

## Communication from Public

**Name:** Samuel  
**Date Submitted:** 02/12/2026 04:40 PM  
**Council File No:** 25-1357

**Comments for Public Posting:** I just want to add that Kratom helped me quit alcohol for good. It has actually helped hundreds of thousands of people to get off, and stay off dangerous substances like alcohol and fentanyl. Same can be said about 7oh (7hydroxymitragynine). It's the perfect harm reduction tool. And lots of people choose this over Suboxone because of Suboxones long elimination half-life (24 hours). People report that Suboxone is very difficult to quit or taper off of because of that long half life. Lots of people have misconceptions about Kratom and 7oh. I'd like to clear the air a little. The news reports of people "overdosing" on Kratom or 7oh are not mentioning that the autopsies on all of the people who overdosed always show that they had actual dangerous drugs in their system besides just Kratom or 7oh, like alcohol and fentanyl. And both Kratom and 7oh are partial agonists, which means they do not recruit beta-arrestin and do not cause respiratory depression. Even 7oh. And they both have a ceiling effect. Which means that after a certain amount, they don't have stronger effects. So that means they aren't like traditional opioids where you can just keep upping the dose to get more effects. Lots of people in pain use Kratom or 7oh. Lots of doctors are too worried about prescribing opioids to pain patients, so people take Kratom, or 7oh if the pain is severe. Also, 7oh became more publicly available in early 2024. And ever since it became available, drug overdoses, fatal and non-fatal, have plummeted 24%. And are remaining lower than the years previous to 7oh availability. This is nothing like Tianeptine btw. Tianeptine was fully synthetic, had no ceiling effect, was a full agonist, and was where the term "Gas station heroin" was originally coined. This is why there are so many advocates for 7oh and Kratom. They really are helping people.