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To: Provider Network

From: IEHP – Provider Experience

Date: June 11, 2026

Subject: Public Health Advisory: Kratom and 7-Hydroxymitragynine (7-OH)

The California Department of Public Health (CDPH) has issued a public health advisory regarding products containing kratom and 7-hydroxymitragynine (7-OH), a concentrated kratom-derived substance with opioid-like effects. CDPH advises consumers to avoid these products due to concerns regarding addiction, overdose, serious adverse health effects, and death.

Kratom and 7-OH products are often marketed as dietary supplements, pain management aids, or alternatives for anxiety and opioid withdrawal. These products may be sold as gummies, capsules, powders, beverages, tablets, or concentrated shots and may be available through smoke shops, gas stations, convenience stores, and online retailers.

CDPH and the U.S. Food and Drug Administration (FDA) have advised that these products have not been approved for safety, efficacy, or therapeutic use.

Providers are encouraged to:

- Be aware of the increasing availability and use of kratom and 7-OH products within California.
- Consider kratom or 7-OH exposure when evaluating members presenting with unexplained sedation, respiratory depression, overdose symptoms, withdrawal symptoms, or substance use concerns.
- Educate members on the risks associated with these products, including **addiction, overdose, seizures, withdrawal symptoms, and potential fatal outcomes.**
- Encourage individuals at risk of opioid-related overdose to have access to naloxone and understand overdose recognition and response measures.

According to CDPH, products containing kratom or 7-OH are illegal to manufacture or sell for consumption in California and continue to be the subject of statewide enforcement efforts. CDPH has also reported multiple overdose deaths associated with 7-OH exposure, including fatalities reported in Los Angeles County.

Additional information is available through the California Department of Public Health:

[CDPH Public Health Advisory on Kratom and 7-OH Products](#)

Thank you for your continued partnership in promoting the health and safety of our communities.

If you have any questions, please contact the IEHP Provider Call Center at (909) 890-2054, (866) 223-4347 or email ProviderServices@iehp.org

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