

## What Is 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, kakuam, thom, ketum, and biak. In the U.S., the abuse of kratom has increased markedly in recent years.

## Convenience Store and Vape Shop Drugs Kratom and Phenibut

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## How is kratom abused?

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Kratom is mostly abused 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?

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At low doses, kratom produces stimulant effects with users reporting increased alertness, physical energy, and talkativeness. At high doses, users 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?

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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. The FDA has not approved Kratom for any medical use. In addition, DEA has listed kratom as a Drug and Chemical of Concern.

## Phenibut

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Phenibut is also referred to as Anvifen, noofen, party powder, and pbut – was originally developed by the Soviet Union to aid cosmonauts in their missions.

Phenibut is a central nervous system depressant that's used to treat conditions like anxiety disorders and insomnia.

You can usually spot it as a white capsule or pill, but it can also be injected.

Although it's legal to possess in the U.S., Phenibut is not approved as a licensed pharmaceutical drug by the Food and Drug Administration (FDA).

Many people abuse this drug for its sedative side effects but neglect its other dangers. Phenibut can cause side effects like dizziness, nausea, poor balance, and addiction when taken for long periods of time.

### Common Phenibut overdose symptoms also include:

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- Nausea and vomiting
- Drowsiness
- Decreased blood pressure
- Kidney failure
- Difficulties breathing

If combined with other CNS depressants, the side effects of Phenibut can become more severe.