

Communication from Public

Name: Sarah

Date Submitted: 02/04/2026 02:26 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. Judy please follow the actual science based data and not the fear mongering.

Communication from Public

Name: Joshua Costas

Date Submitted: 02/04/2026 02:38 PM

Council File No: 25-1357

Comments for Public Posting: Oppose Kratom Ban. Keep me ALIVE! 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 dependent 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 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 A

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

Council File No: 25-1357

Comments for Public Posting: Regarding attempted kratom ban. I would like to share my testimony and personal experience with kratom. After years of addiction to opiates and other street drugs, I have now been clean for over 8 years. I also suffer from fibromyalgia, herniated and degenerative disc disease causing me extreme chronic pain daily. It seemed hopeless that I would not be able to function especially without any pharmaceutical medications, but with my addiction I could not take meds anymore, it was ruining my life. About 6 years ago I began searching for an alternative to help with not only my chronic pain, but also mental health issues including ADHD, PTSD and anxiety. I found kratom, began ordering from a lab tested company and trying different strains. It immediately helped with just a small amount. Kratom has truly helped me be able to manage my severe pain and to be able to function as a productive member of society. I am able to take breaks to keep my tolerance down and it has truly been a life saver. Kratom does help save people's lives and should be available for everyone over the age of 18-21. Please educate yourself more on kratom, consider funding more studies to understand this diverse and amazing plant and please do not make it illegal as it is the only thing that helps some of us. If kratom is not available to the people who desperately need it, I fear people would be unable to manage their pain, won't be able to go to work or handle day to day life. I fear without kdatom people will turn back to opiates or find fentanyl on the street and overdose. Kratom is a harmless plant related to the coffee plant and is no more dangerous or addictive than that. Thank you for hearing my testimony.

Communication from Public

Name: Carlie

Date Submitted: 02/05/2026 08:10 AM

Council File No: 25-1357

Comments for Public Posting: 7oh is an alkaloid of the kratom leaf plant that has been isolated and synthesized by man for profit. Kratom is a plant that has existed and been used for 2000 years. 7oh should not be placed in the same category or sentence as kratom unless being used in an educational manner. 7oh is present in kratom leaf in as little as 0.001% by weight and kratom leaf poses almost none of the risks as 7oh isolate. To analogize, we don't outlaw the growth of poppy flowers just because they're used to make heroin. Pseudoephedrine is used to make street methamphetamine, but it can still be purchased, the law was revised and changes to the method of purchase were made. Lawmakers, please do not let the media or confusion about kratom as a whole sway this bill. Do YOUR research. Kratom saves lives. 7oh is a legal substitute for full agonist opioids and creates physical dependences with TERRIBLE withdrawals similar or worse to that of heroin or fentanyl. Please, do not place them in the same category.

Communication from Public

Name: Nat

Date Submitted: 02/05/2026 12:00 PM

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 vote NO on 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: Allison Smith

Date Submitted: 02/05/2026 12:55 PM

Council File No: 25-1357

Comments for Public Posting: Dear Chairperson and Members of the Committee: On behalf of the Global Kratom Coalition (GKC), we respectfully submit this letter regarding the proposed resolution regarding recent actions by the California Department of Public Health (CDPH) regarding kratom products. We share the City Council's commitment to addressing emerging public-health concerns related to concentrated, synthetic 7-hydroxymitragynine (7-OH) products and recognize the seriousness of the harms caused by these products. The tragic deaths associated with concentrated 7-OH underscore the need for federal and state action. While the Council is currently considering a resolution to endorse the Los Angeles County Department of Health's action in regards to kratom and concentrated 7-OH, we submit to the council that the City has already passed a resolution of support for State Assembly Bill 1088, a kratom regulatory bill, sponsored by Assemblymember Bains. AB 1088 seeks to appropriately regulate natural kratom leaf products, whilst banning the dangerous synthetic products that are the cause of harm in California. These measures will prohibit access to these 7-OH products, while protecting access to natural kratom leaf products which have been on the market for decades, and are consumed by more than 3 million Californians. To this end, AB1088 has a Senate Health Committee informational hearing on 18 February 2026 to further inform on this issue and to move the bill forward. The state legislature is the appropriate forum for resolving this complex issue and creating the needed enforcement structure. Local administrative action risks complicating the process while creating confusion and endorsing patchwork policy across municipalities. Given the proliferation of these concentrated, synthetic 7-OH products, the urge to act makes sense. However, LA County Department of Health has not effectively differentiated natural kratom from these concentrated products. Rather, it has taken equivalent action against both natural kratom leaf products and novel synthetic alkaloid products. This has a broad reaching impact on the millions of Californians who consume the safe, natural products, and have done so for decades. We need to firmly assert that "Not all kratom products are the same - and not all products that call themselves kratom are in fact kratom". The target of action should be directed at the novel concentrated, synthetic 7-OH products,

that are novel lab-created opioids with potency levels of more than 100 times higher than the natural kratom leaf. They bear no resemblance to the natural leaf that has been consumed for centuries. That is why the federal government made this clear distinction on the 29th July 2025, when the HHS, FDA, and the DEA announced coordinated federal action to schedule concentrated synthetic 7-OH. Commissioner Makary stated “To be clear, the kratom plant leaf, which contains trace amounts of 7-OH and has been consumed for centuries, is not our focus at the FDA.” This distinction is grounded in scientific review and supported by the FDA’s own human clinical research evaluating natural kratom leaf. Assembly Bill 1088 reflects an emerging statewide framework that would prohibit synthetic alkaloids and regulate natural kratom products with restricted youth access and includes labeling and packaging requirements. Several California jurisdictions have adopted regulatory models, such as La Quinta, Fresno, Huntington Beach, Fresno County, Riverside County, and Orange County, Los Angeles sits in a prominent position within the state of California and the City Council owes it to their constituents to avoid conflating these two fundamentally different products and to refrain from endorsing blanket bans. A resolution endorsing the CDPH’s efforts would undermine the state legislature’s intent to craft a tailored policy solution. We ask the City Council to use its influence to pressure the state to work quickly in implementing regulation. AB 1088 would ensure consistent statewide standards, preserve due process, focus enforcement efforts and avoid unintended consequences. To further assist regulators, we have enclosed visual reference material to illustrate the differences between natural kratom and concentrated, synthetic 7-OH products, as well as a database of all known synthetic alkaloid product brands. As you review these documents, you’ll be able to see key differences in the product format, labeling language, alkaloid composition, and risk profile. This demonstrates that differentiation is straightforward and enforceable. GKC would welcome the opportunity to engage further with the Council or staff to provide scientific background, regulatory comparisons and legislative updates as this issue continues to evolve. Thank you for your consideration and for your commitment to thoughtful, evidence-based policymaking. Respectfully submitted, Allison Smith Director of Government Affairs Global Kratom Coalition

Concentrated Synthetic 7-OH vs. Natural Kratom Leaf

Concentrated Synthetic 7-Hydroxymitragynine (7-OH)

Real, Natural Kratom Leaf

AT A GLANCE COMPARISON

7-OH (high concentration)	Primary Alkaloid	Mitragynine
Lab made synthetic opioid	Origin	Natural botanical leaf
7-OH highlighted; flashy brand names	Label Clues	Whole leaf, powder, natural
Tabs, pills, gummies	Format	Leaf, powder, tea, capsules
Blue Razz, Mintopia, Baja Blast	Taste Profile	Bitter taste with high-fiber texture
High; similar to illicit opioids	Risk Profile	Low; long traditional use

HOW TO IDENTIFY

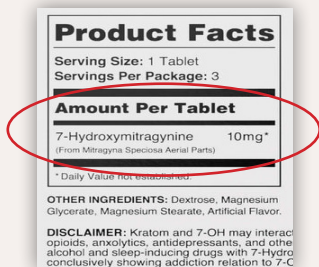
Front Label

- "7-OH," "7-Hydroxy," "7-Hydroxymitragynine" often listed prominently.
- Brand names like Perks, Hydroxy, Roxy, Dopium, 7Ohmz, etc.



Back Label

- 7-Hydroxymitragynine listed as the primary or most abundant alkaloid.
- Often shows high or isolated concentrations.



Formats

- Pills, tablets, gummies, candy style chews, novelty packaging.
- Formulas: "Rapid-Release," "Extra Strength," "Maximum Strength," "High Potency."



What It Really Is:

- A lab made, concentrated synthetic opioid up to 13x stronger than morphine.
- Not a natural kratom product.



**CONCENTRATED
SYNTHETIC
7-OH PRODUCTS
DATABASE**

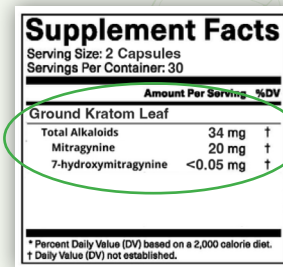
Front Label

- Words like "Natural," "Leaf," "Whole Leaf," "Botanical," "Powder," "Tea," "Capsules."



Back Label

- Mitragynine is the most abundant alkaloid.
- 7-OH appears only in trace amounts. (Typically, well under ~2%).



Formats

- Dried crushed leaf, powder, teas, liquid suspensions, capsules containing powder.



What It Really Is:

- A natural botanical used safely for centuries.
- Low potency dried leaf plant material.
- Nothing isolated or synthetically enhanced.

Communication from Public

Name: Naomi Oleson

Date Submitted: 02/05/2026 01:00 PM

Council File No: 25-1357

Comments for Public Posting: I was a hard methamphetamine addict for 15 years. Kratom saved me and now I work at a elementary school.

Communication from Public

Name: Aaron

Date Submitted: 02/05/2026 01:06 PM

Council File No: 25-1357

Comments for Public Posting: I have used plain powder Kratom for 8 years. It has helped my anxiety an depression so much. I'm mainly holistic I don't like to use any otc or pharmaceuticals. I don't buy from a gas station. An that is the problem this gas station stuff has extra stuff in it and is not the same. I'm not strung out I'm a responsible tax paying citizen. I hold down a job, own my own cars. Raised my children. Kratom is not the problem! It's the gas station stuff an people chasing something that don't get you high! Control plays a huge part.

Communication from Public

Name: JJ King

Date Submitted: 02/05/2026 01:12 PM

Council File No: 25-1357

Comments for Public Posting: I am on disability for a painful condition. Tennessee drs decided NOT to provide pain meds to those who needed them. NO drs cared. A decade ago, I found kratom. I have never been i to drugs as a kid or later. I hated that I needed pain meds at all but my condition is extremely painful. I started taking 1 & 1/2 teaspoon on average about 6 hours apart. It doesnt get me high, it just helps with my pain. I take pure leaf, unadulterated kratom for the last decade. It helps me get out of bed and take care of my spouse on disability too. It helps both of us for years now. My spouse taked about 2 teaspoons but dose hasn't gone up at all. If I am not in pain, I forget to take kratom. I do not feel withdrawals and can take kratom with any other meds like heart and diabetes. Please dont ban kratom. Have all the fun you want with 7OH but it is NOT kratom. Please leave pure leaf, unadulterated kratom (in powder form). Thank you for listening to my story. *KEEP KRATOM LEGAL

Communication from Public

Name: Nicole Damron

Date Submitted: 02/05/2026 01:23 PM

Council File No: 25-1357

Comments for Public Posting: I have taken kratom for several years now for pain it's helped me better than anything ever has!! I am here to let you know how there is a difference between kratom and the synthetic 7oh. I am in support of banning the 7oh but the natural leaf kratom is not bad it's actually very safe and we need kratom.

Communication from Public

Name: Regina Knight

Date Submitted: 02/05/2026 02:33 PM

Council File No: 25-1357

Comments for Public Posting: I OPPOSE THIS. This substance has helped save my life and if I hadn't have found it I'd probably not be here today. Living with intractable pain makes everything really hard, and people who don't live with pain like that have no idea what it's like. Some days I can barely get out of bed let alone go to work. Kratom and 7oh help me to actually have a life outside of my bed. I'm not suffering 24hrs out of the day like I was before. I can actually find joy in my life, play with my grandkids..take my dog for a walk. You take away my access to Kratom and all that goes away, I'll be back Confined to my bed. Put some regulations on the stuff, like no one under 21yrs old can purchase it. But I'm begging you, please don't take it away. I don't know if I will be able to see a light at the end of the tunnel if you take it away.

Communication from Public

Name: Wanda Richard
Date Submitted: 02/05/2026 02:47 PM
Council File No: 25-1357
Comments for Public Posting: Please adopt AB1088 and regulate normal Kartom and Ban the synthetic (7-OH). Thank you.

Communication from Public

Name: Cheree

Date Submitted: 02/05/2026 03:57 PM

Council File No: 25-1357

Comments for Public Posting: I am writing to respectfully urge you to support the legalization and responsible regulation of kratom. For my family, this is not a political issue — it is deeply personal. Kratom has been life-changing for multiple members of my family who live with chronic, severe pain. One of my grandmothers suffered a broken shoulder, and another endured five fractured vertebrae in her spine. Traditional opioid pain medications were intolerable and carry risks, such as death, that frightened us as a family. Kratom allowed them to manage pain, remain mentally clear, and preserve a quality of life that prescription narcotics could not offer. My father lives with daily, persistent pain. Kratom has helped him function without the dangerous side effects that so often accompany opioid medications — including dependency, cognitive impairment, and the very real risk of overdose and death. We are not alone. Millions of Americans use kratom responsibly as a safer alternative to opioids for pain management, withdrawal support, and improved daily functioning. Criminalizing kratom does not eliminate its use — it pushes it underground, removes quality control, and puts people at greater risk. Legalization with regulation is the responsible path forward. By regulating kratom, lawmakers can: • Ensure product purity and accurate labeling • Prevent adulteration or contamination • Protect consumers through age limits and manufacturing standards • Reduce reliance on opioids that have devastated families and communities The opioid crisis has taught us what happens when safer alternatives are removed and people are left with limited options. Kratom has helped many avoid or reduce opioid use — including members of my own family — without the catastrophic consequences we have seen with prescription painkillers. I ask that you consider the voices of families like mine. We are not asking for unchecked access — we are asking for safe, legal, regulated access to a plant that has brought relief, dignity, and hope where conventional medicine has failed. Thank you for taking the time to listen to those of us whose lives are directly affected by this issue. Respectfully, Cheree Heagle-Richard

Communication from Public

Name: Vincent Ruff

Date Submitted: 02/05/2026 05:29 PM

Council File No: 25-1357

Comments for Public Posting: Hello my Name is Vincent Ruff, I'm urging anyone who reads this to understand if 7oh and kratom gets banned it will massively effect the people in a negative way. 7oh and kratom are saving people lives, tens of thousands of people only got off of there substance habits like alcohol, opioids and fentanyl only because of there ability to use 7oh. Millions of Americans use kratom or 7oh to deal with stress, pain, depression, energy, opiate withdrawal, alcohol abuse and just for general relaxation. If 7oh or kratom gets banned it's going to create a illegal underground market which means untested products and having fake 7oh products laced with fentanyl. If this goes threw and 7oh or kratom gets banned it will unwillingly lead millions of hard working citizens to those unregulated products or back to much worse habits, and ultimately Death. Please I urge everyone to vote no on this or delay it and come in with product serving limits. Alcohol kills 500000 people every year, if the people have the right to drink they should have the freedom to use something that's saving lives and is ultimately better for your health than alcohol. My Mother and father use kratom powder. My mother deal with Cyclic Vomiting syndrome and 7oh is ones of the only things that provides relief during her episodes. If her access to 7oh is stripped she will be unwilling condemned to many nights of pure misery and pain. Please I urge anyone who reading this to stand up for the people and vote no on the 7 of h and kratom bann

Communication from Public

Name: Glenn Johnson

Date Submitted: 02/05/2026 05:35 PM

Council File No: 25-1357

Comments for Public Posting: My Journey from Addiction to Sobriety: How Kratom Helped Save My Life I began drinking as a teenager, which quickly progressed to marijuana and then harder drugs. By my mid-twenties, I had learned to completely numb my emotions with chemicals. This pattern served me well enough through my twenties and early thirties, where heavy drug and alcohol use could still be disguised as “just partying.” But as I grew older and pursued more serious relationships, marriage, and the possibility of starting a family, the demands of life changed. These relationships required selflessness, patience, and emotional presence—qualities that my addiction made impossible. The substances that once masked my pain now created constant friction, conflict, and destruction. Ten years later, my life lay in ruins. I was at the end of my second marriage, my children from my first marriage had moved to another state, I was in poor physical health, unemployed, and living in a rundown trailer. I had truly hit rock bottom. Desperate, I finally sought the treatment I had long avoided. For the next five years, I cycled in and out of rehab programs, sober living homes, and therapy. I relapsed chronically, moving between as many apartments as jobs. My intentions were genuine—I desperately wanted to get clean and rebuild my life. I achieved stretches of sobriety, including one remarkable period of 46 days. But no matter how much therapy I received or how many sober days I strung together, something was always missing. I could never find the deep, lasting peace that true long-term sobriety brings. Deep down, I wanted to want sobriety, but the craving and inner turmoil never fully lifted. Then came the turning point. After what seemed to be the final collapse of my third marriage, I walked into a church service feeling broken and hopeless. During the sermon, the pastor spoke words that felt directed straight at me. He referenced John 5:1-18, the story of Jesus healing the paralyzed man at the pool of Bethesda and commanding him, “Get up! Pick up your mat and walk.” In that moment, the verse pierced my heart—it was a call to rise from my paralysis of addiction, leave behind the old life that kept me stuck, and walk forward in freedom. Inspired, I decided to get the verse tattooed on my arm as a permanent reminder. While waiting at the tattoo parlor, I noticed a display of kratom products. I asked the artist about it, and he explained that it could

help with sleep and relaxation. At that point, I was willing to try anything to support my sobriety—especially since insomnia had always been one of my biggest triggers for relapse. I thought, “What do I have to lose? If I’m going to stay sober, I need help sleeping.” That small decision changed everything. Eight years later, I remain completely free from alcohol and drugs. I am happily reunited and married to the love of my life—the woman I thought I had lost forever. Together, we own our own home and run a successful business. We live comfortably in a time when that is increasingly difficult to achieve. I have rebuilt an amazing, loving relationship with my children, who moved away more than 15 years ago. My wife and I now support more than half a dozen people financially and emotionally, giving back in ways I never imagined possible. Most importantly, I am genuinely happy and healthy—physically, mentally, and spiritually. My wife credits this transformation to the power of God, and I wholeheartedly agree. I believe God placed kratom in my path that day at the tattoo shop. Without it, I would not have been able to manage the insomnia, anxiety, and lingering discomfort that had derailed every previous attempt at sobriety. Kratom provided the practical support I needed to finally stay on the path of recovery. Drugs and alcohol initially helped me numb the deep childhood trauma I carried, and they worked for a time. But they only delayed the inevitable—until the demands of real responsibility and selflessness exposed their destructive nature. Left unchecked, they would have killed me. Kratom, by contrast, gave me the stability and relief necessary to confront and heal that trauma, rather than simply masking it. It has been an essential tool in my ongoing recovery, allowing me to live the full, meaningful life that God intended. I share my story not to promote reckless use, but to plead with the Ohio legislature: Please do not ban kratom. For people like me—those who have exhausted conventional treatments and hit rock bottom—responsible access to this plant can be the difference between life and death, despair and redemption. It was, quite literally, part of the miracle that saved mine. Thank you for considering my testimony.

My Journey from Addiction to Sobriety: How Kratom Helped Save My Life

I began drinking as a teenager, which quickly progressed to marijuana and then harder drugs. By my mid-twenties, I had learned to completely numb my emotions with chemicals. This pattern served me well enough through my twenties and early thirties, where heavy drug and alcohol use could still be disguised as “just partying.”

But as I grew older and pursued more serious relationships, marriage, and the possibility of starting a family, the demands of life changed. These relationships required selflessness, patience, and emotional presence—qualities that my addiction made impossible. The substances that once masked my pain now created constant friction, conflict, and destruction.

Ten years later, my life lay in ruins. I was at the end of my second marriage, my children from my first marriage had moved to another state, I was in poor physical health, unemployed, and living in a rundown trailer. I had truly hit rock bottom. Desperate, I finally sought the treatment I had long avoided.

For the next five years, I cycled in and out of rehab programs, sober living homes, and therapy. I relapsed chronically, moving between as many apartments as jobs. My intentions were genuine—I desperately wanted to get clean and rebuild my life. I achieved stretches of sobriety, including one remarkable period of 46 days. But no matter how much therapy I received or how many sober days I strung together, something was always missing. I could never find the deep, lasting peace that true long-term sobriety brings. Deep down, I wanted to *want* sobriety, but the craving and inner turmoil never fully lifted.

Then came the turning point. After what seemed to be the final collapse of my third marriage, I walked into a church service feeling broken and hopeless. During the sermon, the pastor spoke words that felt directed straight at me. He referenced **John 5:1-18**, the story of Jesus healing the paralyzed man at the pool of Bethesda and commanding him, “Get up! Pick up your mat and walk.” In that moment, the verse pierced my heart—it was a call to rise from my paralysis of addiction, leave behind the old life that kept me stuck, and walk forward in freedom.

Inspired, I decided to get the verse tattooed on my arm as a permanent reminder. While waiting at the tattoo parlor, I noticed a display of kratom products. I asked the artist about it, and he explained that it could help with sleep and relaxation. At that point, I was willing to try anything to support my sobriety—especially since insomnia had always been one of my biggest triggers for relapse. I thought, “What do I have to lose? If I’m going to stay sober, I need help sleeping.”

That small decision changed everything.

Eight years later, I remain completely free from alcohol and drugs. I am happily reunited and married to the love of my life—the woman I thought I had lost forever. Together, we own our own home and run a successful business. We live comfortably in a time when that is increasingly difficult to achieve. I have rebuilt an amazing, loving relationship with my children, who moved away more than 15 years ago. My wife and I now support more than half a dozen people financially and emotionally, giving back in ways I never imagined possible.

Most importantly, I am genuinely happy and healthy—physically, mentally, and spiritually.

My wife credits this transformation to the power of God, and I wholeheartedly agree. I believe God placed kratom in my path that day at the tattoo shop. Without it, I would not have been able to manage the insomnia, anxiety, and lingering discomfort that had derailed every previous attempt at sobriety. Kratom provided the practical support I needed to finally stay on the path of recovery.

Drugs and alcohol initially helped me numb the deep childhood trauma I carried, and they worked for a time. But they only delayed the inevitable—until the demands of real responsibility and selflessness exposed their destructive nature. Left unchecked, they would have killed me.

Kratom, by contrast, gave me the stability and relief necessary to confront and heal that trauma, rather than simply masking it. It has been an essential tool in my ongoing recovery, allowing me to live the full, meaningful life that God intended.

I share my story not to promote reckless use, but to plead with the Ohio legislature: Please do not ban kratom. For people like me—those who have exhausted conventional treatments and hit rock bottom—responsible access to this plant can be the difference between life and death, despair and redemption. It was, quite literally, part of the miracle that saved mine. Thank you for considering my testimony.

Communication from Public

Name: Mr. Cernetic

Date Submitted: 02/05/2026 06:41 PM

Council File No: 25-1357

Comments for Public Posting: I oppose Council File 25-135. The City should not seek to ban Kratom and/or 7-OH without having a very compelling reason to do so. The move to ban Kratom/7-OH is not based on any issue with Kratom/7-OH, but appears to be a rush reaction due to fear-mongering. There are not people living on city streets or flooding the emergency rooms and morgues due to Kratom/7-OH. Tylenol, if fact, kills and injures more people each and every year than Kratom/7-OH ever have. Banning Kratom/7-OH will have a negative affect on the citizens of LA as many people have used Kratom/7-OH in order to stop using dangerous illicit drugs and pharmaceuticals. I would hope that the city council would move to thoroughly study this issue before making a rash decision that will negatively affect the citizens that it serves.

Communication from Public

Name: Alyson Burton

Date Submitted: 02/06/2026 01:11 AM

Council File No: 25-1357

Comments for Public Posting: I strongly urge the City to OPPOSE Agenda Item #7 (File 25-135). The City should not rush to ban something that will have a serious and harmful impact on impacted communities. Estimates suggest that over 200,000 people in Los Angeles would be affected by this decision. I am one of those people. Before moving this forward, the City should schedule a study session that includes medical experts, researchers, harm-reduction specialists, and most importantly, people who actually rely on kratom and related products in their daily lives. Kratom and 7-OH have had a positive and stabilizing impact on my life. I live with chronic pain and treatment-resistant depression, and I have spent years navigating a healthcare system that repeatedly failed to provide effective or tolerable options. Prescription medications either did not work or came with side effects that were worse than the conditions they were meant to treat. Kratom gave me a way to function, to care for my family, and to remain engaged in my community without intoxication or impairment. It has helped me manage pain and mood in a way that allowed me to live more normally, not less. Prohibition will not make people safer. It will do the opposite. Banning kratom and 7-OH will push consumers into unregulated or black markets, where there is no quality control, no labeling, no age restrictions, and no testing for contaminants. That is where real danger lives. People will not simply stop using something that helps them survive. They will be forced to take greater risks to access it. If the City truly cares about public health, it should focus on regulation, education, and harm reduction, not prohibition. Rushing a ban without proper study, community input, or consideration of unintended consequences will harm the very people the City claims to want to protect. Please oppose Agenda Item #7 and take the time to study this issue responsibly, with impacted community members at the table. Thank you for your consideration.

Communication from Public

Name: Michael Nugent

Date Submitted: 02/06/2026 06:12 AM

Council File No: 25-1357

Comments for Public Posting: I have watched the drug 7-OH ruin countless lives around me. This is a highly addictive drug whose tolerance raises extremely quickly and it is very short duration. Some of these smoke shops actually had out free samples which is right out of a movie. Please get this poison off the street and hold the people selling it accountable.

Communication from Public

Name: Nancy Williams
Date Submitted: 02/06/2026 06:19 AM
Council File No: 25-1357

Comments for Public Posting: I have been using kratom for more than 5 years and started due to chronic back pain (I've had spinal fusion surgery, steroid injections, physical therapy, acupuncture). I had been using opioid pain medication - a relatively small dose - but the FDA/doctors started getting heavy handed about monitoring, reducing patient's dosage. I continually felt like some kind of criminal, scouting around to dozens of pharmacies trying to find the medication, peeing in a cup monthly with a nurse hovering - I'm in my 60s with a chronic issue that will not get better, but I decided I no longer wanted take opioids or have to deal with the whole justification situation every month so weaned myself off. I also weaned myself off – over a 1-year period – an anti-anxiety medication. In addition, I've had issues with migraines all my adult life and sleep problems. I'd read about kratom and that it could assist with these issues in a subtle, non-narcotic way and thought I'd give it a try. I did my research and found an online company, Happy Hippo, that uses the highest premium, lab-tested quality Kratom on the market. They also follow legitimate consumer safety protocols. Chronic pain tends to wear on a person, and I find that I'm nearly always fatigued. Kratom, which comes in different 'speeds', helps give me a subtle lift and more mental clarity for daytime activities. No more than caffeine and without jitteriness! In the evening a slower speed is relaxing when my body has been tensing up throughout the day, helping with pain, etc. I have nothing else besides lidocaine or natural ingredient creams that even partially help. Please don't ban natural kratom in LA County. It is understandable for synthetic forms to be banned as they seem to be an unpredictable form and unfortunately is causing fear for all forms when natural kratom, used in moderation, has shown to be safe and helpful to many people. Thank you for your consideration.

Communication from Public

Name: Allison Smith

Date Submitted: 02/06/2026 06:40 AM

Council File No: 25-1357

Comments for Public Posting: Dear Chair and Honorable Members of the Board: On behalf of the Global Kratom Coalition (GKC), we write to respectfully urge the Los Angeles County Board of Supervisors to pursue a targeted approach to kratom products that is consistent with recent federal and state action, rather than a blanket ban that would unintentionally encompass lawful products. We appreciate the Board's leadership in addressing emerging public-health concerns related to concentrated, synthetic 7-hydroxymitragynine (7-OH) products and recognize the seriousness of the harms caused by these products. The tragic deaths associated with concentrated 7-OH underscore the need for decisive action. Importantly, recent federal, state and local developments demonstrate that it is possible and practical to distinguish the dangerous synthetic products from natural kratom leaf. On July 29, 2025, HHS, FDA, and the DEA announced coordinated federal action to schedule concentrated synthetic 7-OH, that is found in novel opioid products, as a Schedule I controlled substance. For context, natural 7-OH is an oxidative byproduct compound found in trace amounts in dried kratom leaf. However, synthetic 7-OH products have concentrated 7-OH at levels that are more than 100 times higher than what is found in natural kratom leaf resulting in products that are 13 times more potent than morphine. Federal enforcement actions and warning letters have focused specifically on these synthetic products that are illegally marketed and present opioid-like risks, while explicitly not targeting natural kratom leaf. This distinction is grounded in scientific review and supported by the FDA's own human clinical research evaluating natural kratom leaf. The State of California is moving in the same direction. Assembly Bill 1088 reflects an emerging statewide framework that would prohibit synthetic alkaloids and regulate natural kratom products with restricted youth access and labeling/packaging requirements. Several California jurisdictions have adopted regulatory models that preserve adult access to natural kratom leaf while prohibiting or restricting derivatives. Local governments have practical tools to differentiate between these products in real-world enforcement. GKC maintains a publicly available database of concentrated, synthetic 7-OH products, documenting their names and labeling/marketing practices. This database is currently used by regulators, advocates, and enforcement officials

to identify and remove synthetic 7-OH products without impacting lawful botanical kratom leaf products. To further assist regulators, we have enclosed visual reference material to illustrate the differences between natural kratom and concentrated, synthetic 7-OH products. As you review these documents, you'll be able to see key differences in the product format, labeling language, alkaloid composition, and risk profile. This demonstrates that differentiation is straightforward and enforceable. Finally, we have enclosed a document listing a variety of clinical studies and peer-reviewed research examining the safety, tolerability, and pharmacokinetics of natural kratom leaf. This document summarizes more than a decade of scientific evaluation and further supports the distinction between the two products. For these reasons, we respectfully request that the Los Angeles County consider regulation that:

- Prohibits the manufacture, sale, and distribution of concentrated, synthetic 7-OH products through a threshold of 2% 7-hydroxymitragynine
- Establish an age-restriction on the sale of natural kratom products to 21+
- Implement clear labeling and packaging requirements to ensure its not attractive to children and maintain product compliance with the 2% threshold
- Direct enforcement resources toward products that pose a demonstrated risk
- A blanket ban on all kratom products risks unintended consequences, including driving consumers toward unregulated markets or more dangerous substances, while diverting enforcement attention away from the synthetic products responsible for recent harms.

A targeted, evidence-based regulatory approach allows the County to advance harm-reduction goals while remaining consistent with evolving federal and state policy. We would welcome the opportunity to engage further with the Board, County Counsel, or relevant departments as the County evaluates regulatory options. GKC stands ready to provide additional data, regulatory models, and technical assistance to support an approach that protects public health without unintended collateral effects. Thank you for your consideration and for your continued leadership on this important issue. Respectfully submitted, Allison Smith Director of Government Affairs Global Kratom Coalition

Concentrated Synthetic 7-OH vs. Natural Kratom Leaf

Concentrated Synthetic 7-Hydroxymitragynine (7-OH)

Real, Natural Kratom Leaf

AT A GLANCE COMPARISON

7-OH (high concentration)	Primary Alkaloid	Mitragynine
Lab made synthetic opioid	Origin	Natural botanical leaf
7-OH highlighted; flashy brand names	Label Clues	Whole leaf, powder, natural
Tabs, pills, gummies	Format	Leaf, powder, tea, capsules
Blue Razz, Mintopia, Baja Blast	Taste Profile	Bitter taste with high-fiber texture
High; similar to illicit opioids	Risk Profile	Low; long traditional use

HOW TO IDENTIFY

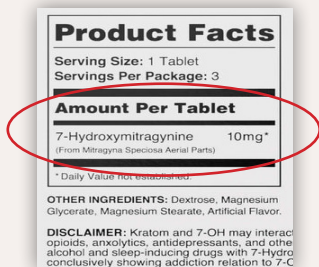
Front Label

- "7-OH," "7-Hydroxy," "7-Hydroxymitragynine" often listed prominently.
- Brand names like Perks, Hydroxy, Roxy, Dopium, 7Ohmz, etc.



Back Label

- 7-Hydroxymitragynine listed as the primary or most abundant alkaloid.
- Often shows high or isolated concentrations.



Formats

- Pills, tablets, gummies, candy style chews, novelty packaging.
- Formulas: "Rapid-Release," "Extra Strength," "Maximum Strength," "High Potency."



What It Really Is:

- A lab made, concentrated synthetic opioid up to 13x stronger than morphine.
- Not a natural kratom product.



**CONCENTRATED
SYNTHETIC
7-OH PRODUCTS
DATABASE**

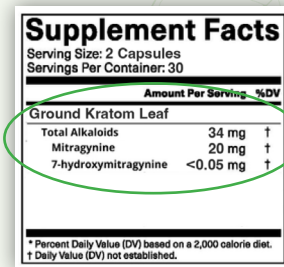
Front Label

- Words like "Natural," "Leaf," "Whole Leaf," "Botanical," "Powder," "Tea," "Capsules."



Back Label

- Mitragynine is the most abundant alkaloid.
- 7-OH appears only in trace amounts. (Typically, well under ~2%).



Formats

- Dried crushed leaf, powder, teas, liquid suspensions, capsules containing powder.



What It Really Is:

- A natural botanical used safely for centuries.
- Low potency dried leaf plant material.
- Nothing isolated or synthetically enhanced.

Communication from Public

Name: Zac Lamkin

Date Submitted: 02/06/2026 07:20 AM

Council File No: 25-1357

Comments for Public Posting: Hope Has a Name: 7-OH Saved My Life — Please Don't Ban It
By Zach L. I just turned 30. That might not sound like much — unless you've nearly died four times before getting there. For the past ten years, I battled opioid addiction. Fake pills. Xanax. Coke. Anything to quiet the storm in my head. I overdosed four times. I went to rehab twice. I couldn't hold a job. I couldn't even stand upright in Target without collapsing — embarrassing myself and my wife. But worst of all, I wasn't the partner or father my family so rightfully deserves. My wife — who has never touched a drug in her life — watched me disappear in front of her eyes. She did everything she could to pull me back. I tried methadone. I tried Suboxone. But they felt like trading one kind of misery for another. I wasn't high — but I wasn't alive either. I was numb. Emotionally flatlined. Still chemically dependent. I wasn't playing with my kids. I wasn't working. I wasn't healing. I wasn't me — or the person my wife and children deserved. Then I found 7-hydroxymitragynine, or 7-OH, as it's known. From the first time I took it, something shifted. I didn't feel high. I felt normal. Present. The cravings faded. The constant anxiety and depression began to lift. I wasn't consumed by what I needed next. For the first time in a decade, I could sit with my wife and kids without the monster of withdrawal breathing down my neck — without doubting that I could live sober and still feel whole. That was over a year ago. Since then, I've stayed clean. Not one relapse. Not one moment where I thought, "Maybe I need something else." I've found my drive again. I've rebuilt trust with my family and friends. I've regained the confidence to help others plan their futures and retire with dignity. Today, I'm a licensed financial advisor, working toward additional degrees. I come home every night to two giggling kids who know that when Dad walks through the door, it's playtime — not nap time, not withdrawal time, not rehab time. My wife, who was once skeptical of 7-OH, is now one of its fiercest defenders. She sees the difference — not just in my body, but in my spirit. She says she has her husband back. That's why I'm begging lawmakers: please don't ban this compound. I understand the concern. We're living through a devastating opioid crisis that has claimed hundreds of thousands of lives. It makes sense to be cautious with anything that interacts with the brain's reward system. But 7-OH is not fentanyl. It's not

methadone or Suboxone either. It doesn't knock you out. It doesn't make you numb or foggy. It doesn't steal your joy or your will to live. It helps you feel normal. It quiets the cravings without killing your soul. Most importantly — it has never made me feel like I was in danger of overdosing again. Banning 7-OH isn't the answer. That only creates a vacuum — one that could easily be filled by another fentanyl analog, maybe one that doesn't even show up on a drug test. For \$5 or less, you can find a pressed pill on the street. That's the cost of one bad decision — one that can end in death. And with the internet, access is easier than ever. That's what terrifies me. 7-OH gives me the relief I need to stay clean — without stealing my clarity or identity. It lets me be present. It helps me focus on what's in front of me, instead of spiraling into fear about the future or regret about the past. I'm not saying 7-OH is a miracle drug. I'm not saying it's for everyone. But it's a tool — and it's working. For me, and for thousands of others who tried everything else and found only despair. Like anything, it requires responsibility. Too much of any good thing can be harmful. But with proper education and regulation, that risk is manageable. People like me aren't trying to get high. We're trying to live. If you ban 7-OH, you're not saving lives — you're putting them at risk. You're pushing people toward relapse, toward unregulated and truly dangerous street drugs. You're taking away the one thing that helped me claw my way out of the darkest place I've ever been. So let's regulate it. Let's study it. Let's keep it out of the wrong hands. But please — don't ban it. Because for me — and for so many others — this isn't just a chemical. It's hope.

Communication from Public

Name: Art Richard

Date Submitted: 02/05/2026 01:37 PM

Council File No: 25-1357

Comments for Public Posting: My name is Art Richard. I'm a 70yr old homeowner who has been supplementing my daily routine with ½ tablespoon of pure leaf Kratom for my anxiety, I started 8 years ago and have never needed to increase the amount I take and still get the great result I had been frantically searching for for 50 years. Please DO NOT lump pure leaf Kratom with 7-OH. One is natural with multiple studies from John Hopkins, showing the leaf kratom to be safe. IF leaf kratom is treated like 7-oh and banned the number of people that would evert back to opioids would be devastating – that might be the goal from big pharma to boost profits by regaining more addicts – but for the people pure leaf Kratom is a Godsend. Art Richard 949 243 2812..