

Communication from Public

Name: David jones

Date Submitted: 02/04/2026 10:04 AM

Council File No: 25-1357

Comments for Public Posting: Natural kratom has been a blessing for my chronic arthritis and specially watching friends have organ damage from heavy pharmaceutical medication it's really nice to have natural kratom capsules as an alternative. Please ban the bad stuff like extracts and 7oh and DO NOT categorize natural kratom as the same

Communication from Public

Name: Brandy Lucash

Date Submitted: 02/04/2026 11:43 AM

Council File No: 25-1357

Comments for Public Posting: My name is Brandy and I'm 48 yrs old. I have been battling depression for all my life until 7 years ago I came across kratom and it changed my life. It improved a hundred times over! I'm actually one of many that actually quit drinking alcohol because of it. If kratom is banned I'm afraid of what life will look like for me. I agree that while gas stations were carrying the drinks that had synthetic in it along with kratom were having crazy affects on people who were taking it but when kratom is taken on its own, the benifits experienced are more positive than negative. I am asking that this ban not happen here. It's too important for my mental health and everyday life. Thank you

Communication from Public

Name: Danielle Betz

Date Submitted: 02/04/2026 12:45 PM

Council File No: 25-1357

Comments for Public Posting: By all means, take the 7-OH products, but you're harming so many people by attempting to remove raw leaf Kratom. It simply is not dangerous like these claims state. It's life saving and you're about to kill so many people or destroy so many lives. It's going to be a genocide. Come on. All the deaths caused by Kratom include fentanyl or poly drug abuse. Stop. Please. So much blood will be on your hands.

Communication from Public

Name: Ashley Davidson

Date Submitted: 02/04/2026 12:49 PM

Council File No: 25-1357

Comments for Public Posting: My name is Ashley Davidson, I'm from Hull Massachusetts and I would like to oppose a ban on Kratom. I just wanted to say this plant saved my life. I have severe agoraphobia, I'm disabled and for a long time could not even leave my house for Dr appointments or dental care. My medication causes severe dry mouth which in turn causes damage and rapid tooth decay, not being able to get to the dentist was horrific. Since I found Kratom I have been able to get to the dentist, they were able to save my teeth after lots of work and many trips which I never could have tolerated without Kratom. No medication has worked well and they come with scary side effects, Kratom has been gentle and I have found it to be completely safe. It has a built in ceiling effect that prevents abuse and it doesn't cause breathing depression. I am completely functional while using it, I have a chance at life again, a chance to participate and contribute, I was able to visit my elderly father which is priceless to me, thinking the plant that saved me could be banned breaks my heart and scares me. This is reefer madness all over again, there is plenty of scientific evidence backing up the safety of Kratom in its natural form, Kratom is not what people pushing for a ban say it is. This ban would literally just pry the tea from the arthritic hands of the elderly. Please have mercy and don't take away the only thing that helps so many people from all walks of life. Thank you, Ashley Davidson

Communication from Public

Name: Linda Knowles

Date Submitted: 02/04/2026 12:56 PM

Council File No: 25-1357

Comments for Public Posting: Please do NOT ban kratom! It is the only medication that alleviates my sciatica pain. Without it, I will be virtually bedridden when my symptoms flare up. I am fine getting a med card or whatever if needs be.

Communication from Public

Name: Sera

Date Submitted: 02/04/2026 01:08 PM

Council File No: 25-1357

Comments for Public Posting: Kratom saved my life. I would not be where I am today if it were not for this plant. I am one semester away from completing an AA in biomedical science and nutrition then I'll be transferring to a university. Before I found Kratom I was home bound and mostly bedridden. Over eight years I have been utilizing Kratom still on the same small dose and my life gets better each and every day, due to its increasing benefits.

Communication from Public

Name: Tony Rodini

Date Submitted: 02/04/2026 01:44 PM

Council File No: 25-1357

Comments for Public Posting: Hello, my name is Tony Rodini and I am an LA resident. I've been using Kratom for almost ten years, and I am a strong advocate for the plant. I have severe obsessive-compulsive disorder, as well as anxiety and a tic disorder. Kratom significantly helps reduce my anxiety, which in turn helps me manage the tics, ruminations, and other difficult symptoms caused by my conditions. Science will support that the natural plant in its unadulterated state poses no threat to the public health and safety. I believe that products containing 7-OH are in fact the problem and should be recognized as such. Kindly asking you to consider regulation, and not prohibition. Please consider all the people that Kratom, in its natural form, helps in so many different ways—and try to put yourself in our shoes. This is a VERY important issue to proponents like myself, who find themselves living a happy, healthy quality of life all thanks Kratom, a natural plant. thank you for your sincere consideration

Communication from Public

Name: Fred Bastanchury

Date Submitted: 02/04/2026 01:52 PM

Council File No: 25-1357

Comments for Public Posting: I have using been Kratom powder three or four times a week for over five years. Occasionally I will take a seven to ten day break without any adverse effects or unpleasant experiences. I find that the kratom gives me a subtle sense of well-being and a bit of extra energy which lasts throughout the day. I have never had a "trip", good or bad, while using kratom. I am describing my experience with the powdered herb in natural form not any synthetic product. I almost always feel more productive and focused on my "K-days". Thanks, FjB

Communication from Public

Name: Serina

Date Submitted: 02/04/2026 02:05 PM

Council File No: 25-1357

Comments for Public Posting: I am a California resident and business owner writing to express concern about the proposed countywide ban on kratom sales in Los Angeles County. For many years, I struggled with severe anxiety that worsened during the COVID-19 pandemic, particularly while navigating the pressure of keeping a business operating during unprecedented uncertainty. During that period, my quality of life declined significantly, and daily functioning became extremely difficult. After being introduced to kratom, I experienced a meaningful improvement in my overall well-being. Over time, I was able to move away from other options that were difficult to tolerate, and my ability to manage stress, focus, and function day-to-day improved substantially. Those close to me noticed positive changes in my mood, stability, and ability to engage fully at work and at home. Kratom also played a role in helping members of my household improve their quality of life. In our experience, responsible adult use supported better energy levels, reduced discomfort, and healthier daily routines. These changes allowed us to remain active, productive, and engaged in our responsibilities. I am deeply concerned that a blanket countywide ban would remove access to a product that many responsible adults rely on to maintain stability and function. Prohibition does not distinguish between misuse and responsible use, and it risks pushing people away from safer, regulated options. I respectfully urge the committee to reconsider a full ban and instead pursue a science-based, regulatory approach that protects public health while preserving access for responsible adults. Regulation, transparency, and education are more effective than prohibition and better serve the community as a whole. For clarity, my experience is limited to traditional kratom leaf powder. I do not use synthetic or highly concentrated products, including 7-hydroxymitragynine (7-OH). Thank you for your time and consideration.

Communication from Public

Name: Henry

Date Submitted: 02/04/2026 02:23 PM

Council File No: 25-1357

Comments for Public Posting: I am usually not one who writes to the government but this matter is important to me. I am Henry i have been a kratom user for several years. I frist starting using kratom to get off harder drugs and i did have to take alot of "KRATOM POWDER" at frist to manage my withdrawals, but i was able to lower the dose and had 0 side effects. i do use kratom still. But its like my alcohol.. and the withdrawals on "kratom powder" are noting.. unlike how i would feel with man made opaites. I can honestly say kratom powder has improved my life for the better. But i really believe that 7-oh should be ban and maybe kratom extracts. That is completely fake and not natural and i can see that harming someones health in the long term. Over all kratom powder is good. And 7-ho and kratom extracts are the dangerous ones to be worried alot.

Communication from Public

Name: Larry D Williams Jr

Date Submitted: 02/04/2026 02:29 PM

Council File No: 25-1357

Comments for Public Posting: I, Larry D Williams Jr, strongly OPPOSE the resolution and disagree to ban 7oh. This herb has made a profound difference in my life, alleviating my ongoing physical pain and keeping me motivated at work. It has contributed to my fitness journey, leading me to exercise regularly at the gym, and has given me the confidence to engage in public speaking and overcome social anxiety. Thanks to kratom/7oh, I have successfully defeated a 20-year battle with alcohol addiction—I've been alcohol sober ever since I started using it. I believe that instead of banning this beneficial supplement, it should be regulated for adults 21 and over with appropriate warning labels. Banning kratom and 7oh could lead to an increase in fentanyl overdoses and push people toward dangerous substances in the black market. Kratom/7oh has been a lifesaver for many, and I urge you to consider regulating rather than prohibiting it!

Communication from Public

Name: Joshua Costas

Date Submitted: 02/04/2026 02:31 PM

Council File No: 25-1357

Comments for Public Posting: My name is Joshua C. OPPOSE kratom/7oh BAN. My life is at risk as well as my family! I am a 37 year old father of 2, oil and gas commercial diver who had a near fatal accident that left me debilitated for nearly a decade. Ironically enough, I was nearly killed by a crane operator who was under the influence of an "fda, approved" pharmaceutical drug. To another ironic point, Long story short, I ended up being hooked on synthetic painkillers which I was prescribed to for my horrendous pain in which in turn seriously affected my quality of life. I was hopelessly dependant on these dangerous drugs that were being pushed to no end by the supposed "caretakers" and doctors/fda. Life was hell on Earth when in dependance to prescription drugs. In short I was successfully able to stop using these chemicals using Kratom. Kratom has literally saved my life from chronic pain that has left me contemplating suicide. Once I found kratom, my entire life took an upward turn and I was able to actually work and provide for my family. I have been a kratom user for 12 years now and not once have I ever felt any high at all. If you take away this life saving natural molecule, I feel that I will be back to square one and/or dead. Please, I urge you to NOT KILL ME OR TURN ME BACK INTO A DISABLED AMERICAN OR TURN ME INTO A CRIMINAL! My own children rely on me to be a present father who can provide for them. If you take away my only lifeline, you will harm MUCH more than just me. Please reconsider and do the research on kratom. It is a PARTIAL AGONIST opioid unlike dangerous drugs like fentanyl or deadly pharmaceuticals that depress breathing and will kill you. This has been studied and has been the consensus by dozens of doctors. Please reconsider! If alcohol, which is one of only two drugs in the entire world that will literally kill you when you stop is legal, than so should kratom be legal. If it ends up that the people who are losing money (pharmaceutical companies and the fda) make this illegal, than alcohol should be banned immediately! Hundreds of thousands of people die a year because of alcohol. Perspective is everything. Kratom isn't deadly like you are being been told and that's unfortunately the information you are operating off of. You have the opportunity to lead the nation in properly regulating and creating a safer market for kratom consumers to exist within... but a ban is not that. A ban only harms people by forcing them to

options that are less safe or return to the issues that led them to use the products in the first place with no other remedy, we will remember this when it comes time to support our legislators and their future endeavors. There are tens of thousands of us who will remember this come election. I urge you, PLEASE RECONSIDER. Do not force me back into a cripple. My family relies on me to be whole!

Communication from Public

Name: Sarah

Date Submitted: 02/04/2026 02:37 PM

Council File No: 25-1357

Comments for Public Posting: Please do not ban kratom/ 7OH. Follow the science. You cannot overdose or die and this provides a great harm reduction for former addicts and addiction aside it helps others with chronic pain function. Please do not do this. A ban will be dangerous and cause more harm than good. Just please follow the actual science based data and not the fear mongering.

Communication from Public

Name: Jessica Lawless

Date Submitted: 02/04/2026 02:53 PM

Council File No: 25-1357

Comments for Public Posting: I live part-time in LA and use both 7OH and Kratom for chronic pain associated with Crohn's Disease. I OPPOSE Agenda Item #7 (File 25-135). The City should not rush to ban this harm reduction tool and wellness botanical. There will be a negative effect on impacted communities that could be as many as 200,000 people. My heart goes out to everyone who has lost a loved one to drug overdose, alcoholism, or suicide. My life has been impacted by these traumatic deaths as well. Which is why I implore you to schedule a study session of kratom and 7OH, not a ban. I support reasonable regulation, not prohibition. I OPPOSE Agenda Item #7 (File 25-135).

Communication from Public

Name: Emil

Date Submitted: 02/04/2026 03:28 PM

Council File No: 25-1357

Comments for Public Posting: I oppose a kratom or 7OH ban. I am a 7-OH consumer and chronic pancreatitis patient that also has 2 IPMN tumors in my pancreas, both of which cause me severe pain and nausea. I have been using 7-OH for pain control as a safer alternative to sole reliance on stronger prescription medications. Because kratom and its derivatives do not activate the specific opiate receptors that depress breathing and selectively activate others, kratom is much safer than traditional prescription opiate medications and provides a safe alternative to such medications. A blanket ban on the sale of these products would negatively affect thousands of people like myself, and indirectly lead to more deaths, not less, since such patients would have to go back to these inherently more dangerous medications. This is a situation where, although it may seem counterintuitive, the harm caused by the ban will be worse than the harm it purports to prevent. Consider the evidence.

Despite its being legal, there are very few deaths (that I am aware of) caused by 7OH, while Fentanyl, for example, which is heavily regulated continues to cause many thousands of deaths each year.

There should not be a one-size-fits-all approach to these substances. A blanket ban is a terrible idea that should be rejected in favor of an evidence-based approach to sensible regulation that balances the need of legitimate patients with the need to limit access to these substances to children and those whose sole intent is to abuse them.

Communication from Public

Name: Tori Johnson

Date Submitted: 02/04/2026 03:42 PM

Council File No: 25-1357

Comments for Public Posting: Members of the council, I am writing to strongly oppose agenda item #7 (File 25-135) the proposed ban on kratom and 7-hydroxymitragynine, also known as 7OH. For an estimated 200,000 adults in Los Angeles these products are used responsibly as harm-reduction tools. Many consumers rely on kratom and 7OH as alternatives to far more dangerous substances, including illicit opioids, fentanyl, alcohol, and prescription painkillers. For these individuals, access to regulated kratom products has meant improved quality of life, stability, and in some cases, survival. A blanket ban ignores the growing body of scientific research and real-world evidence showing that kratom and 7oh both have a significantly lower risk profile than the substances it often replaces. Rather than reducing harm, prohibition would eliminate safer, regulated options and leave people with fewer choices—at a time when overdose deaths remain a public health crisis. History has shown us repeatedly that prohibition does not eliminate demand. It simply pushes consumers into the black market, where products are unregulated, mislabeled, and far more dangerous. A ban on kratom and 7OH would not stop use—it would drive it underground, increasing the risk of adulterated products, unsafe dosing, and criminal exposure for otherwise law-abiding adults. If there are concerns about safety, the responsible path forward is regulation, quality standards, age restrictions, labeling requirements, and continued research—not prohibition. Decisions of this magnitude should be grounded in science, public health data, and meaningful engagement with researchers, healthcare professionals, and the communities most affected. I urge the Council to oppose agenda item #7 (File 25-135), study the science, and consider the real-world consequences of removing harm-reduction tools from the people who rely on them. A ban would create more harm, not less.

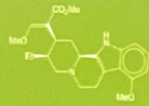
7-HYDROXYMITRAGYNINE

BASIC SCIENCE

WHAT IS 7-HYDROXYMITRAGYNINE AKA 7-OH?

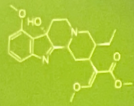
7-OH is a natural compound found in the raw leaves of *Mitragyna speciosa* trees (commonly known as kratom).

MITRAGYNINE



Most Abundant Alkaloid
in Kratom Plant

7-HYDROXYMITRAGYNINE



<2.0% in Kratom Plant

VS.

Mitragynine naturally metabolizes into 7-OH once inside the human body.

HOW 7-OH IS MADE?

- The body naturally converts ~20% of mitragynine into 7-OH during metabolism in the liver and gut.
- Manufacturers of 7-OH products essentially replicate that process outside the body.
- It's similar to how Vitamin C tablets are made - there aren't actually 20 oranges stuffed into a pill.

IS 7-OH SAFE?



No
Lethal Dose



Naturally
Derived



Therapeutic
Potential



Less
Side Effects

WHY ARE PEOPLE TAKING 7-OH?

- Pain Management
- Substance Abuse Recovery
- Anxiety & Depression
- Energy and Focus

INDUSTRY ECONOMICS

GLOBAL KRATOM
MARKET IN 2024

\$7bn

PROJECTED
GROWTH

17%
in coming years

US KRATOM EST.
SALES 2024

\$4bn+

US 7-OH EST.
SALES 2024

\$2bn+

DEMOGRAPHICS

GENDER
72% M

AVG. AGE
41

TOP MARKETS
FL, CA, TX

1 bn
doses sold

1m
consumers

87%
used kratom prior

REPORTED THERAPEUTIC USES



74%
Chronic
Pain



45%
Depression



23%
Relief from
Opioid Addiction

PUBLISHED SCIENTIFIC FINDINGS

- There is **no LD50 (lethal overdose)** level of 7-OH when ingested orally.

*Lateral Flow Assessment and Unanticipated Toxicity of Kratom (Smith et al., 2018)

- 7-OH has a **lower risk of side effects** over traditional opioids.

*7-Hydroxymitragynine Is an Active Metabolite of Mitragynine and a Key Mediator of Its Analgesic Effects (Kruegel et al., 2019)

*Chemical Composition and Biological Effects of Kratom (Mitragyna speciosa): In Vitro Studies With Implications For Efficacy and Safety (Dodd et al., 2020)

- 7-OH demonstrated significant **pain-relieving (analgesic)** effects.

*7-Hydroxymitragynine Is an Active Metabolite of Mitragynine and a Key Mediator of Its Analgesic Effects (Kruegel et al., 2019)

- 7-OH has a **lower potential for abuse** compared to traditional opioids.

*Evaluation of the Rewarding Effects of Mitragynine and 7-hydroxymitragynine in Rats (Behnood-Rod, 2020)

*G Protein-biased Kratom Alkaloids and Synthetic Carfentanil-amide Opioids as Potential Treatments for Alcohol Use Disorder (Gutridge et al., 2020)

- 7-OH **reduced alcohol intake** in mice, suggesting potential therapeutic applications for alcohol use disorder.

*G Protein-biased Kratom Alkaloids and Synthetic Carfentanil-amide Opioids as Potential Treatments for Alcohol Use Disorder (Gutridge et al., 2020)

7-OH STUDIES IN PROGRESS

- **Single dose MTD study in rat and mice**
 - Studies maximum tolerated dose of 7-OH
- **CYP Inhibition Studies**
 - Test for drug-interactions caused by slowing down liver enzymes
- **CYP Induction Studies**
 - Test for drug-interactions caused by speeding up liver enzymes
- **Metabolic Stability Study**
 - Tests how fast the liver breaks the substance down
- **Pharmacokinetic study rat and mice**
 - Tracks absorption, distribution, metabolism, and excretion (ADME)
- **Pharmacokinetic study humans**
- **Safety & Tolerability Study in Humans**
 - Observing for adverse events
 - Measuring organ toxicity
 - Monitoring sedative effects such as respiratory depression or drowsiness

CUSTOMER TESTIMONIALS

Lilly P., 21, Portland, OR

"I use 7-hydroxymitragynine for pain management due to endometriosis... It's truly helped me so much and honestly changed my life as dramatic as it sounds."

Michael T., 44, Toledo, OH

"I have used 7-OH products for years, I have severe back pain and it helps me every day. Instead of relying on prescription painkillers which are 100% addictive, I use these instead."

James C., 28, Avon, CO

"I was a IV heroin user for several years getting off I tried everything from suboxone to methadone which was just as hard as the heroin to stop. Since I found 7-OH I always have it to go to instead of the hard drugs or prescription opioids and has helped me to have a viable option to turn to"

Jim N., 50, Surprise, AZ

"7-OH is a life saver. I used to take Percocet, hydrocodone, and whatever else to relieve the pain I have in my hips...I've had both replaced and Kratom capsules worked for a while but 7-OH is by far a superior product. Gives you energy and relieves the pain... This product has literally been a life saver."

WWW.7HOPEALLIANCE.ORG



Communication from Public

Name: Liana DeFrancesco

Date Submitted: 02/04/2026 03:51 PM

Council File No: 25-1357

Comments for Public Posting: I'm writing this in hopes that someone who actually cares about being righteous and compassionate will read it and take my words to heart. I'm a 71 yr old female who has been a chronic pain patient since age 11. That's not an exaggeration. I have several very painful autoimmune conditions that cause me to be in pain 24/7. I'm not sure if you realize what's going on in this country as far as opiate medications go. The illicit fentanyl that has ravaged the country and killed or harmed hundreds of thousands of people young and old alike. For reasons I can't understand they are blaming the crisis on all opioids. That is simply not true. If do your research you will quickly understand that legally prescribed opiates are not the problem. The overprescribing ended long ago around the year 2000. There were a number of pill mills cranking out an endless supply to whomever could afford them. That stopped a long time ago. Now the pendulum has swung in the opposite direction! We can't even find doctor's willing to prescribe to their patients anymore. I was abandoned by the clinic where my doctor worked. In 2024 - July - I was forced to go through very painful withdrawals and they didn't care about me and the health conditions I've been treated for for most of my life. You have no idea how horrifying that was for me. I had, very fortunately, been using Kratom leaf for many years before this occurred. If I hadn't had my Kratom leaf I would have wound up in the ER. Actually, I did go when I had had enough and the ER doctor couldn't believe what the clinic had done to me. He was shocked and he could tell I was having a very difficult time with the withdrawal symptoms. He gave me 2 weeks worth of my medications but warned me he couldn't do that again. I was very lucky because most of the time they will not give out scripts for scheduled drugs. I had brought some paperwork showing what I was being prescribed and he knew that I wasn't a drug seeker. I'm a legitimate chronic pain patient. We are going through Hell right now due to the government's overreach into our Healthcare system. I have never had an issue with substance abuse or anything like that. My mother was an RN and she made sure that I didn't suffer needlessly. She knew how important good pain management is. I was very fortunate to have an intelligent, compassionate mother. I missed a lot of school due to my pain and opiates made it bearable. Kratom leaf also works on the pain receptors and when I

use my allotted dose (2 level teaspoons every 3-4 hours) my pain is controlled. I'm well educated and I know what I'm doing. I'm just one of millions of people who are using Kratom leaf for pain management successfully. I'm basically using Kratom like I had done with my opiates. It helps me quite a bit. There are still times when I need something stronger. I found a doctor who would prescribe for me so I still have my opiate medications. I actually prefer to use my Kratom mainly because I don't have to worry if the pharmacy is going to give me problems refilling my scripts. I'm not used to not being believed and ignored. It's actually very disturbing to me that I'm being treated differently because I use opiates! If you have never had a chronic condition that needs to be treated every single day you're not going to understand how I feel. There's nothing to compare to. I didn't ask for these health issues. I've done everything in my power to be as healthy as humanly possible. I've done lots of research as well. I have chosen to use Kratom leaf because it's so beneficial and it works well for me. Now, it's under fire. You must look at the situation we're in. Millions of people rely on Kratom, just like I do. In this country we have alcohol, which is far more deadly and has caused so much heartache, and it's perfectly legal over a certain age. That's straight up hypocritical. It's used extensively throughout the country and it's accepted by society? The government makes lots of money off alcohol sales. That's the only reason why it's so available while being a much bigger problem than another substance around. How does that make sense? It doesn't. They are doing the same thing to Kratom as was done to cannabis for decades until recently. Please consider all of this when you're assessing Kratom leaf. I do have an extremely difficult time understanding why it's on the hot seat right now. I think it's about some of the same things that kept cannabis illegal for so long. Prohibition has never worked! You will drive it underground and make consumers into criminals. I don't think anyone with any sense wants that to happen. I hope you're one of those sensible people. It's alarming that this is even happening. I never heard a word about Kratom in a negative light until recently. Can it be addictive? Yes, it can. Can you control what people choose to do? What we need is more education. Please educate yourself.

Communication from Public

Name: Ryan
Date Submitted: 02/04/2026 04:18 PM
Council File No: 25-1357
Comments for Public Posting: I OPPOSE the resolution.

Communication from Public

Name: Chris

Date Submitted: 02/04/2026 04:39 PM

Council File No: 25-1357

Comments for Public Posting: Kratom and more so 7-oh saved my life. When I was in high school I suffered a terrible sports injury and have suffered from chronic pain ever since. The doctors prescribed me every opiate in the book and then I lost my insurance. After a short while I eventually had to turn to the streets for pain management. I was addicted to heroin/ fentanyl for ten years. I lost everything. My family, my children, my car and house. I've overdosed seven times and on one of them I was clinically dead for three minutes. That's when I found 7-oh. With the help of 7-oh I was able to successfully stop my drug use after a few days. Since then my life has improved in so many ways. I have my family back, and I can actually play with my children because with 7-oh I'm not a zombie. I'm completely clear headed but my pain is at a manageable level. I have a successful job, a car a house. This is the first time I've actually enjoyed living. Please don't take this away from me because I would more than likely die. My story isn't a rare one. I personally know fifty people that were able to completely stop fentanyl using 7-oh. It's not hard to see the damage fentanyl has done to our community. I can't even go outside without seeing a homeless person passed out on the sidewalk. 7-oh and kratom are the answer to the opioid epidemic that has plagued our country and your thinking about taking it away. With 7-oh you can't overdose and die because it is only a partial opioid antagonist so it doesn't cause breath depression. In banning this wonderful plant you will single handily make thousands of people go back to dangerous drugs like fentanyl. Our blood is literally in your hands. Please don't take away everything I've worked so hard to obtain.

Communication from Public

Name:

Date Submitted: 02/04/2026 04:53 PM

Council File No: 25-1357

Comments for Public Posting: I am writing to urge you to oppose Council File 25-135 and any effort to ban 7-hydroxymitragynine (7-OH) and instead pursue thoughtful, science-based regulation. Every day, people in LA and across the country rely on 7-OH, a naturally occurring compound derived from the kratom plant, to manage chronic pain, reduce dependence on opioids, and support recovery from substance use disorders. Veterans, parents living with chronic pain, and individuals in recovery consistently report that 7-OH has helped them when conventional treatments failed. A premature ban would have serious and unintended consequences. Removing access to a regulated, safer alternative risks pushing people back toward dangerous prescription opioids or unregulated black-market substances—outcomes that run directly counter to our shared goal of protecting public health and saving lives. While research on 7-OH is still developing, early findings are promising, and there is no justification for prohibition before the science is fully evaluated. History has shown that banning substances in the absence of conclusive evidence often causes more harm than good. LA has the opportunity to lead with a balanced approach: establish clear safety standards, age restrictions, quality controls, and labeling requirements rather than outright prohibition. Smart regulation protects consumers, supports ongoing research, and preserves access for those who genuinely depend on this option to maintain their health and stability. I respectfully ask you to reject any proposed ban on 7-OH and to support policies grounded in evidence, compassion, and harm reduction. This decision affects veterans and small businesses, as well. Thank you for your time and for your commitment to the health and well-being of approximately 200,000 residents. Sincerely, Melissa R

Communication from Public

Name: Kai

Date Submitted: 02/04/2026 07:00 PM

Council File No: 25-1357

Comments for Public Posting: I oppose this bill. As a hard working father, Kratom and 7-OH help me with my severe back pain. It helps me get up in the AM and to be the best father that I can be by relieving this pain and helping me throughout the day. It assists with mood because without it I am in severe pain and cannot function to the best of my ability. I do not want to go back to opioids which cause severe health problems and addiction. Kratom is more of a supplement and I've been taking it for 12 plus years with no issues. It helped me get off opioids which were destroying my life. It's a life saver and does not pose any threat towards our health or wellbeing. It is the best option out there. I know people who've quit fentanyl and heroin by using kratom. I do believe in better regulations such as 21+ to purchase. I am a responsible adult who needs kratom to function due to my severe back pain. Since I've been using 7OH I have no desire to drink alcohol which also is a plus, as it stimulates your mood energy wise. Please do not ban this I do not want to use pain killers or opioids ever again. Sincerely, a Lifelong Angelino

Communication from Public

Name: Mark Poulin

Date Submitted: 02/04/2026 07:48 PM

Council File No: 25-1357

Comments for Public Posting: Hello. This is in reference to Council File "25-135". A prohibition on kratom in Los Angeles. I'm a regular user of kratom for chronic back pain. It allows me to keep working as I'm past age 59. There is no alternative to this. I use natural kratom in the form of crushed tea leaves and powder, straight from a vendor importing this from Indonesia. Aspirin and tylenol don't work. Any form of legal cannabis, does not work, and I personally dislike intoxicating effects of that. I dislike asking my doctor for opiates. I would request that the Council use common sense, and leave this issue to the State. Rushing on a prohibition, it might remind one of what happened with alcohol prohibition. An unmitigated disaster. I cannot speak as to 7-OH, except that it is a semi-synthetic derivative. My sole experience with that, was that it was ineffective, very expensive, and altogether not very helpful in reliving my pain. I was born in Los Angeles, and personally find it difficult to believe the Council is even considering this. Proposed "bans" on kratom elsewhere in the nation are coming mostly from Republican majority states and communities. Please, either study the issue in depth, and/or adopt the Kratom Consumers Protection Act in effect in many progressive communities, or leave this at the state level. Thank you. Kindest Regards, Mark Poulin

Communication from Public

Name:

Date Submitted: 02/04/2026 08:15 PM

Council File No: 25-1357

Comments for Public Posting: I adamantly OPPOSE a full ban, prior to studies on how communities would be impacted. It is estimated that over 200,000 people in Los Angeles would be impacted by this decision. Personally, kratom has given me the opportunity for affordable pain control, that is a significantly better option for me than prescription pain medication. I do not want to go back to using full agonist opioids with significantly more side effects, worse withdrawal symptoms, and more overdoses per capita than kratom, just to control pain. I also do not want to live with chronic pain daily and potentially end up on disability. Kratom has given me my life back. I also have friends who have stopped using street opioids such as fentanyl and fake pain pills and use kratom instead, as a harm reduction measure. While kratom is not without some negative side effects, it is significantly safer than fentanyl or buying opioids on the street. Overdoses are the lowest they have been in 6 years and I have seen the positive impact kratom has had on those statistics. Please do not push people back on opioid prescription pain medication or back to street opioids. Thank you.

Communication from Public

Name: Twinkle VanFleet

Date Submitted: 02/04/2026 09:34 PM

Council File No: 25-1357

Comments for Public Posting: Dear Chair and Members, I'm a person living with Complex Regional Pain Syndrome, also called Reflex Sympathetic Dystrophy, Causalgia, Sudeck's Atrophy, AlgoNeuro Dystrophy, Algo Dystrophy, Amplified Musculoskeletal Syndrome, Reflex Neurovascular Syndrome for 25 years. It is a rare, progressive musculoskeletal Neuro inflammatory disease so painful that it's nicknamed the "suicide disease." My nerve damage is severe, and full body, my skin feels like ice-fire and my bones viscerally throb, my skin, flesh and tissue is tender to the touch. Additionally, I live with multiple chronic illnesses and intractable conditions- both congenital and acquired. I was a compliant pain management patient for 12 years, with the same doctor, relying on a spinal cord stimulator and a low dose of prescribed opioid medication. But in 2016, at the height of the CDC opioid recommendations, I was abruptly dismissed from care in the midst of my providers sale of his practice. My medications were cut off without warning, and I went through dangerous cold-turkey withdrawals from the opioid, antidepressants, and anticonvulsants. My stimulator has been broken and unmanaged since. I spiraled into depression, suicidal thoughts, and alcohol misuse just to dull the pain. I felt abandoned by the system. I was held in a psychiatric unit in 2016 and again in 2017 for being a danger to myself while being suicidal due to under managed and then entirely unmanaged pain. In that darkness, I turned to Kratom. And later, at times of severe flares since March of 2024- 7-Hydroxymitragynine, or 7OH, a derivative and metabolite of Kratom. For nearly seven years, Kratom has been my safe and effective daily support. It became my life preserver. It eases this often unbearable chronic pain, helps promote wakefulness in narcolepsy, lowers my blood pressure, and most importantly- it gave me enough stability to achieve and maintain seven years of sobriety from alcohol and keep the suicidal ideations at bay. I have experienced no harmful effects other than increased pain if I skip a tea. 7OH, though more potent, offers additional targeted pain relief when respected and taken responsibly, much like opioids should be. I do not deny that dependency exists. But dependency is not the same as addiction. I don't become destructive, lie, steal or trifle when I don't have either on hand. Kratom and 7OH, when regulated properly, are far safer than the

alternatives patients often turn to when left untreated. That is why I strongly support Consumer Protection establishing product safety through manufacturing standards, accurate labeling, third-party testing, and age restrictions. Regulation protects consumers. Prohibition, on the other hand, would only create unsafe black markets and leave patients like me without options. Kratom and 7OH are not luxuries for me- they are life vests. Some days they allow me to make dinner. Other days they allow me to survive a severe pain flare. Due to my disabilities it remains painfully difficult to weight bear. Kratom allows me to be with my grandchildren, 7OH relieves me enough to physically play with them, be attentive and watch over them. I'm able to participate in their lives, finally. I don't take any prescribed or illicit medications or drugs. I've never broken the law. I'm 57, and my 40th anniversary with my husband is upcoming. We share 3 children. Many people have barriers to accessing medical care and I am one of them. Please don't ban my blessings. I urge you: choose compassion and safety. Support regulation, not prohibition. I've been able to achieve more this last year than I had the decade prior since patient abandonment. The addition of 7OH as part of my chronic care toolbox has afforded me enough relief that I'm living again rather than barely existing. Thank you for your time and consideration. Sincerely, Twinkle VanFleet – Healthcare Advocate, Fairfield, CA.

Communication from Public

Name: Virginia Cassavetes

Date Submitted: 02/04/2026 09:47 PM

Council File No: 25-1357

Comments for Public Posting: I, Virginia Cassavetes, resident of Los Angeles, strongly OPPOSE Agenda Item #7 (25-135) Please take the time to further study this matter and consider reasonable regulations. I have watched multiple people around me use this plant's alkaloids to get sober off actual dangerous drugs I have seen people take their lives back with 7-oh and Kratom. I've, personally, lost three close friends and loved ones to Opiod and Fentanyl overdoses. Taking such drastic measures, before understanding the repercussion's, will produce a highly negative impact on the Los Angeles community. Please take the time to collect data and actual research. From what I have experienced and seen this plant's alkaloids have been an ACTUAL life saver for those in need. Thank you for your careful consideration. Virginia Cassavetes
Los Angeles, CA

Communication from Public

Name: Dan

Date Submitted: 02/04/2026 11:27 PM

Council File No: 25-1357

Comments for Public Posting: I strongly oppose a kratom or 7oh ban (resolution 25-135) Both are safe and have greatly improved the quality of my life as someone who lives with severe chronic pain. A ban would directly impact real people like me extremely negatively. I am an employed, law-abiding citizen with a family. I deserve to be able to decide what I put in my body, so long as it's safe. Both mitragynine and 7oh are partial agonists that do not cause respiratory depression. There certainly is not an epidemic of deaths relating to kratom, and even according to the FDA's own Adverse Event Reporting System (FAERS), there have been zero deaths in which 7oh alone was present. Please don't ban this natural plant. It helps and has the potential to help so many people. I deserve to live a pain-managed life and make decisions regarding this caliber of partial-agonist substance for myself. Prohibition never, ever works. The only sensible way forward is evidence based regulation. Thank you, Dan

Communication from Public

Name: Nat Hanson

Date Submitted: 02/05/2026 12:42 AM

Council File No: 25-1357

Comments for Public Posting: To the Los Angeles City Council, I am writing to urge you to strongly oppose the resolution associated with Council File 25-135 targeting kratom and its alkaloids, including 7-hydroxymitragynine (7-OH). I am a recovering alcoholic, and I know firsthand what addiction looks like when it is destroying your body, your mind, and your future. Alcohol nearly ruined my life. What helped me escape that cycle was not punishment, and it was not prohibition. It was finding safer alternatives that allowed me to stabilize and function. Kratom has been one of the most important tools in helping me stay sober. It has helped me manage severe anxiety, cravings, and chronic pain without returning to alcohol. More recently, 7-OH has been life-changing for me, giving me additional relief and stability when I needed it most. This is not hypothetical. This is real. People are using these products every day to stay away from alcohol, fentanyl, and other deadly substances. I fully support regulation, labeling requirements, product testing, age limits, and continued research. What I oppose is the reckless and harmful approach of bans and criminalization. History has already proven what happens when you ban a substance people rely on. You do not eliminate it. You drive it underground. You create unsafe black markets. You increase contaminated products. You increase overdoses. You increase deaths. A ban does not protect the public. A ban protects nothing except the illusion of “doing something.” If this resolution moves forward, it will not stop use. It will simply push thousands of responsible adults into dangerous and unregulated supply chains, while many others will return to alcohol or street opioids because their safer option was taken away. Do not make that mistake. I urge you to OPPOSE this resolution and instead pursue evidence-based policy that supports harm reduction, regulation, and science. People’s lives, including mine, are on the line. Respectfully, Nat Hanson San Jose, CA

Communication from Public

Name: Melissa Broadwater

Date Submitted: 02/05/2026 01:20 AM

Council File No: 25-1357

Comments for Public Posting: I strongly OPPOSE the proposed resolution in Los Angeles City to ban kratom and 7-hydroxymitragynine (7oh). Both have a very good safety profile and neither cause respiratory depression like many dangerous substances do. I personally rely on kratom and 7oh to manage a debilitating gastrointestinal disorder that left me essentially housebound. Both kratom and 7oh have dramatically improved my quality of life when other OTC medications, prescription drugs, and restrictive diets have failed me. Kratom and 7oh are lifelines for millions of people across the country, whether for chronic pain, harm reduction, or merely improving overall quality of life. Prohibition would push people to the black market, which could result in tragedies. Please don't take away these tools that have helped people get off and stay off deadly substances. I support regulation and research to ensure safety, but I highly oppose bans on kratom and 7oh. They both save lives and improve people's quality of life such as my own. No one should be made a criminal for treating their chronic pain or utilizing these tools to get off and stay off deadly substances.

Communication from Public

Name: Tom Pichard

Date Submitted: 02/04/2026 08:30 AM

Council File No: 25-1357

Comments for Public Posting: Dont ban Kratom. Kratom saved my life and a ban will create loads of problems when people go back to hard drugs like alkohol.

Communication from Public

Name: Stephen McIntosh

Date Submitted: 02/05/2026 01:46 AM

Council File No: 25-1357

Comments for Public Posting: My name is Stephen McIntosh. I am a permanently disabled retiree due to advanced heart failure and chronic chest and lower back pain, all of which are severely impairing. I use botanical kratom to manage my pain and have done so for over 8 years with no ill effect and great success. I am writing to voice my OPPOSITION to Agenda Item #7 25-1357 (Padilla-Lee) / RE: Los Angeles County Department of Public Health / Kratom Products / 7-Hydroxymitragynine (7-OH) / Sale Ban. I enthusiastically support AB 1088. I believe this resolution can still protect consumers and align with AB 1088 simply by removing references to [botanical] kratom, which has been in use for centuries in SE Asia and available in the US since the late 1990s or earlier without significant consequence. It should retain those provisions relating to market removal of synthesized high 7-OH products, which did not exist on the market prior to late 2023, feature heavily in CDPH and FDA statements since 2025, which FDA has differentiated from botanical kratom, and is implicated in local death reports. This is the action taken by Orange and Riverside Counties. I have attached my full submission.

Honorable Councilors of the City of Los Angeles,

My name is Stephen McIntosh. I am a permanently disabled retiree due to advanced heart failure and chronic chest and lower back pain, all of which are severely impairing. I use botanical kratom to manage my pain and have done so for over 8 years with no ill effect and great success.

I am writing to voice my OPPOSITION to Agenda Item #7 25-1357 (Padilla-Lee) / RE: Los Angeles County Department of Public Health / Kratom Products / 7-Hydroxymitragynine (7-OH) / Sale Ban.

As a matter of coherent law, I do not see how the council can support removing products from shelves it has already committed to support kratom regulation via AB 1088 should it pass per 25-0002-S82. This resolution acknowledges this conflict explicitly but does nothing to rectify it.

I enthusiastically support AB 1088. I would similarly support the County and City adopting local ordinances that would align with AB 1088 as Riverside and Orange Counties have done through their ordinances—such as setting a limit on “7-OH” levels to what exists in botanical kratom products, prohibiting products attractive to children, and prohibiting synthetic products. I am concerned that a restrictive ordinance would conflict with AB 1088 should it pass, and will harm consumers who like me depend on kratom to meet health goals, and who have done so for years with positive results.

I believe this resolution can still protect consumers and align with AB 1088 simply by removing references to [botanical] kratom, which has been in use for centuries in SE Asia and available in the US since the late 1990s or earlier without significant consequence. **It should retain those provisions relating to market removal of synthesized high 7-OH products,** which did not exist on the market prior to late 2023, feature heavily in CDPH and FDA statements since 2025, which FDA has differentiatedⁱ from botanical kratom, and is implicated in local death reports.

Even CDCⁱⁱ and FDA have both stated that kratom deaths are rare and are almost always the result of polydrug abuse or adulterated products—which prohibition will only increase. FDA recently completed a Single Ascending Dose Study where subjects were given 12 grams of botanical kratom (which exceeds nearly every product’s recommended serving size and almost all consumer patterns of use) with subjects in the highest dose group only experiencing nausea and vomitingⁱⁱⁱ.

Already, the Sherman FD&C Act would not permit CDPH/County DPH to act against products in raw form labeled “Not For Human Consumption” per the January 16th, 2026 revised letter from CDPH^{iv}.

Alternatively, the council can reject this item and do nothing, allowing County DPH to act as it sees fit (rightly or wrongly) until AB 1088 becomes law and provides legislative and regulatory guidance.

States, counties, and cities that regulate kratom products routinely differentiate between botanical kratom and semi-synthetic or synthetic derivative products in law by setting limits on 7-OH to 2% by alkaloid fraction as AB 1088 does. Supporters of 7-OH and opponents that oppose both products who refuse to differentiate these products are wrong in science, wrong in history, and wrong in law.

Regarding my personal experience, my dosage has remained stable. I am monitored quarterly and have experienced no deviations in my cardiovascular, liver, or kidney labs. My EKG and echo are stable. My defibrillator has never fired.

Like many Americans, I have very few options when it comes to what insurance is available to me. Our household income is too high for Medi-Cal or subsidized healthcare through the ACA Marketplace. I am too young for Medicare. My only feasible option is the HMO through my wife's employer that greatly limits what providers I can see. Also like many Americans, my pain medication was stopped against my will in 2018 when my general physician was no longer willing to continue it (after 7+ years with no warning).

Botanical kratom allows me to do basic housework and the PT exercises that cardiology has recommended. Without it I would be far more disabled. I would have a much more difficult time differentiating between musculoskeletal chest pain and life threatening cardiac chest pain. A single ER visit costs our household \$100 and costs the health plan (and thus all premium payers) a minimum of \$8000 per incident. I have reduced my ER visits/hospitalizations from 14-30 per year to 0-3 and done so consistently each year have been taking kratom. My use of botanical kratom costs me approximately \$1 per day. I am very selective about which products I use and buy.

No drug, medical device, dietary supplement, or indigenous/naturopathic product is appropriate for all people. NSAIDs like Advil/Ibuprofen are sold at every major retailer, grocery, drug store, and gas station. It carries warnings that are significant (include risk of heart attack and death) but is relatively safe for most consumers at label doses. Despite that, it is not safe for cardio patients like me, and I have had dozens of cardiologists in ER, hospital, and clinical settings tell me not to take it for any reason. I am also unable to use TENS or other electro-stimulation devices for pain management due to having a pacemaker. Medical cannabis was not effective, not functional, and was expensive. While these products are not appropriate for me, I do not seek to interfere in others use of them to meet their health goals and to manage acute or chronic pain.

Major organizations support botanical kratom being generally available for adults to use and for continued study, such as:

- American Medical Association (Resolution 515)
- US National Institute on Drug Addiction (NIDA)
- WHO Expert Committee on Drug Dependence
- California Narcotic Officers Association
- National industry associations such as American Kratom Association, Global Kratom Coalition, Natural Products Association, and Botanicals for Better Health and Wellness
- The legislatures of the several states that have elected to regulate rather than criminalize botanical kratom, which includes every state bordering California.
- The legislators in California who passed AB 1088 through the Assembly 76-0.

I ask you in the strongest possible terms to oppose this item, to continue support for AB 1088 as it progresses through the legislature.

Thank you for your consideration. I hope you will very carefully consider the needs of disabled persons such as myself and balance our needs with the need for reasonable regulation.

Stephen McIntosh, MBA
Retired Software Developer and Instructor of Computer Information Systems

- i <https://www.fda.gov/news-events/press-announcements/fda-takes-steps-restrict-7-oh-opioid-products-threatening-american-consumers>
- ii <https://www.cdc.gov/mmwr/volumes/65/wr/mm6529a4.htm>
- iii <https://cdek.pharmacy.purdue.edu/trial/NCT06072170/>
- iv <https://www.cdph.ca.gov/Programs/OPA/Pages/NR26-005.aspx>

Communication from Public

Name: Dustin

Date Submitted: 02/05/2026 03:01 AM

Council File No: 25-1357

Comments for Public Posting: I oppose any ban on natural kratom leaf. It has helped me tremendously in my quality of life. I am able to keep a job and have a family. All of which I was not able to do while I was addicted to opiates and alcohol. I do fully agree on a ban on synthetics and more regulation. Sincerely, Dustin Shetler

Communication from Public

Name: Andrew Sarrels

Date Submitted: 02/05/2026 03:07 AM

Council File No: 25-1357

Comments for Public Posting: My name is Andrew Clay Sarrels, but I am most commonly known as Dru Clay. I am 37 years old at the time of writing this testimony. I am originally from Modesto, CA but currently reside in Reno, NV. I am writing to you today to urge you to reconsider your decision to ban/schedule the Kratom plant. I am a 14 year Kratom advocate who has not only safely and effectively utilized Kratom in my life, but has witnessed Kratom positively impact the lives of countless individuals over the course of those 14 years. I initially found Kratom in 2012 while in search for a healthier alternative to addictive prescription pain medication. I was born with scoliosis, have accumulated an array of injuries from being a lifelong athlete, and have suffered several injuries from instances such as car accidents. Chronic pain is nothing new to me as I have lived with it forever, but after high school I became heavily dependent on prescription pain medication. For 6 years, I sank further and further into dependency and it took a toll on my mental and physical health. Being a natural athlete who stresses the importance of health living, proper diet and fitness, I made the decision to leave the pills behind and get my life back. Kratom helped me to do that. I get regular check-ups/blood work and I as healthy at 37 as I was at 27 and 17. Kratom has had zero negative effect on my health and life, only positive. There is immense amounts of evidence to support that Kratom is a much safer and healthier alternative to several other substances when utilized properly. I work to help spread awareness and information backed by studies and science so that other individuals can be given the same opportunity to change their lives the way I have through my discovery of Kratom. Scheduling/Banning Kratom would not only make criminals of the many people who rely on Kratom for a better quality of life, but it would drive all of the people who have used it to help their chronic pain, anxiety, and sleeplessness naturally to resort to more harmful and unnatural substances, which would inevitably drive the crime and overdose rate up. Overdose rates are higher than ever and only continuing to rise. Scheduling/Banning Kratom would only be adding to an already overwhelming problem. I highly recommend that you consider a proper regulation of this plant as opposed to prohibition. I know that it's hard to ignore the propaganda that is spread by people who have never used Kratom

and are uneducated about it, but please consider the account of someone with more than a decade's worth of experience in your decision-making process. Thank you for your time.

Communication from Public

Name: Brittany Sefton

Date Submitted: 02/05/2026 03:24 AM

Council File No: 25-1357

Comments for Public Posting: Please understand the difference between regular plain leaf kratom and 7oh. Kratom has been around for years and years bettering peoples lives every step of the way. It wasn't until 7oh was introduced to the public where this has become a problem. To ban Kratom would be to make your constituents felons. Law abiding citizens who previously may have not been and only because of Kratom they were able to become productive members of society. And be a contributing factor. A lot of the members of the Kratom community are addicts in recovery and deal with pain daily. To take Kratom away from them leaves them without options. Medication assisted treatment like methadone or Suboxone is just another ball and chain and makes these addicts in recovery forced to make a decision to come out of recovery to find relief. Bc Kratom won't be available to them anymore if you pass this bill. Please do not make the members of your county make these decisions. Please ban 7oh but leave natural plain leaf kratom for the souls who have found a light at the end of the tunnel.

Communication from Public

Name: AP

Date Submitted: 02/05/2026 03:51 AM

Council File No: 25-1357

Comments for Public Posting: I OPPOSE AGENDA ITEM 25-1357 Natural leaf kratom should stay available. It should just be required to be 21+ with the proper labels on packaging.

Communication from Public

Name: Crys

Date Submitted: 02/05/2026 05:56 AM

Council File No: 25-1357

Comments for Public Posting: I oppose council file" 25-135 " kratom and 7oh should not be made eligal. Many people use this medicine daily as an alternative to opiates. If you make it eligal over night it would be dangerous for the people that use it. Their are many people who use this medicine responsibly and for legitimate health problems. The pain management system is broken and it is extremely difficult to get treatment. Please reconsider making kratom products eligal!

Communication from Public

Name: April Brooke Sikes

Date Submitted: 02/05/2026 06:35 AM

Council File No: 25-1357

Comments for Public Posting: I am asking the City to OPPOSE Agenda Item #7 (File 25-135). I am a member of an impacted community, and I urge the City not to rush into banning a substance that will negatively affect an estimated 200,000 people in Los Angeles. Before moving this forward, the City should schedule a study session and hear directly from patients and families who rely on these products to function. I began using 7-hydroxymitragynine out of sheer desperation after years of uncontrolled pain and lack of meaningful treatment from my medical providers. I have hypermobile Ehlers-Danlos Syndrome, a genetic connective tissue disorder that has caused severe, disabling pain throughout my body. Because I am young and a woman, my pain was repeatedly dismissed as psychosomatic or “all in my head.” I was essentially left without real options. Before finding 7-OH, my pain was so severe that I was often bedridden. I had undergone multiple major surgeries, including a posterior cervical spine fusion and thoracic spine fusion, yet I still could not function. I dreaded waking up each day. The only thing I looked forward to was sleep—and at my lowest points, I honestly questioned whether life was worth continuing. This substance gave me my life back. With proper use, my pain became manageable. I was able to function again—not just survive. I could be a nurse, a student, a wife, a mother, a daughter, and a sister. After my most recent surgery, my need for traditional pain medications was minimal. I returned to nursing school and, for the first time in years, I wake up looking forward to life. Prohibition would put people like me at serious risk. If kratom or 7-OH is banned, patients will be pushed back into unmanaged pain or forced into unregulated and illegal markets, where there is no testing, no labeling, and no safety oversight. That is far more dangerous than responsible regulation. A rushed ban would devastate my family and undo the stability I have fought so hard to regain. Please do not move forward without a study session and meaningful patient input. Regulation IS necessary, but not all out ban. I respectfully ask you to oppose Agenda Item #7.

Communication from Public

Name: Lesley

Date Submitted: 02/05/2026 07:09 AM

Council File No: 25-1357

Comments for Public Posting: Hi my name is Lesley and I'm writing in to tell you I oppose the ban on natural leaf kratom and oppose any legislation that supports a ban on natural leaf kratom.

Communication from Public

Name: Finnley Cole

Date Submitted: 02/05/2026 07:30 AM

Council File No: 25-1357

Comments for Public Posting: To whom it may concern, My name is Ryan Haugen. I'm a 36-year-old professional narrator and voice actor, and I'm writing to you as someone whose life has been transformed by a misunderstood and too-often maligned plant: kratom. Before I discovered kratom, I struggled with debilitating anxiety, bouts of depression, and a destructive cycle of binge drinking. I had cycled on and off various anti-anxiety medications and antidepressants for years, with mixed results and unpleasant side effects. At my worst, I could only manage janitorial work. I was simply too overwhelmed to function in any field that required communication, creativity, or confidence. Then I found kratom. I first learned about it through online communities discussing natural options for managing anxiety and depression. I went in cautiously. I started low, paid attention to my body, and learned what worked for me. What I discovered was nothing short of life-altering. A small daily dose of whole leaf kratom, regardless of strain, helped calm the inner monologue that had haunted me for years. I could focus. I could breathe. I could engage. And from that new emotional baseline, I was able to build something beautiful. Today, I work successfully in a field that demands interpersonal collaboration and clear, creative thought. I narrate audiobooks. I voice characters in video games. I speak for a living—something that once seemed unthinkable to the anxious young man I used to be. I recently proposed to my partner of nine years. The life I've built - the emotional stability, the creative expression, the ability to connect - was all made possible because of this plant. That's why I'm reaching out - to let you know I oppose agenda item 25-1357. There is an alarming trend sweeping through state legislatures: efforts to ban or schedule kratom based on fear, misinformation, and a failure to distinguish between synthetic derivatives and the traditional whole leaf plant. These decisions often cite "kratom deaths" without acknowledging that the totality of such cases involve dangerous polydrug use, not kratom alone. Lawmakers and media outlets frequently conflate high-potency synthetic extracts (like 7-hydroxymitragynine concentrates) with the raw botanical leaf, which has been used safely for centuries. I support regulation. In fact, I believe synthetic extracts should be restricted or banned. Further, individuals under 21 should not be able to purchase whole leaf

kratom. I do not want dangerous products or black-market actors misrepresenting the plant I depend on. But banning or scheduling whole leaf kratom is not the answer. It's not only ineffective; it's deeply harmful to people like me. That's why I am urging you to support the Kratom Consumer Protection Act (KCPA). This legislation offers a path forward that ensures consumer safety, restricts dangerous synthetics, and preserves access to a plant that has given thousands of Americans—including me—the chance to live productive, healthy lives. The KCPA would also provide a legal framework for responsible vendors, prevent adulteration, and support local business revenue, all while protecting vulnerable individuals from being forced back into pharmaceutical or self-destructive alternatives. I pay close attention to news regarding this plant, which is why I am writing to you today. If kratom were to be Scheduled and thereby inaccessible to me, I don't say this lightly: it would unravel everything I've worked so hard to build. I would lose my footing, both professionally and personally. No prescription has ever helped me like kratom has, and many of them hurt far more than they helped. Please, don't let fear and misunderstanding dictate this decision. Look at the human stories. Look at the science. And look at the future we can build with thoughtful, compassionate legislation like the KCPA. Thank you for your time, and for your service. With sincerity and hope, Finnley Cole

Communication from Public

Name: Brandon

Date Submitted: 02/05/2026 07:31 AM

Council File No: 25-1357

Comments for Public Posting: To whom it may concern, I am a Chief Executive Officer overseeing a staff of over 100 employees, which necessitates maintaining focus and energy. For this reason, I utilize Kratom. Previously, I was a frequent coffee drinker until adverse effects such as jitters, headaches, and crashes prompted me to seek alternatives. A colleague then introduced me to Kratom, a plant related to coffee, which provides similar benefits in energy and focus without the associated side effects. I kindly request the regulation of Kratom and 7-0 to ensure their continued availability for responsible adults. Thank you.

Communication from Public

Name:

Date Submitted: 02/05/2026 07:37 AM

Council File No: 25-1357

Comments for Public Posting: Hello, I am a responsible user of plain leaf kratom. I wholeheartedly understand the concern regarding the synthetic derivatives of what they deceitfully call a "kratom product", has become a concern of public health. It has even become a concern to myself and amongst kratom users. We truly believe that the synthetics are just a way for marketing companies to make a buck quickly. It ruins people's lives, and does nothing but harm to the cause of plain leaf kratom users. But in reality, it's not close to the same thing as natural kratom. Before kratom came into my life, I was prescribed opiates by my doctor. It started out with codeine and by the end, it was morphine. It was a hellish time that I am still recovering from. I couldn't even hold down a job during that time. When the opioid epidemic became realized fully, I was taken off morphine by my doctor and put on Suboxone for a short period of time, which was a new kind of hell. I was able to get of Suboxone, but it was a nightmarish experience. I switched to kratom for pain relief and energy. Now I can hold down a job and have taken my life back again. I have autonomy like never before. Ban 7oh. But please leave natural plain leaf kratom alone. A lot of people use it to be productive members of society, including myself. Banning nature seems unnatural. The FDA studied kratom and found that it does not meet the criteria to be scheduled. What more needs to be said? Is the FDA not a reliable source?

Communication from Public

Name:

Date Submitted: 02/05/2026 07:59 AM

Council File No: 25-1357

Comments for Public Posting: Hello, I am a responsible user of plain leaf kratom. I wholeheartedly understand the concern regarding the synthetic derivatives of what they deceitfully call a "kratom product", has become a concern of public health. It has even become a concern to myself and amongst kratom users. We truly believe that the synthetics are just a way for marketing companies to make a buck quickly. It ruins people's lives, and does nothing but harm to the cause of plain leaf kratom users. But in reality, it's not close to the same thing as natural kratom. Before kratom came into my life, I was prescribed opiates by my doctor. It started out with codeine and by the end, it was morphine. It was a hellish time that I am still recovering from. I couldn't even hold down a job during that time. When the opioid epidemic became realized fully, I was taken off morphine by my doctor and put on Suboxone for a short period of time, which was a new kind of hell. I was able to get of Suboxone, but it was a nightmarish experience. I switched to kratom for pain relief and energy. Now I can hold down a job and have taken my life back again. I have autonomy like never before. Ban 7oh. But please leave natural plain leaf kratom alone. A lot of people use it to be productive members of society, including myself. Banning nature seems unnatural. The FDA studied kratom and found that it does not meet the criteria to be scheduled. What more needs to be said? Is the FDA not a reliable source?

Communication from Public

Name: Brandon B

Date Submitted: 02/05/2026 08:38 AM

Council File No: 25-1357

Comments for Public Posting: Hello, I am writing to show support for responsible kratom use, in its natural unmodified form. Kratom has saved my life, helped me to get clean from highly addictive and dangerous pain medications and has helped me to become a productive, tax paying member of society. I have a degenerative tissue disorder that has caused me constant pain for over 20 years. I've pursued every available medical treatment, but unfortunately our medical system has not only failed to help me, it has made me much worse. My experience with using legal, doctor prescribed pain medications and muscle relaxers left me with serious health problems, crippling addictions, toxic reactions, and even overdose. Finding kratom literally saved my life. I'm sure I would be dead right now if I had continued taking the pills the doctors gave me. Kratom has also helped me kick a decades long addiction to alcohol. Not only has kratom kept me sober for years, it has completely eliminated my desire to drink. I think that alone is a miracle. I am not a drug addict, but I do know what addiction to drugs is like- and our health care system is directly responsible for that. This is why I'm advocating for plain leaf kratom- a safe and natural way for people like myself to treat chronic pain. If kratom is banned, thousands of people will be forced to return to using dangerous, highly addictive and destructive substances. Overdoses and suicides will rise. We should have the right to choose what we put in our bodies. It is wrong to prevent access to a life saving plant like kratom. Please ban only 7-OH and leave plain leaf kratom alone.