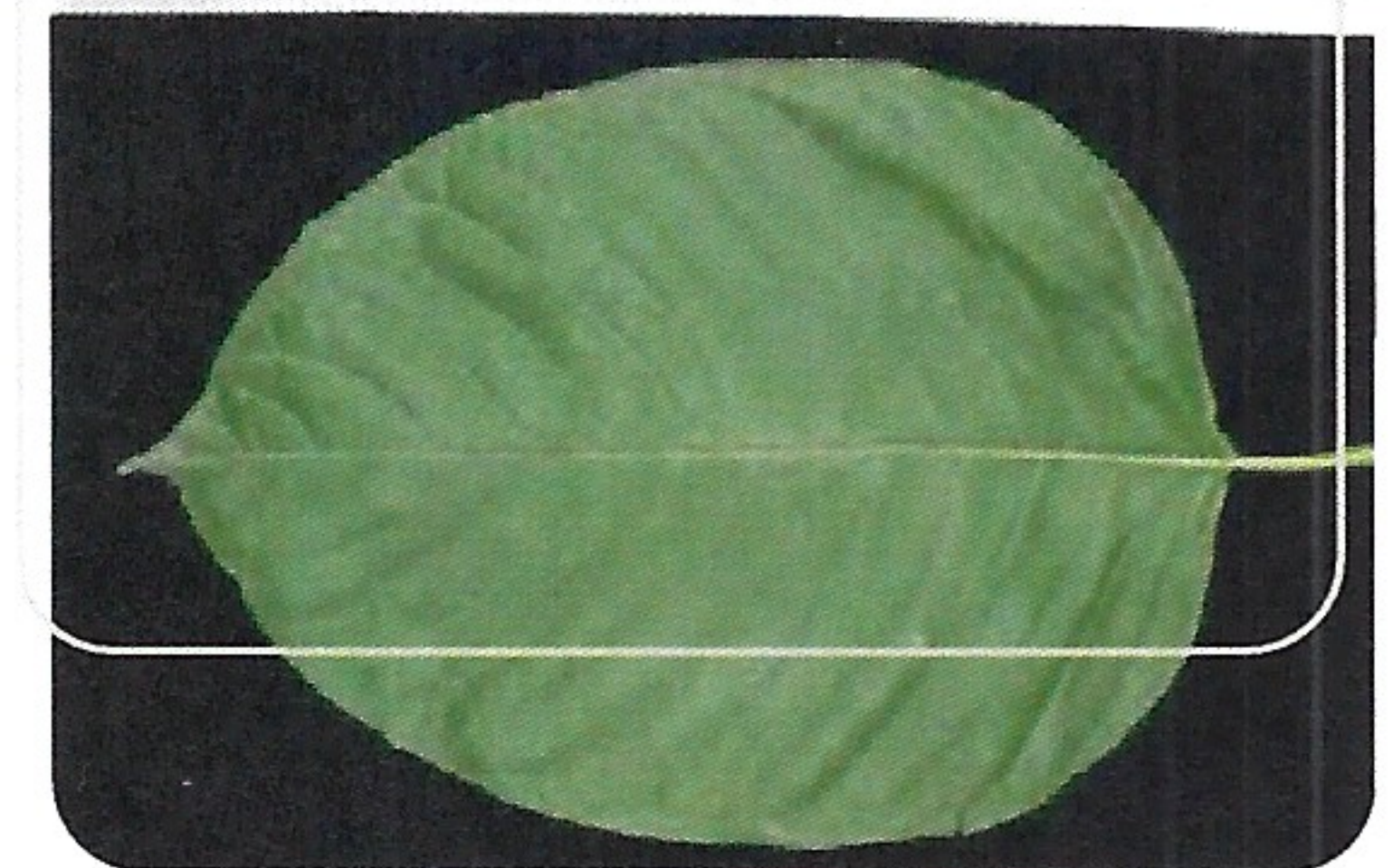
Kratom's effects on the body include nausea, itching, sweating, dry mouth, constipation, increased urination, tachycardia, vomiting, drowsiness, and loss of appetite. Users of kratom have also experienced anorexia, weight loss, insomnia, hepatotoxicity, seizure, and hallucinations.

What is its legal status?

Kratom is not controlled under the Controlled Substances Act; however, there may be some state regulations or prohibitions against the possession and use of kratom. FDA has not approved kratom for any medical use. In addition, DEA has listed kratom as a Drug and Chemical of Concern.



Kratom tree



Leaf of kratom tree

over the counter products



Kratom capsules



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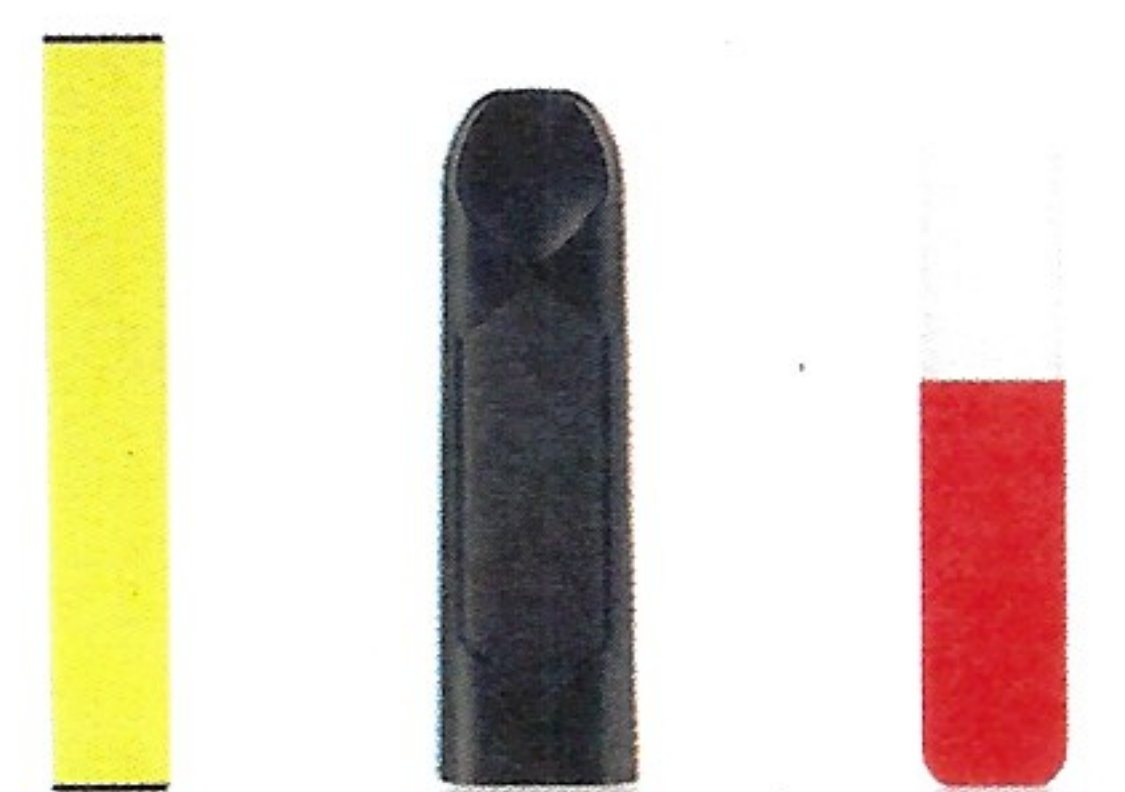
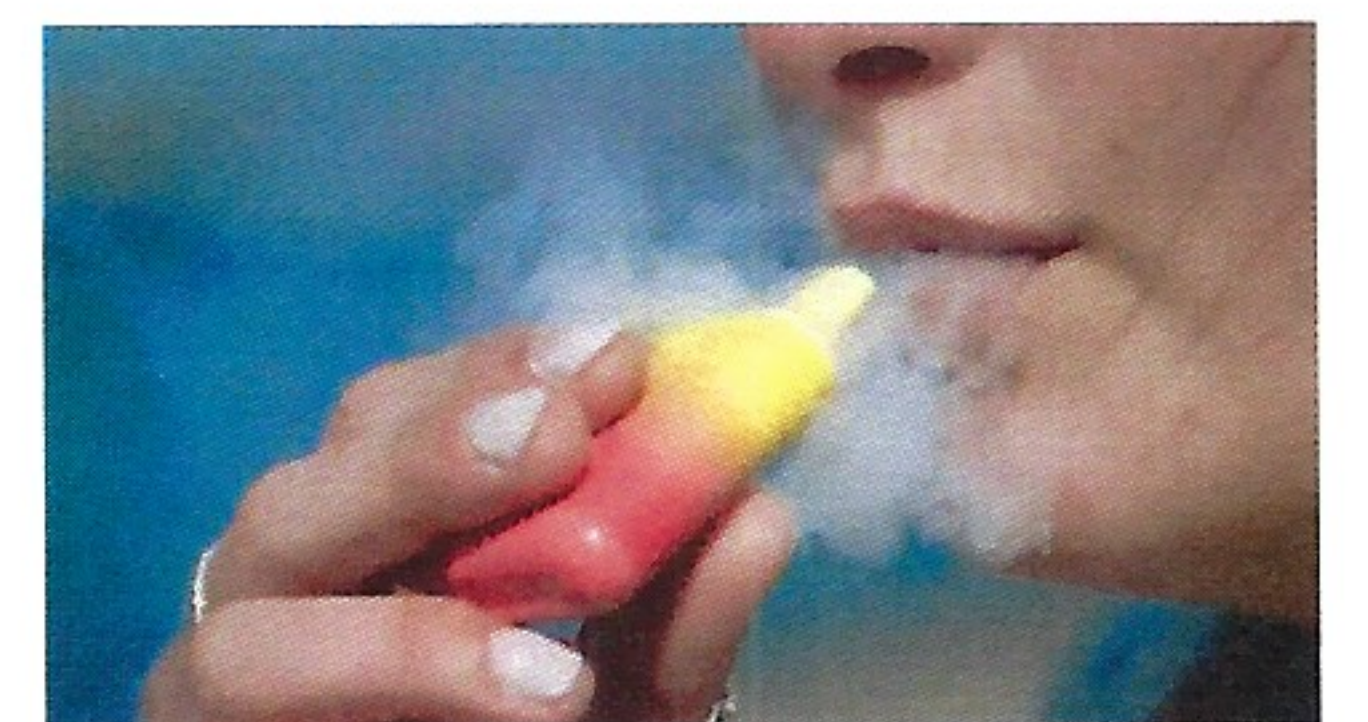
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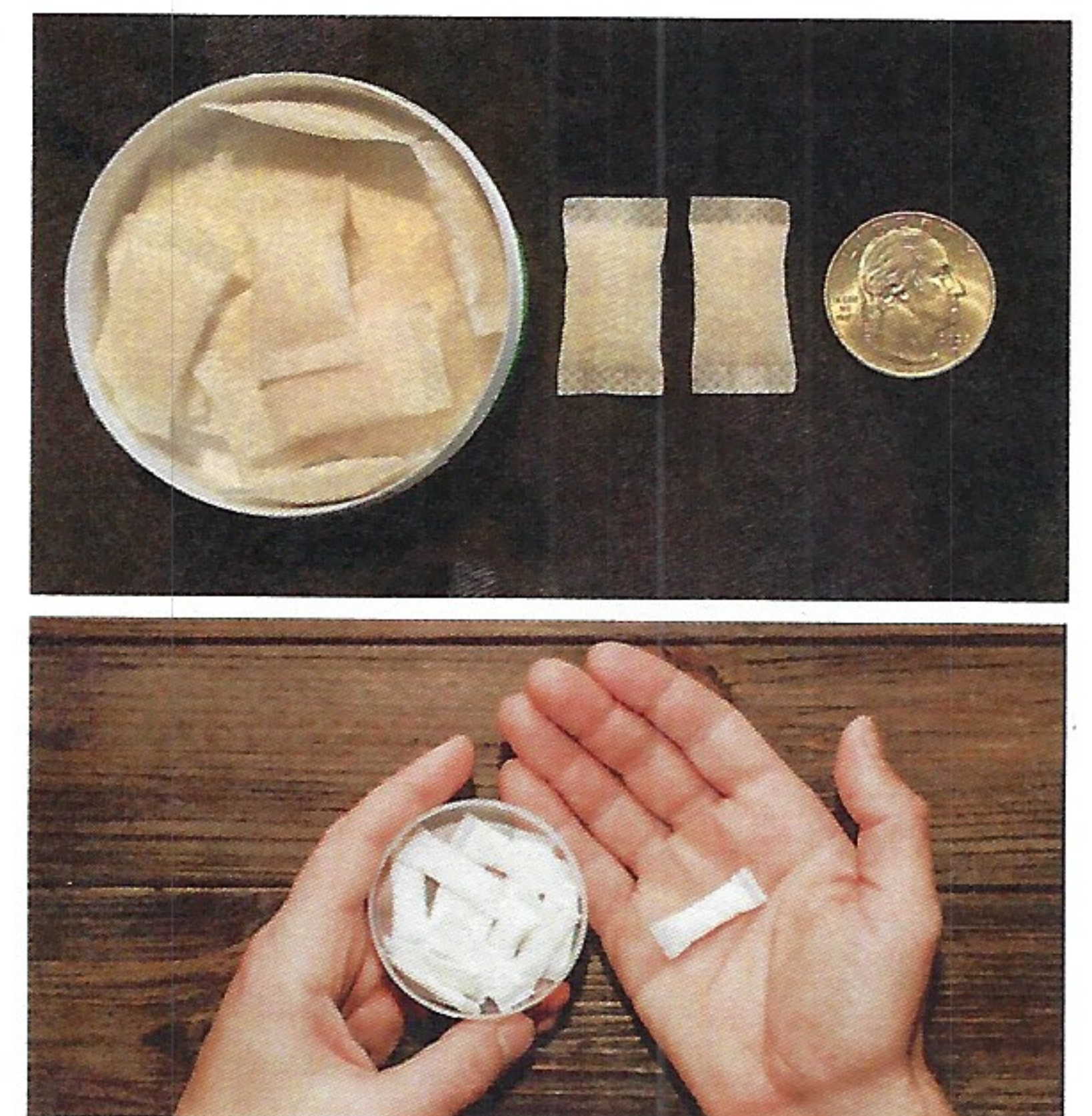
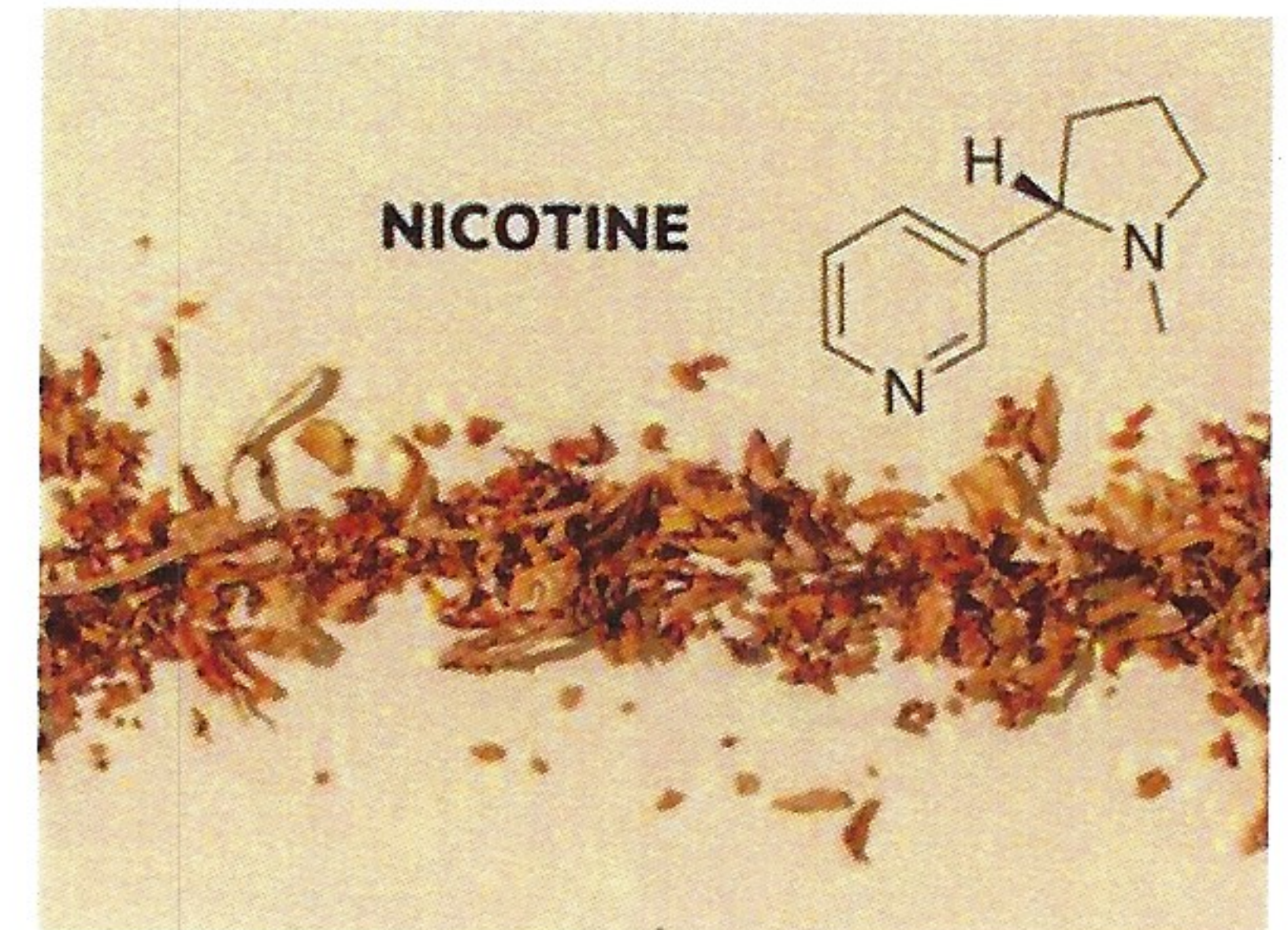
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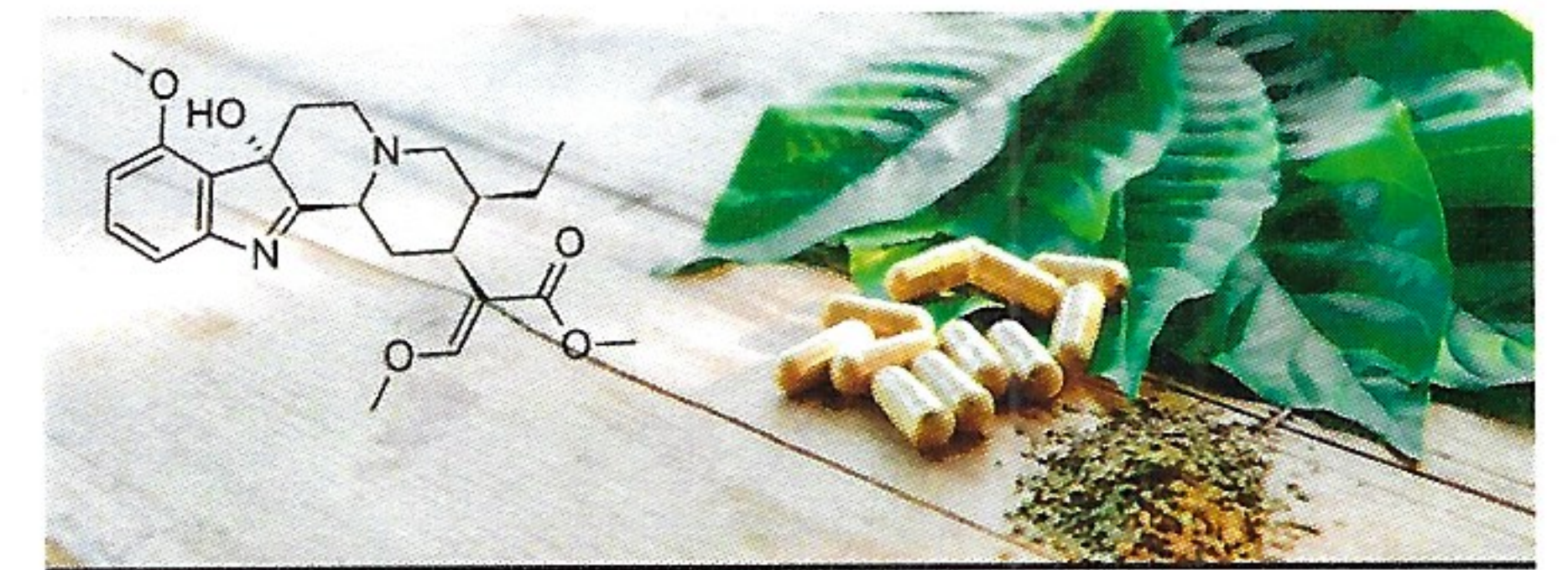
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6 servings: 14mg per tablet



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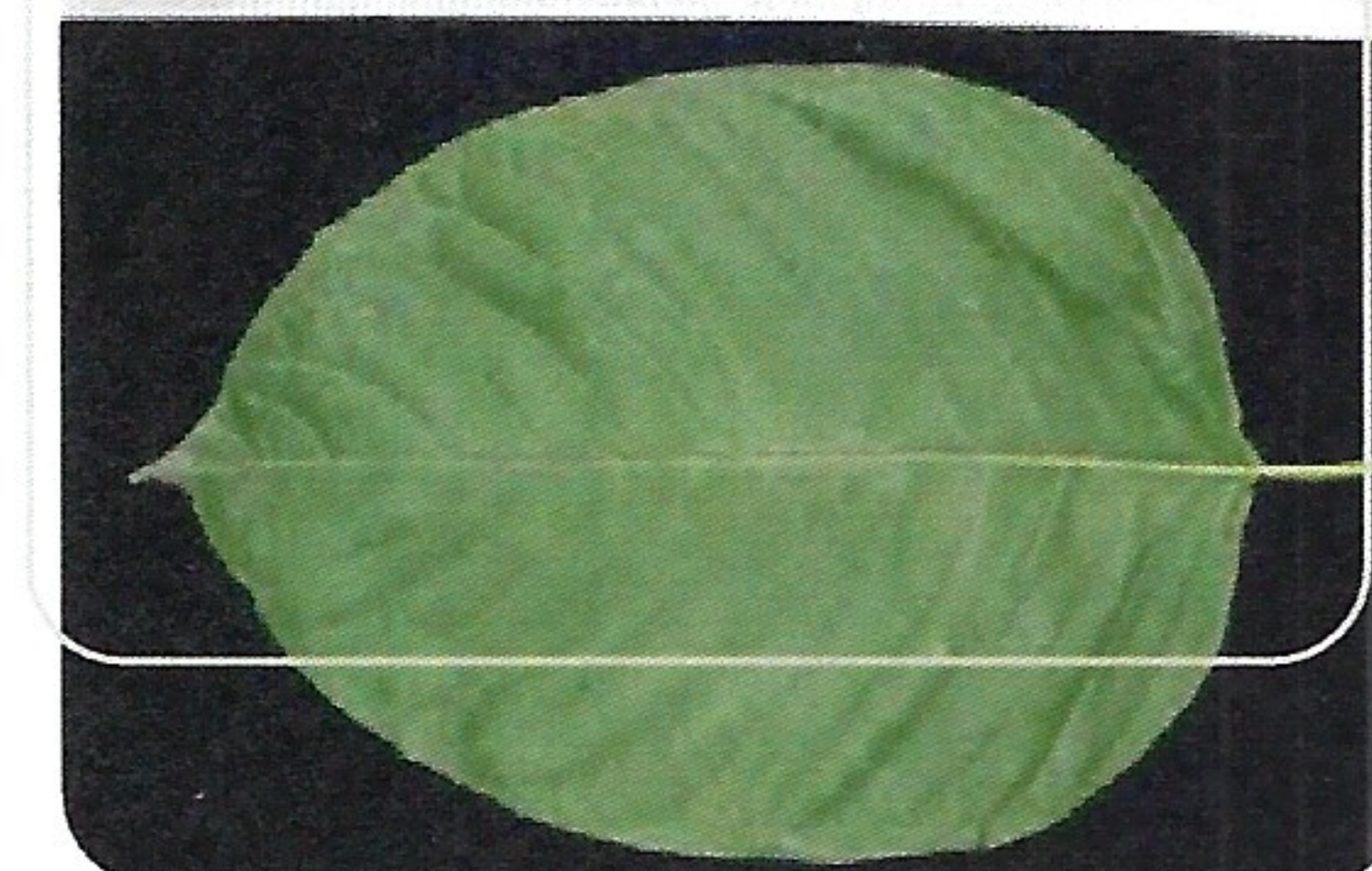
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Kratom tree



Leaf of kratom tree



Kratom capsules



Psilocybin

WHAT IS PSILOCYBIN?

Psilocybin comes from certain types of *psilocybe* mushrooms. Psilocybin is metabolized in the body to the active drug psilocyn, also present in many of the same mushrooms.

WHAT IS ITS ORIGIN?

Psilocybin mushrooms are found in many countries of the world, including Mexico, those in Central America, and the United States.

What are common street names?

Common street names include:

- Magic Mushrooms, Mushrooms, and Shrooms

What does it look like?

Mushrooms containing psilocybin are available fresh or dried and have long, slender stems topped by caps with dark gills on the underside. Fresh mushrooms have white or whitish-gray stems; the caps are dark brown around the edges and light brown or white in the center. Dried mushrooms are usually rusty brown with isolated areas of off-white. Psilocybin may be synthetically synthesized and found as a powder.

How is it used?

Psilocybin mushrooms or powder are generally ingested orally. They may also be brewed as a tea or added to other foods to mask their bitter flavor.

What is its effect on the body?

The physical effects include:

- Nausea, vomiting, muscle weakness, and lack of coordination, hallucination, anxiety, and temporary psychosis

Which drugs cause similar effects?

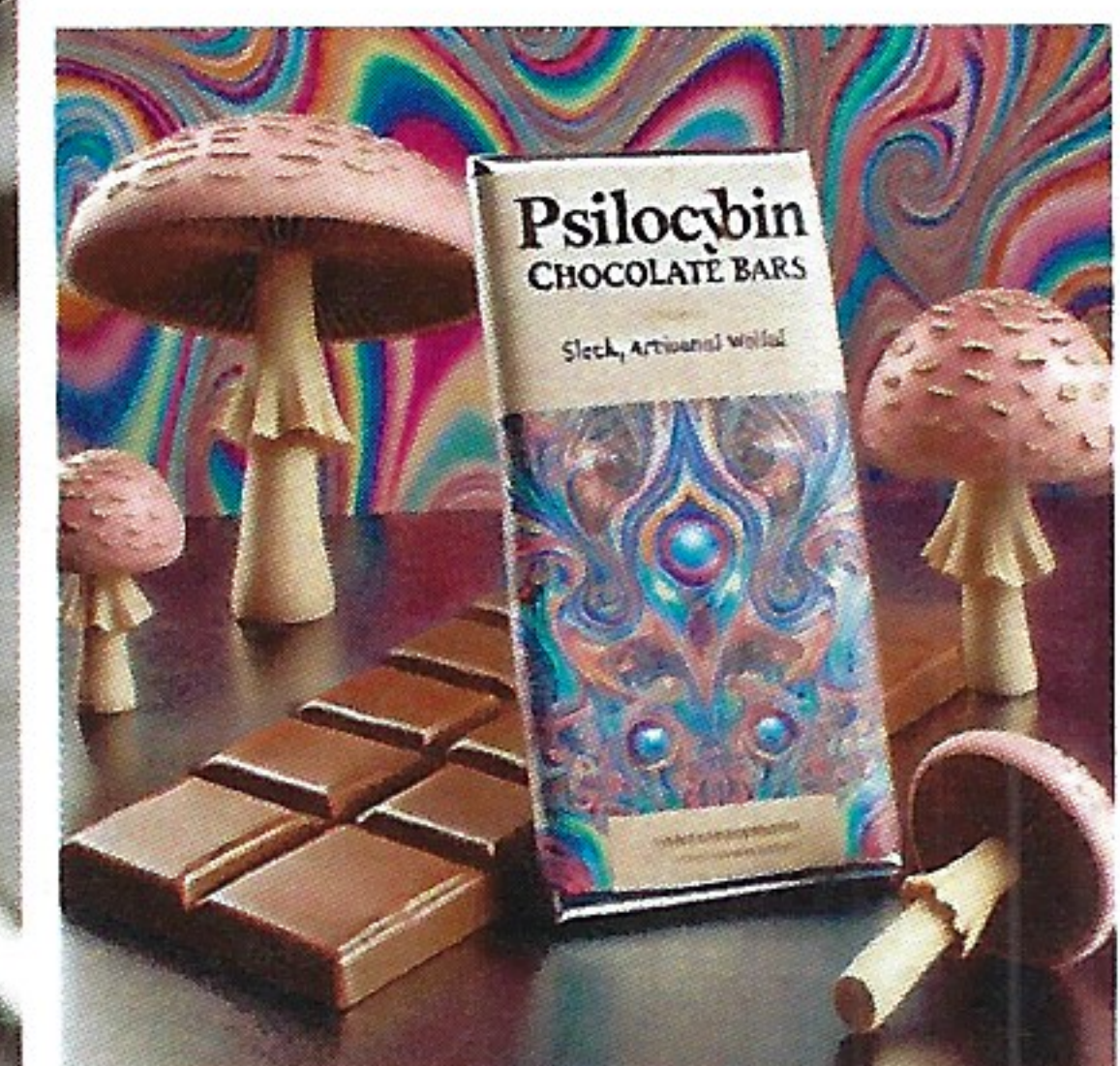
Psilocybin effects are similar to other hallucinogens, such as mescaline and LSD.

What is its legal status in the United States?

Psilocybin is a Schedule I substance under the Controlled Substances Act, meaning that it has a high potential for abuse, no currently accepted medical use in treatment in the United States, and a lack of accepted safety for use under medical supervision



Psilocybin mushrooms



What is its effect on the mind?

The psychological consequences of psilocybin use include hallucinations and an inability to discern fantasy from reality. Panic reactions, paranoia, fear, anxiety, depression, or a psychotic-like episode also may occur, particularly if a user ingests a high dose. Psychological effects may be long lasting.

What are its overdose effects?

Effects of overdose include:

- Longer, more intense "trip" episodes, challenging experiences (physical and emotional), psychosis, and possible death

Use of psilocybin mushrooms could lead to accidental poisoning if the mushroom thought to be a psilocybin-containing mushroom is misidentified as one of the many varieties of poisonous mushrooms.

TIANEPTINE

“Gas Station Heroin”

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