

Communication from Public

Name: Shannon OLeary

Date Submitted: 02/05/2026 08:40 AM

Council File No: 25-1357

Comments for Public Posting: I vehemently oppose Council File Number 25-135. Los Angeles should not rush to ban kratom and 7-OH products. Taking such a harsh stance and rushing to judgment will have a negative effect on hundreds of thousands of LA residents. It will also be a significant and chilling departure from harm reduction policies towards prohibition, which doesn't reflect the values of this city. I humbly request that our esteemed city council members schedule a study session before moving this forward. I have safely used kratom products since 2017 in LA. Having safe access to kratom products has had an enormously positive impact on me personally and it would be a great hardship to lose that.

Communication from Public

Name: BAS

Date Submitted: 02/05/2026 08:55 AM

Council File No: 25-1357

Comments for Public Posting: Hello, I'm submitting comment to ask you to not ban plain leaf Kratom and instead ban 70h which is the sole reason why this is even happening. Kratom has been legal for many years, many many years and straightened out. Many people's lives. Taking that away would be devastating for many people. Thank you for your consideration. Have a good day

Communication from Public

Name: Billy Rowlett

Date Submitted: 02/05/2026 08:57 AM

Council File No: 25-1357

Comments for Public Posting: Yay for regular plain leaf kratom. It saved my life. That 7oh is trash and should be banned across the world! These 2 things are not interchangeable. One is not the other. 2 completely different things and it's not right to treat them as such. Thank you for your consideration. Have a good day

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Date Submitted: 02/05/2026 08:57 AM

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Communication from Public

Name: BR

Date Submitted: 02/05/2026 09:00 AM

Council File No: 25-1357

Comments for Public Posting: Please ban all synthetically modified products claiming to be plain leaf Kratom.. Kratom is not made in a lab but it will save people in active addiction as long as you don't take it away. Please don't ban natural kratom, take 7oh off the market and all other research chemicals! Thank you for your time. Have a good day

Communication from Public

Name: Adam

Date Submitted: 02/05/2026 09:26 AM

Council File No: 25-1357

Comments for Public Posting: Picture this. You walk into your local coffee shop to buy a cup of coffee — something millions of people use responsibly every day. Something I use responsibly. They tell you they're out of coffee. All they have left is an ultra-powerful synthetic caffeine pill — often described as about 30 times stronger than coffee. The label even says each tiny pill is “six servings.” So you leave and go to the convenience store down the street. Same thing. No coffee. Just the pill. You don't want the pill — but it's the only option left. So eventually, that's what you try. And it's overwhelming. Unpredictable. Way more intense than anything you were looking for. That's not a thought experiment — that's exactly what happened to me with 7-OH. So what happened? The responsible brands that sell safe leaf Kratom are self policing. Pulling product off the Shelves because of what the city is signaling. While the strongest synthetic products stayed on the shelf. That's backwards. Public health is supposed to reduce harm — not push people away from safer options and toward riskier ones. My request is: Please separate natural kratom from synthetic 7-OH. Regulate kratom responsibly. Focus enforcement on high-potency synthetic products. Don't ban coffee because someone invented an insanely powerful caffeine pill. Thank you.

Communication from Public

Name:

Date Submitted: 02/05/2026 09:49 AM

Council File No: 25-1357

Comments for Public Posting: I strongly oppose Council File: 25-1357 and any other efforts to ban kratom and 7oh in the city of Los Angeles. This kind of legislation is dangerous and marks a chilling and significant turn away from sound and scientific harm reduction policies towards prohibition. Please do not rush to judgment on a matter that will have immediate negative effects on hundreds of thousands of LA residents by removing safe access to kratom products. Thank you for your thoughtful consideration of this matter.

Communication from Public

Name: Sean D

Date Submitted: 02/05/2026 09:50 AM

Council File No: 25-1357

Comments for Public Posting: Hello, I OPPOSE Agenda Item #7 (File 25-135).. I have fibromyalgia and nothing else works for me. Please keep this legal so I can keep my job. Thank you

Communication from Public

Name: Keaton Box

Date Submitted: 02/05/2026 09:53 AM

Council File No: 25-1357

Comments for Public Posting: I am writing to oppose agenda item number 7. The City should not rush to ban something that will have a negative effect on impacted communities (estimated to be over 200,000 people in LA) and the City should schedule a study session before moving this forward. I am a member of the Kratom/7 oh community and have been using these plant based products for a decade now. I have been able to get sober from drugs and alcohol because of kratom and I know plenty of people who have done the same. Prohibition does not save lives, regulation does. Please do not ban these products simply due to the propaganda and misinformation that's circulating in the media. Nobody has died from kratom or 7 oh alone, and taking these harm reduction tools away from people like myself will lead to users going back to more dangerous substances. Adults should have the freedom to use these products.

Communication from Public

Name: Kate Hatfield

Date Submitted: 02/05/2026 10:09 AM

Council File No: 25-1357

Comments for Public Posting: I GREATLY OPPOSE AGENDA ITEM NUMBER 7! The City should NOT rush to ban something that will have a negative effect on impacted communities (estimated to be over 200,000 people in LA!!) The City should schedule a study session before moving this forward! I am a member of the community that will be directly impacted! Please think about this: I would ask council members that drink alcohol on occasion, or even a glass of wine with dinner every night: are you a drunk? Can you not take care of your loved ones because of alcohol? Are you spending all of your money on alcohol and adversely affecting your home life for you and for your family? I would say the answer is no. Just as the answer is that everyone who uses these natural substances for so many different ailments, are not adversely affecting their families either. In fact access to these plant materials have given some of us our life back! Made lives better for our families because we can get up and move around as the pain does not overwhelm us, and we are not laying in bed and fighting off negative side effects from pharmaceuticals anymore, and some of us: our anxiety and depression is lifted, making us better members of our family and parents as well. If Kratom and its derivatives are banned from use by responsible people, the adverse effects on the community will include, but is definitely not limited to: people going back to the streets for what they need, overdoses galore, possibly a new wave of more dangerous actual synthetics. And nobody wants that, no American Community deserves that. It is worth noting that the people that are going to abuse substances -are going to abuse substances. It doesn't matter if they are legal or not. And when one is gone, they will find another. Let's work on treating those individuals. But the people that can safely use these godsend plant derivatives, please study the real information and possibly regulate to where everyone can make their own decisions and inform the public responsibly instead of just ripping away the only thing that has worked during a lifetime of the people that it works for. Not everyone is an addict just like not everyone is a drunk. That is why alcohol is still available. But it is regulated. Please don't ban. Hear us out.

Communication from Public

Name: Nik Hartley

Date Submitted: 02/05/2026 10:13 AM

Council File No: 25-1357

Comments for Public Posting: I OPPOSE AGENDA ITEM #7, (File 25-135) The City should not rush to ban Kratom or 7oh. That will have an extremely negative and catastrophic effect on impacted communities of potentially 200,000+ people who use these incredible alkaloids for anything from pain relief, energy, depression, and for easing withdrawals from drugs like opioids or to help stay clean from said opioids. The City should schedule a study session before hastily rushing to move this forward. I am a member of this impacted community myself, kratom and 7-OH has positively impacted my life in a hugely significant way. It allows me to function and live a normal life through the severe back pain I deal with on a daily basis. I have never had any prescription medication that afforded me this level of pain relief without ANY side effects, which is exactly what I get from 7oh specifically. It is extremely safe, with no confirmed deaths from solo use in history, after nearly a billion doses taken worldwide. Why is something that helps millions of people like myself being targeted for an unfair ban when it is impossible to die from when taken by itself, while alcohol and cigarettes kill millions and offer none of the potential benefits that Kratom/7oh does? Prohibition and more of "The Drug War" would put people at risk and push consumers into unregulated or black markets, making the problem worse rather than fixing anything. Please take mine and other people's personal experiences to heart before rushing to ban something that allows to live functioning and present lives despite conditions like chronic pain. Banning 7oh or Kratom would be absolutely devastating and irresponsible, and would cause immense harm. They are safe and beneficial to millions of people, potentially hundreds of thousands in the impacted communities. Thank you.

Communication from Public

Name: Chris Mercurio

Date Submitted: 02/05/2026 10:14 AM

Council File No: 25-1357

Comments for Public Posting: Thank you for hearing me out, I am not a person who is active on social media or even the type to leave reviews or comments but I must say something about this. I have a accident 15 years ago and had 2 major back surgeries. The doctors just give pain pills and send you to pain management with no other option because my back nerves damage is so bad I can't do much physical therapy and exercise. I got off having to rely on pain pills when I found Kradom powder. I did research and saw that people in Asian countries have been using it for many years with it never being linked to any cancer or organ damage-LIKE ALCOHOL. People who dont know about Kradom just think its a opioid and classify it like pain pills but this is not the truth. This product has never killed anyone. IT DOES NOT effect you anywhere near how pain pills effect the body and mind. Making a tea in the morning takes away my back pain for a couple hours and DOES NOT make me lethargic like pain pills do. This is also a great product to have as the best option for people who dont want all the junk like acetaminophen and other fillers put in pill medications, also those without insurance or can't afford pain medications or who dont want to feel the side effects of pain medications. My mother just died 8 months ago from cancer and hated the way the oxycodone side effects made her feel and these side effects are why pain medications are abused- KRADOM doesn't effect anywhere near what a pain medication like vicodin would and its sad to see it just labeled as a danger product because people hear the word opioid associated with kradom and its NOT. if abused any product can become dangerous and I ask that you all just do more investigations about Kradom before you just ban something without really understanding it or the positive effect it has on MILLIONS of people. Without options like this to buy legally people will look for help anywhere, so hopefully you can delay this rash decision to ban Kradom and keep this option available to hard working, struggling with chronic back pain, God fearing American man and all of us out here who rely on it everyday.. Thank you for your time and God Bless..

Communication from Public

Name: David Patel

Date Submitted: 02/05/2026 10:15 AM

Council File No: 25-1357

Comments for Public Posting: Please do not ban something that is keeping thousands of people safe from potential overdoses with the truly dangerous drugs out there. This is a natural product and has helped me recover from my addiction over the last 10 years I have been drug free! Please this is a wrong move!

Communication from Public

Name: Joel

Date Submitted: 02/05/2026 10:35 AM

Council File No: 25-1357

Comments for Public Posting: I am writing as a Los Angeles County resident and a responsible kratom consumer who has used kratom as a tea for several years to manage chronic depression as well as post-surgical discomfort. It has been an effective, stabilizing tool in my life. I want to emphasize a real-world distinction that often gets lost in current discussions – for instance if I were to simultaneously run out of kratom and coffee, the result would be a 5-alarm emergency trip to the store to get coffee. However a temporary lack of kratom would not pose a personal crisis. I would simply reorder from one of many reputable online vendors and manage the short-term discomfort as I await standard, not express shipping. This stands in stark contrast to the narrative being shaped around 7-hydroxymitragynine (7-OH). Though 7-OH does exist naturally in trace amounts in kratom, the substance now raising concern is a concentrated, lab-produced version — a fundamentally different product. Regulating or restricting this manufactured compound seems reasonable and prudent. Equating it with natural kratom leaf is definitively not. A fair comparison would be: kratom is to 7-OH as poppy seeds are to morphine or codeine. One potentially harmful substance does not justify banning the other. I respectfully urge you to approach any legislation with nuance and scientific accuracy, so that responsible consumers are not harmed by policies intended to address a separate, synthetic substance. Thank you for your time and attention. Sincerely, Joel Downtown Los Angeles

Communication from Public

Name: Paula

Date Submitted: 02/05/2026 10:38 AM

Council File No: 25-1357

Comments for Public Posting: I OPPOSE Agenda Item #7 (File 25-135)! Please do not ban kratom or 7-oh. It is life changing help for chronic pain and myself and my elderly family members use it for our chronic conditions. It IS possible to have responsible use. We just need 21 year old or older age verification for one thing. That would help manage irresponsible use alleged by minors etc. I do not want to see something that has helped my family and I so much banned. Thank you for your time.

Communication from Public

Name: John Cleveland
Date Submitted: 02/05/2026 11:47 AM
Council File No: 25-1357
Comments for Public Posting: Please find attached a comment from Holistic Alternative Recovery Trust regarding "Resolution (Padilla – Lee) relative to Los Angeles County Department of Public Health (DPH) efforts to ban the sale of products containing kratom and the synthetic kratom compound known as 7-Hydroxymitragynine (7-OH)." This is File Number 25-1357, which is set to be addressed during the February 6 meeting of the Los Angeles City Council's "Rules, Elections and Intergovernmental Relations Committee."



February 5, 2026

Rules, Elections and Intergovernmental Relations Committee
Los Angeles City Council
Room 340, City Hall
200 North Spring Street
Los Angeles, CA 90012

To the Members of the Los Angeles City Council's Rules, Elections and Intergovernmental Relations Committee:

On behalf of [Holistic Alternative Recovery Trust](#) (HART), I write regarding new potential regulations in the City of Los Angeles related to kratom and its natural alkaloid, 7-hydroxymitragynine (7-OH).

HART supports sensible regulation for all natural therapeutics derived from *mitragyna speciosa* or "kratom," including 7-OH. Sensible policies must be informed by public health research and reflect feedback from stakeholders, including the scientific community and medical experts, as well as public and consumer perspectives. They should balance the ideals of protecting children and the public while also protecting access for consumers who rely on kratom and 7-OH to manage pain and overcome addiction.

Lawmakers in 2026 should focus on immediate steps to ensure child safety while more thoughtful conversations about adult regulations follow a transparent and due process.

Immediate first steps for kratom and 7-OH in 2026 should include:

- Limiting sale of all Kratom products, including 7-OH, to 21+ locations;
- Requiring child-safe packaging; and
- Prohibiting packaging that appeals to children.

A total ban on kratom and 7-OH, by contrast, would cause immeasurable harm to hundreds of thousands of Los Angelenos who use kratom and 7-OH as tools to overcome opioid addiction. There are an estimated two million kratom and 7-OH consumers in California; many of them are residents of your city. These citizens are not criminals.

Kratom is an all-natural, botanical product made from the leaves of the *mitragyna speciosa* tree that grows in Southeast Asia and has been used for centuries for pain relief, energy, and to ease opioid withdrawal. Over 20 million Americans use kratom. Its primary active ingredient is an alkaloid called mitragynine, 24% of which is naturally converted in the human body into a metabolite called 7-hydroxymitragynine (7-OH). 7-OH is *not* synthetic; exposure occurs whenever kratom is consumed. Trace amounts of 7-OH are also found in the kratom leaf itself.

In recent years, some manufacturers have produced adult-use products containing standardized amounts of isolated 7-OH. This is analogous to the cannabis industry producing cannabis gummies or cannabis tablets from cannabis flower. These 7-OH products are most often used for



pain relief or as alternatives to prescription opioids or illicit fentanyl. They exist within the broader context of long-established kratom use, not as a novel or unknown synthetic substance.

There is a clear, pharmacologically grounded classification of kratom products into 4 categories:

- 1) Whole-leaf kratom products (powder, capsules etc.);
- 2) Full-spectrum kratom extract products;
- 3) Kratom alkaloid products, including isolates such as mitragynine or 7-OH; and
- 4) Blended kratom products that combine kratom with other psychoactive or bioactive ingredients such as kava (ex: Feel Free drinks).

Each category presents distinct regulatory considerations, but none is inherently risk-free. Physical dependence, withdrawal symptoms, and adverse effects can occur across all categories, particularly with high doses, frequent use, or riskier routes of administration such as drinks. Importantly, no categories are associated with death when used as a single substance.

Yet, a Schedule 1 ban on kratom and 7-hydroxymitragynine *would* lead to the kind of harm (and even deaths) that the City Council wants to prevent, criminalizing otherwise law-abiding citizens and harming those in recovery who need empathy and help.

Regarding 7-OH specifically, [leading researchers](#) from Johns Hopkins, Harvard and UCLA stress that 7-OH should not be considered a public health crisis and that available data show no evidence of overdose deaths, respiratory depression, or widespread dependence. No [oral lethal dose](#) (LD50) has been found in mice, in contrast to the known lethality of opioids – and even substances like Tylenol. Hundreds of thousands of Americans regularly use 7-OH to support wellness and reduce illicit substance use in a safe and responsible manner. For many, 7-OH, like kratom, serves as an important risk mitigation tool to avoid harm from drugs that carry greater risks.

While proponents of 7-OH prohibition rely on isolated anecdotes of overdoses, the broader data reveals a very low risk profile: over [one million Americans](#) have consumed more than 1.5 *billion* servings of 7-OH. Yet, according to the FDA's [Adverse Event Reporting System](#) (FAERS), this massive volume of consumption has resulted in only 80 adverse events (or one-in-18 million), with nine deaths reported. Of those nine reported deaths, a detailed analysis reveals that two were suicides, nearly all involved concurrent use with other substances and, in two instances, occurred before 7-OH products were even available on the market. **Recent 7-OH overdose and death reports out of Los Angeles were quickly [disproved](#) after extreme levels of alcohol and other substances were found in the deceased.**

Even though there are no documented deaths attributed to 7-OH alone, bans have pushed many consumers back toward substances that are responsible for tens of thousands of deaths each year. Following the emergency ban in Florida, overdose spikes tripled in the central part of the state, a tragic but predictable result that is likely to be repeated if Los Angeles bans comparatively innocuous substances like kratom and 7-OH.



History shows that when lower-risk, regulated alternatives are eliminated, demand does not disappear; it shifts to illicit markets dominated by fentanyl. That displacement predictably increases overdose risk, emergency room visits, and long-term addiction, while also driving job loss, disability, and higher public assistance costs.

The result of a kratom and 7-OH ban would not be improved public safety, but higher mortality, greater strain on emergency services, and avoidable human suffering borne by Los Angeles families and taxpayers.

For these reasons, we respectfully urge you to responsibly regulate – not prohibit – 7-OH and kratom products.

Sincerely,

Jeff Smith, PhD
National Policy Director
Holistic Alternative Recovery Trust

Communication from Public

Name: Rick
Date Submitted: 02/05/2026 11:56 AM
Council File No: 25-1357
Comments for Public Posting: Please keep natural kratom legal for 18+ year olds. Banning all products with 7oh or other synthetic kratom derivatives is recommended. Thanks for the opportunity to express my opinion.

Communication from Public

Name: Twinkle VanFleet

Date Submitted: 02/05/2026 12:30 PM

Council File No: 25-1357

Comments for Public Posting: Dear Chair and Members. I appose this resolution. 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: Dr. Michele Ross
Date Submitted: 02/05/2026 10:58 AM
Council File No: 25-1357
Comments for Public Posting: I oppose Agenda Item #7 and any effort to ban kratom or 7-OH products. Please see attached testimony.

Dr. Michele Ross

OPPOSE Agenda Item #7 Council File: 25-1357

February 5, 2026

Dear Members of the Los Angeles City Council,

I strongly **oppose** the proposed ban on the sale of kratom and products containing 7-hydroxymitragynine (7-OH), scheduled for consideration at the February 6, 2026 hearing (Agenda Item #7).

Kratom is a botanical product used by millions of adults in the United States, primarily for chronic pain management and as a lower-risk alternative to opioids. Based on population-proportional estimates, **approximately 200,000 to 250,000 residents of the City of Los Angeles are kratom consumers**, and **roughly 10,000 to 15,000 may use 7-OH products**. These are ordinary working adults—often managing pain, disability, or recovery—not a marginal or hidden population.

7-hydroxymitragynine is not a novel synthetic opioid. It is a naturally occurring alkaloid found in the kratom plant and is also produced in the human body as a normal metabolite whenever kratom is consumed. Any policy that attempts to distinguish “lawful kratom use” from “7-OH exposure” is therefore scientifically and practically unworkable. Millions of Californians already have measurable 7-OH in their bloodstream as a result of ordinary kratom use.

The overdose deaths cited in support of this ban are tragic and deserve careful investigation. However, the publicly available information indicates that these cases involved multiple co-ingested substances independently associated with overdose risk, such as alcohol, benzodiazepines, or illicit drugs. Detection of 7-OH alone does not establish causation, nor does it justify a categorical retail ban. Under accepted toxicological standards, these incidents are consistent with polysubstance overdoses—not evidence of a new, kratom-driven public health crisis.

A citywide ban would carry predictable and serious unintended consequences. Removing lawful access to kratom and 7-OH will force many consumers into unmanaged withdrawal, drive some toward far more dangerous illicit opioids, and increase—not reduce—overdose risk. This pattern has been observed repeatedly when lower-risk substances are prohibited without viable alternatives. The downstream costs will be borne by Los Angeles in the form of increased emergency department utilization, higher demand for addiction treatment services, lost workforce participation, and preventable deaths.

Importantly, this is not an argument against regulation. Reasonable safeguards are both appropriate and necessary. These include age-restricted sales, child-resistant packaging, clear labeling, third-party laboratory testing, and enforcement against adulterated or misbranded products. These tools protect public health without criminalizing consumers or destabilizing people who are already managing pain or recovery.

Los Angeles has the opportunity to lead with an evidence-based, proportionate response—one that addresses legitimate safety concerns without creating a larger public health problem. A blanket ban on kratom and 7-OH is not supported by the scientific evidence and risks doing real harm to thousands of city residents.

Thank you for considering this comment and for your commitment to thoughtful public health policymaking.

Respectfully,

Dr. Michele Ross, PhD, MBA
Neuropharmacologist & Addiction Expert
Chief Scientific Advisor, 7-HOPE Alliance

Communication from Public

Name: Matt S

Date Submitted: 02/05/2026 11:16 AM

Council File No: 25-1357

Comments for Public Posting: Please do NOT ban 7oh. I understand there has been mass hysteria instigated by companies that have lost huge market shares, but please actually follow the science. There have been over 1 billion doses of 7oh consumed in the United States with literally 0 direct attributed deaths. I am the perfect example. I am a 39 year old male with a wife, son and another baby on the way as well and I own and operate multiple businesses. I have 4 herniated discs in my back from a car accident and additional knee pain from 2 knee surgeries. I still have the bottle of Oxycodone they prescribed to me, but instead whenever the pain flares up I just take 20mg of 7oh. I can function perfectly well and there's no risk of overdosing. I lost my childhood best friend to an Opiate overdose. If 7oh had been available years ago he would still be here. 7oh became available in the United States in the Fall of 2023. By January 2024 it was everywhere. Since then, opiate overdoses in the United States are literally down 50%!! (That's from CDC data you can check yourself). If you take away 7oh all these people will just be driven back to street drugs that are cut up with fentanyl or other dangerous substances. Please take a second and read the stories from these people
<https://www.change.org/p/urgent-stop-a-national-7-oh-ban-protect-chronic-pain-patients> There's over 35,000 stories and 2 million Americans taking this product. If you take it away you are just forcing people back to dangerous drugs. If protecting children is the goal by all means put the product in sealed blister packs, child proof jars and maybe even sell it only in places that are 21 and over. But please don't force me and other adults back to dangerous drugs. Thank you P.S. In 2024 before this hysteria the only two states who banned 7hydroxy and actually enforced their ban were Arizona and Utah... in 2024 the only two states whose opiate overdose death rate went up were Arizona and Utah. I'm including a screenshot from the CDC so you can see it yourself. PLEASE OPPOSE Agenda Item #7 (File 25-135)



National Center for Health Statistics

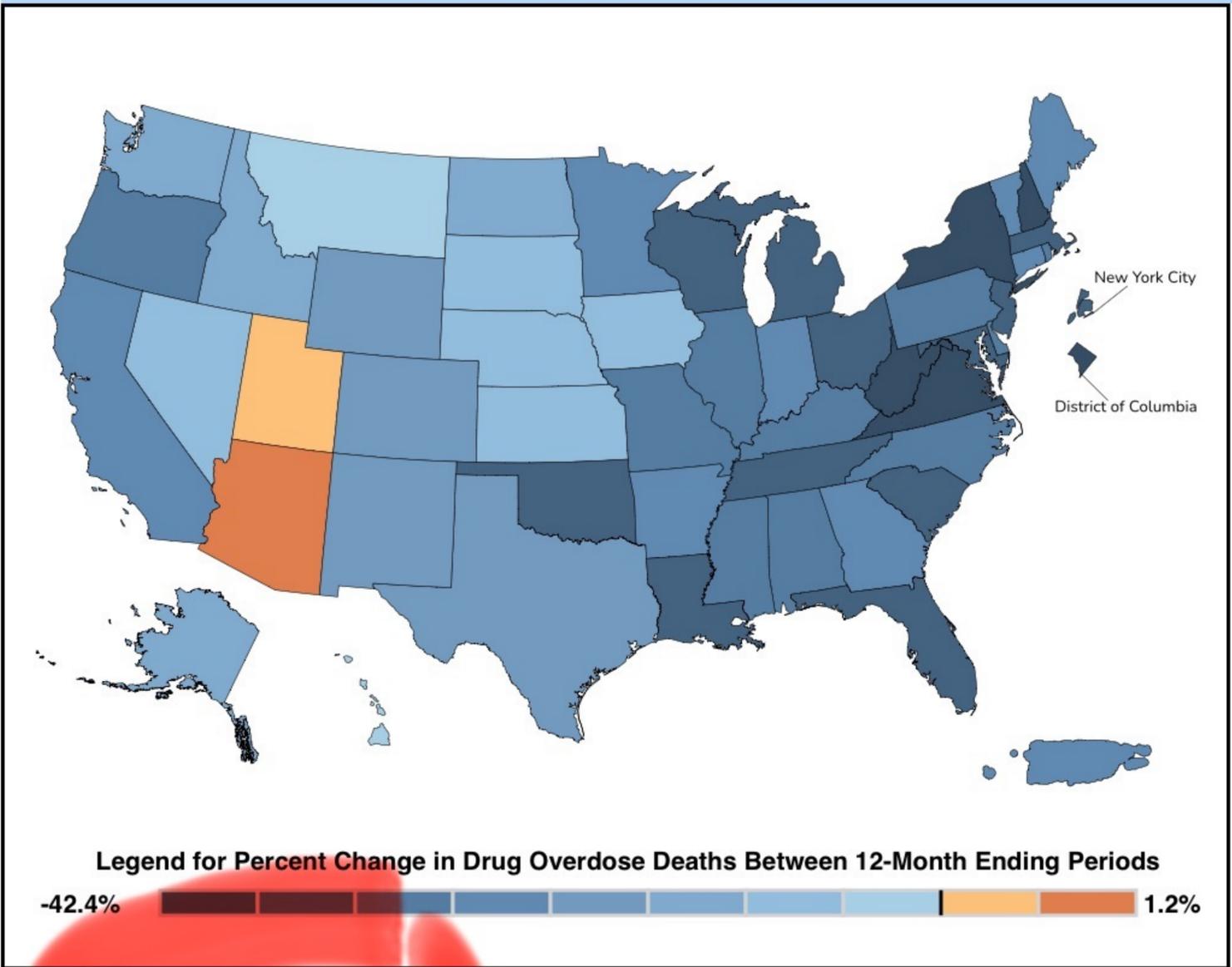
Select Jurisdiction

Reported Value

United States



Figure 1b. Percent Change in Reported 12 Month-ending Count of Drug Overdose Deaths, by Jurisdiction: February 2024 to February 2025



Select predicted or reported number of deaths

- Predicted
- Reported

Percent Change for United States

-26.9



NOTES: Reported provisional counts for 12-month ending periods are the number of deaths received and processed for the 12-month period ending in the



23



Communication from Public

Name: Nick Gollust

Date Submitted: 02/05/2026 11:44 AM

Council File No: 25-1357

Comments for Public Posting: Good morning Councilmembers, My name is Nick Gollust and I'm asking you to reject a blanket ban on kratom and instead support a common-sense regulatory approach like AB 1088. The biggest issue right now is that the City is treating natural kratom leaf the same as high-potency 7-hydroxymitragynine (7-OH) isolate products. Those are fundamentally different, and lumping them together is a serious enforcement mistake. If public health is the goal, then enforcement should focus on the real problem: synthetic, adulterated, and high-potency 7-OH products. Responsible vendors and consumers want those removed from the market too. AB 1088 already solves this with clear guardrails: 21+ age limits, mandatory testing, potency caps on 7-OH, labeling requirements, and enforcement against bad actors. This framework is already working in many other states. Tens of thousands of Los Angeles residents use responsibly made kratom products as a healthier alternative to alcohol. A blanket ban would punish responsible adults, hurt local small businesses, and waste city resources targeting the wrong thing. Please focus enforcement on synthetic/high-potency 7-OH, support AB 1088 (or a local equivalent), and reject a ban on natural kratom leaf. Thank you for your time.

Communication from Public

Name: Inge Adams
Date Submitted: 02/05/2026 02:36 PM
Council File No: 25-1357
Comments for Public Posting: Greetings, As every attempt to submit a Public Comment just results in a website error, my 30th attempt to submit my comment is to include the original message as an attached PDF, so hopefully this will suffice in qualifying for council rules. Thanks,
Inge Adams

Greetings,

I discovered kratom in 2021 whilst we were focused on Thailand for this long-term research project where we watch films, make food dishes, read books, and explore the entire breadth of culture / history for each world country - we spend around one year studying each location. I found there was a plant native to SE Asia that has been used for centuries as part of traditional society for use as a snack to receive guests, & was part of the ritual worship of ancestors and gods. It's a tree in the coffee family & acts as a mild stimulant in low doses, and for pain relieving qualities in higher doses. This fascinated me, and to my great surprise, it was available to purchase in the US, so I knew we should give it a try, in order to have a more authentic Thai experience + Kratom had appeared in some of the films we had watched, so we made a purchase for crushed leaf powder, which is how it's normally sold in the US (leaves are picked, dried & crushed).

The first time we tried Kratom, we mixed 3 grams of crushed leaf powder with water and gave it our best sip. The smell might be similar to a strong matcha, but the appearance and flavor were like drinking a frothy swamp, it nearly made us nauseous trying to get it down. To our great surprise, after around 20 mins, my partner's incessant back pain lifted and both of our moods were tremendously lifted, which lasted ~4+ hours. We now knew why this plant was so highly regarded - as the effects were overwhelmingly positive, it's just that you had to first suffer the indignity of swallowing the stuff - which is hydrophobic, so it doesn't mix with water very well - making it extra unpleasant, since it's grainy on top of that taste. There are other methods of consuming Kratom, like capsules, or there's Kratom 'bars' where they have figured out a way to use a lemon extraction method to neutralize that flavor - but most people just suffer with the powder.

As it turns out, Kratom does not only have strong analgesic (pain relieving) properties, but is also commonly used for its anti-depressant effects, and there have been studies highlighting its potential as a neuroleptic medication. This came as a wondrous discovery for me, as I unfortunately have been struggling with Schizophrenia since 2018, and I have been deemed "treatment resistant" as I've trialed over 12 different medications - none of which have improved my life - and the final option available to me was ECT ('shock treatment'). Not willing to risk permanent memory loss, I decided that, given all of the significant research indicating its effectiveness, I would try using Kratom when I was in a highly symptomatic state, and to my tremendous amazement, Kratom worked. I let my Doctors know of this development, and we decided to give this a trial period - especially at times when I was in a mental health crisis, and susceptible to suicidality. When the alternative was to be hospitalized or to risk my life, Kratom managed to completely negate that state and cause me to become functional. On the night my partner asked to separate (since rekindled), my Mom came over and helped prepare a glass of Kratom for me, & not only did I pull through that day, which was perhaps the worst of my life, I was able to thrive after.

Kratom worked when no other medication available to me would, and I humbly owe this plant my life, for what it has done to save & transform me. I now live in fear whenever I hear about

places attempting to ban this plant - because it's honestly a lifeline for me, when everything else has failed. I know that there is a lot of frightening words when you research Kratom, and that there's a lot of mention of its "danger to residents", but I would like to point out that all deaths related to Kratom have been in either poly-drug scenarios (with use of fentanyl or heroin), or have been the result of nefarious companies isolating the chemicals to create potent Frankenstein products like 7-OH (which the FDA is currently banning). You cannot die from the leaf (except a severe allergic reaction), even if it's been crushed and turned into this gross swamp. Kratom is no more 'street legal heroin' than saying coffee is 'street legal cocaine'. There's too many positive uses for Kratom - be it successfully treating people's pain or depression, to ever consider taking it away from us - we depend on a plant to make living possible. Even when the FDA attempted to ban Kratom in 2018, Congressional members came together and made the FDA realize that the studies prove the opposite - that this plant is a tremendous benefit and needs protecting.

If you are to make any future ruling on Kratom, let it be passage of the Kratom Consumer Protection Act - as many states have already signed into law - it sets standards for Kratom products, bans the adulterated chemical concoctions, regulates how it's labeled, and assures that only 21+ can purchase it.

Please do not be dissuaded by the bad press - this plant saves lives (mine included)

Thank you,
Inge Adams

Communication from Public

Name: David Anderson
Date Submitted: 02/05/2026 02:59 PM
Council File No: 25-1357

Comments for Public Posting: My name is David Anderson, and I'm writing in order to ask you to OPPOSE Agenda Item #7 (File 25-135). I urge the city not to rush to ban something when it will have a negative effect on impacted communities, which are estimated to be over 200,000 people in LA currently. I am urging the city to schedule a study session before moving this action forward, as I am a member of an impacted community. I first used kratom products to stop using hard drugs from the street. Today, I am over 28 years sober from meth and heroin, two drugs that would've claimed my life had I not been able to quit. Kratom products were instrumental in helping me quit, and kratom products including 7-hydroxymitragynine (7-OH) have been instrumental in helping me stay clean since then. Today I am a full-time worker and taxpayer, husband, and father to an incredible little boy. I have money in my savings account, I have retirement investments, I have a home, I have a stable and enjoyable life. Prohibition of kratom products will not aid public health, it will endanger the public. Kratom products have for years been a SAFE alternative to hard street drugs, providing relief for people with significantly, almost nonexistent risk when compared with street drugs and their incredible propensity to cause overdose deaths. I am asking you to rely on science, not hearsay or narrative fabricated by opposing interests. Respectfully, David Anderson

Communication from Public

Name: Amanda Rainer

Date Submitted: 02/05/2026 03:10 PM

Council File No: 25-1357

Comments for Public Posting: I am asking for regulation and NOT A BAN ON KRATOM & 7OH. Prohibition is not the answer. We are already deal with overcrowded jails. This is a safe plant, no different than coffee or tea. There is a lot of misinformation put out there. Please follow the science. 7hopealliance.org has some fantastic information and scientific studies done by a Dr. My Kratom journey???? I have been using Kratom for the last 8yrs after being on pain medication for 30yrs anxiety and depression meds for 10. I have degenerative and cervical disc disease, spinal stenosis, herniated and bulging disc, bone spurs on the spine, which has given me scoliosis as an adult , fibromyalgia, trigeminal neuralgia aka suicide disease, basically I live with 10/20 of the most painful conditions to live with and many more other chronic pain conditions. I lost my mother to the pain clinic and big pharma drugs in April 2013...She didn't abuse them, she took less than what she was prescribed, but tramadol and morphine took her life. After losing my parents 7 months apart and seen what they struggled with medication wise per Dr's orders and how it destroyed them...I vowed to live a holistic as possible life style. I just recently came off my blood pressure medication as well. In 8 yrs I haven't had to consume over 50,000 pills. I get yearly blood work, as well as yearly ultra sounds on my organs. I have improved so much and all under my Dr's care with tapering off my medications.... my blood work and organs scans have improved every year as well as my organs reversing the damage that the medication has done for the most part. Without kratom i wouldn't be able to enjoy the simple things in life such as taking a simple walk outside or just the ability to get out of bed daily. I don't believe I would still be alive today if it wasn't for kratom.

Communication from Public

Name:

Date Submitted: 02/05/2026 03:12 PM

Council File No: 25-1357

Comments for Public Posting: I am writing you in consideration of the ban on kratom leaf products in LA County. I have used kratom off & on for 10 yrs as an anti-depressant & pain reliever with excellent results. When not needed i can ween off of it without any withdrawal symptoms. It is not addictive! I see no need to ban this product. It is a safe and effective. By banning kratom leaf will only harm the thousands of people who rely on it. Thank you for you time

Communication from Public

Name: Christian Harrison

Date Submitted: 02/05/2026 03:20 PM

Council File No: 25-1357

Comments for Public Posting: Banning 7oh let alone kratom will absolutely push people to do other drugs and increase the fentanyl deaths, its not even debatable. It will also create a huge black market, these two substances have given my life back and I refuse to let any ban stop me from continuing to use them both. Its disgusting how the fda treats it worse than cancer and even says its part of the opiod crises, like I said the opiod crises will ramp up if these are banned. The government cant relate to regular normal people nor do they know anything about 7oh/ kratom except lies and fear mongering. The fact they can decide that we can no longer take these substances that is very wrong and unsettling considering how things are going in this country and yet our rights and freedoms are stripped away.

Communication from Public

Name: Spencer

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

Council File No: 25-1357

Comments for Public Posting: Hello, my name is Spencer, and I'm writing to strongly OPPOSE Agenda Item #7 (File 25-135) and the ban on Kratom and 7-Hydroxymitragynine. Many people rely on it safely to manage pain, recovery, or mental health when other options have failed. Chronic pain patients NEED access to pain medication to live a functional quality of life. Banning will have serious consequences for the people that want to stop living in pain and live life and prohibition does nothing but put more people at risk and push consumers into unregulated black markets. Taking 7OH has greatly helped me with my chronic back pain due to injury and I can return back to spending time with my family and work a job as I did before. Without the pain I am finally feeling like a normal person. Whereas before I found this I could spend days on end lying in bed, depressed and in massive amounts of pain. Also there is no verified evidence of deaths or public health harm from 7OH, 7OH is a natural alkaloid found in kratom and not a synthetic drug. I urge for the delay or stop of this action until proper scientific review can be done. Thank you.

Communication from Public

Name: Michele Veit

Date Submitted: 02/05/2026 01:34 PM

Council File No: 25-1357

Comments for Public Posting: I strongly oppose Agenda Item #7 (File 25-1357). The city should not rush to ban Kratom and 7oh as this will have a negative effect on impacted communities who need the substance to function because of their health issues. Please be a strong leader in the United States and advocate research and regulation instead, be sensible, thoughtful and never ban something you don't completely understand, learn about its possible value first. I have aggressive psoriatic arthritis and this disease has caused me to need to get implants on both hips and knees at a young age. Unfortunately, one of my hip implants needed to be revised and I was damaged from cobalt poisoning from a previous metal on metal hip implant and suffered major tissue and bone loss damage to my hip region. This has caused me a lot of pain and autoimmune issues throughout my body. Unfortunately, it has been difficult to get help for the pain from medical communities because of the aggressive anti-opioid agendas bought on by law suits toward doctors and pharmacies. I just want to be a functional and contributing person who adds value to my family and surrounding community. 7 oh and Kratom helps me stay out of pain so I can function and stay healthy. Please don't ban this substance that has helped me and others, please consider other options such as, regulation and research, help make it safer for people needing it to stay functional and out of pain.

Communication from Public

Name: Ryan Sherman

Date Submitted: 02/05/2026 01:18 PM

Council File No: 25-1357

Comments for Public Posting: The California Narcotic Officers' Association remains in strong support of local, state and federal efforts to prohibit the manufacture, distribution and sales of concentrated, synthetic 7-hydroxymitragynine (7-OH). We have attached our letter of support below.



California Narcotic Officers' Association

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February 5, 2026

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ERNE COLASSO
Orange Co. D.A.

The Honorable Marqueece Harris-Dawson
Chair, Rules, Elections & Intergovernmental Relations Committee
Los Angeles City Council
200 North Spring Street
Los Angeles, CA 90012

Re: Support for Prohibiting the Sale and Distribution of 7-OH Products

Dear Chair Harris-Dawson,

On behalf of the 7,500+ members of the California Narcotic Officers' Association (CNOA), I am writing to express our strong support to prohibit the sale, distribution of concentrated synthetic 7-hydroxymitragynine (7-OH) and regulating natural kratom.

7-OH, the psychoactive component of kratom leaves, is being synthetically concentrated into various products that are sold in gas stations, smoke shops, and other retail and online venues in the city and county. High doses of concentrated synthetic 7-OH, especially when co-used with alcohol or other substances can cause severe respiratory depression and death. As they are unregulated, many contain unknown concentrations synthetic 7-OH, increasing the risk of unintentional and lethal overdose.

Medical research has shown that 7-OH binds to the same receptors in the brain as traditional opioids, creating a risk for dependency, withdrawal, and overdose when combined with other substances. Despite being marketed as a "natural" product, concentrated synthetic 7-OH has no approved medical use and is widely recognized by public health authorities as dangerous.

In July 2025, the Food and Drug Administration (FDA) issued warning letters to firms for illegal marketing of concentrated synthetic 7-OH products and posted product images. The FDA indicated that "7-OH is not lawful in dietary supplements and cannot be lawfully added to conventional foods. Additionally, there are no FDA-approved drugs containing 7-OH, and it is illegal to market any drugs containing 7-OH. **Consumers who use 7-OH products are exposing themselves to products that have not been proven safe or effective for any use.**" Just this past summer, the **FDA formally requested that the DEA designate concentrated synthetic 7-OH as Schedule 1.**

The Los Angeles County Department of Public Health recently issued a news release entitled, **Multiple Fatal Overdoses Tied to Synthetic Kratom Compound in Los Angeles County** which warned its residents about the fatal dangers posed by this synthetic opioid which has resulted in at least 6 deaths.

The Los Angeles Times recently reported on these 6 deaths attributed to concentrated synthetic 7-OH. The reporter highlighted the lack of action by the state legislature.

The CNOA has been extremely active in addressing the recent explosion of the use of kratom and the abuse of concentrated synthetic 7-OH throughout the state. We have been strong advocates for AB 1088 (Bains) which would restrict sales to persons 21 and over and prohibit the marketing of natural kratom to children. The bill also prohibits the sale or distribution of concentrated synthetic 7-OH. AB 1088 passed the full Assembly, with unanimous support from the Los Angeles County delegation. The bill currently awaits action in the Senate Health Committee which will hold an informational hearing on February 18 in Sacramento.

In August, we worked with Orange County Supervisors, resulting in the unanimous passage of their Ord. 25-014, regulating kratom and prohibiting the sale or distribution of concentrated synthetic 7-OH. We also worked with the County of Riverside (Ord. 1004) and the County of Fresno (Ord. 25-031) along with numerous cities throughout the state which have enacted similar local ordinances.

To be clear, the CNOA is not seeking a ban on natural kratom as that product does not pose the deadly threat to our communities that 7-OH does. However, we encourage local officials to limit sales of natural kratom sales to persons 21 and over and prohibit the marketing of natural kratom to children.

Our efforts throughout the state mirror the FDA's approach by focusing on raising awareness and leading the charge to ban concentrated synthetic 7-OH which presents a unique health risk and has been determined to have contributed to numerous deaths.

As previously noted, communities across the state have taken steps to restrict kratom and ban concentrated synthetic 7-OH in the interest of protecting residents, especially young people, from its dangers.

On a daily basis, our dedicated members witness first hand the dangers these substances can pose to our children, families and communities which is why the CNOA urges you to prohibit the sale and distribution of concentrated synthetic 7-OH and limiting natural kratom purchases to persons 21 and over. Taking action now will help prevent future deaths and reduce harm - especially for our youth.

For these reasons, we respectfully request your support to prohibit the manufacturing, sale or distribution of 7-OH. Please contact our legislative advocate Ryan Sherman at 916.580.5464 with any questions.

Sincerely,



Devin Chase
President
California Narcotic Officers' Association

The California Narcotic Officers' Association mission is to educate the public and our membership on the dangers of narcotic and drug abuse, provide a medium for the exchange of ideas and the new techniques used by both criminals and investigators; and keep the membership and the public informed of current statute changes and judicial decisions. The over 7,000+ members of CNOA include local, state, and federal peace officers, prosecutors, law enforcement personnel and other national and international associates.

Communication from Public

Name: Brandon

Date Submitted: 02/05/2026 09:56 PM

Council File No: 25-1357

Comments for Public Posting: I'm an honest, hard working, productive American citizen. I have been using 7-OH for a year now. It has helped me tremendously. The job I do requires standing for prolonged amounts of time in a cold environment and the constant and repetitive use of my hands. My back aches and I wake up almost every morning with my hands throbbing in pain. 7-OH has helped me greatly in managing this pain and being able to continue doing the work that I do so I can support myself, my family, and my community. I'm for regulation, not prohibition. Prohibiting it doesn't solve anything. It just pushes it to underground markets where there's more dangerous alternatives accessible. There needs to be further science based research and evidence showing why Kratom and 7-OH should be prohibited. Prohibiting something shouldn't be based on fear and misinformation. There's plenty of evidence as to why alcohol should be prohibited, but yet it remains legal. I'm all for regulation of Kratom and 7-OH, ensuring minors don't have access to it by requiring ID verification, and ensuring that products only contain what's on the label. By prohibiting it, it would affect and impact millions of people including businesses and people who rely on this miracle alkaloid to help manage pain. Kratom and 7-OH have many benefits including mood enhancement, pain relief, and can be used for harm reduction. It doesn't cause respiratory depression like opiates which is what causes an overdose. There has been no recorded incidents where 7-OH was the sole cause of death. Kratom and 7-OH has truly helped me and millions of others. I strongly oppose any form of prohibition, and instead believe it should be regulated, similar to that of tobacco and alcohol products. Thank you for your time and understanding on this matter.

Communication from Public

Name:

Date Submitted: 02/05/2026 09:20 PM

Council File No: 25-1357

Comments for Public Posting: I am writing to urge you to oppose Council File 25-1357 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:

Date Submitted: 02/05/2026 06:10 PM

Council File No: 25-1357

Comments for Public Posting: I OPPOSE Agenda Item #7 (File 25-135) because it should not be banned because it will make certain people switch to fent and that is actually a bad substance or to heroin and Percocet and those are bad for you without a doubt and kratom and 7oh does no pose health risks like them and they it might have some health risk buy so does every medicine and 7oh has not been researched enough to be banned being pushed too soon without enough research

Communication from Public

Name:

Date Submitted: 02/05/2026 03:43 PM

Council File No: 25-1357

Comments for Public Posting: I do not live in the area but i need to say something. I am 28. I have suffered from chronic pain for the past 5 years. It is a genetic condition that got worse as I got older. It has flipped my life upside down. I have hEDS, plus some other issues. When I was younger I would dislocate fingers and such and just pop em back in myself. No issue. The pain was whatever. Ive always had a high pain tolerance. When I went to get help from doctors to figure out what was going on and to help the pain since I was in debilitating pain everyday, they sent me to pain management and specialists. At pain management I went through so many medication. Started on buprenorphine, but that gave me horrible side effects. Would wake up with double vision and would take hours to go away everyday along with a rash. Then, I went on tramadol. This did nothing for my pain and getting off it was a mess because of the SSRI component. I was switched to hydrocodone. I did get relief here. But, I was still severely limited in what i could do day to day. Im talking even doing laundry, dishes, etc. We ended up upping the dose to 10mg 4 times a day. Helped, but i was nowhere near living a comfortable, normal life. Everyday still sucked. Miserable. I tried morphine. It made me puke nonstop. Eventually, we moved to oxycodone. I ended up on 15mg 3 times a day. All of this was me in the pain management program for 4 years. On this medication and dose I was doing better, but still, nowhere near a normal life. When my pain got bad, flare ups, from something as much as doing laundry, and going grocery shopping in one day it would put me out for a week. I would live in my bed. When my pain got bad, when I needed my medication the most, it did not do enough. It is impossible to put into words how exhausting it is to live with pain everyday. Having your muscles trying their hardest to keep all your joints into place. Having your ribs constantly popping out. Having your hip rotating. It will turn you into a completely different person. It will completely defeat you. Then, 7-hydroxymitragynine came around. I started to look into it. Researched it for months. At this point I was in pain management for 4 years. Completely defeated. There was no light in my life. I would live the rest of my days limited. I would not have a normal life. Never be able to get into a relationship and hold it. Hangout with friends. None of that. Even just do multiple chores in the same day and play with my cat. I

decided as a last resort I would give 7-hydroxymitragynine a try. I put my oxycodone to the side. I could not believe the pain relief I got. I cried. I, a 27 year old man at the time, who never cries, cried because of how little pain I felt throughout my body due to 7-hydroxymitragynine. Just one small dose. It gave me hope of a better life. It showed me a way to even have some resemblance of a normal life. After a day I went back on my oxycodone. A month later, I decided I couldn't do it anymore. I completely stopped my oxycodone and started to take 7-hydroxymitragynine. Its been almost a year now, and i still get immense pain relief from it. The pain relief tolerance is minimal compared to prescription opiates. I have no side effects. For someone with chronic pain, this is a life saving supplement. Same with Kratom. I take Kratom daily and 7-hydroxymitragynine when I need it. If you ban these, you will be hurting the wrong people. There are so many like me, who do not get the pain relief they need through pain management. Not only that, they don't like being treated like criminals at pain management clinics just because they are experiencing something out of their control. With this ban, you will be destroying so many lives. You will be taking away the only thing that allows people to get out of bed because of the pain relief. You will be taking away your own citizens opportunities to live some sort of life. You cannot overdose on 7-hydroxymitragynine or Kratom. All deaths surrounding them have other substances involved or health conditions like heart issues. Prohibition does not work. It is hypocritical to take away something that will improve peoples lives, cannot directly kill them, while leaving alcohol legal. I believe Kratom related products should be 21+. By that age, you are old enough to make your own choices. On top of all that, there is a reason that overdoses declined drastically right when 7-hydroxymitragynine became readily available. Not only is it a life changing supplement for those with chronic pain, it is also life saving for those that the system failed and are stuck on counterfeit drugs. If this ban passes, it will do immeasurable harm. Please do more research and studies prior to this decision.

Communication from Public

Name: Ryan

Date Submitted: 02/05/2026 04:29 PM

Council File No: 25-1357

Comments for Public Posting: I OPPOSE the resolution. I request you OPPOSE Agenda Item #7 (File 25-135) The City should not ban something that will negatively affect over 200,000 people in LA and should schedule a study session before moving this forward. 7-OH has positively impacted me, helping me deal with chronic pain and be more productive in my daily life. Prohibition would put people at risk and push consumers into unregulated markets.

Communication from Public

Name: Mike Havis

Date Submitted: 02/05/2026 02:21 PM

Council File No: 25-1357

Comments for Public Posting: Many people cannot afford having to pay for monthly costly doctors visit. Then paying close to a thousand dollars a month for Bupreophine without insurance. Along with the horrible side effect from it. I can treat myself for less than \$50 dollars with OH7 and has helped me get off of opioids. Please do not take away something that benefits me. Instead, regulated it and protected my right and others for a better life.

Communication from Public

Name:

Date Submitted: 02/05/2026 08:42 PM

Council File No: 25-1357

Comments for Public Posting: Please OPPOSE agenda item #7. Do not criminalize impacted communities. Do not rush to a ban before a study session. Kratom is safe and it is important that it remains safe and legal for the thousands of Los Angeles residents who are helped by this supplement. For many, kratom has been life saving. It has immensely helped many of us with pain management and mental health. It has helped many with their struggle to break dangerous addictions to deadly street drugs. Banning kratom will harm the people of Los Angeles. Please keep kratom legal. PLEASE OPPOSE AGENDA ITEM #7.