



TOOLBOX TALK:

Gas Station “Supplements”: 7-OH and Kratom



GAS STATION “SUPPLEMENTS”: 7-OH AND KRATOM

STANDUP

7-OH is a highly-concentrated, semi-synthetic derivative of the Kratom plant currently found in many of the drinkable shots aimed at improved focus and energy being sold in gas stations, dispensaries and other over-the-counter locations. It can also be found in gummies, tablets, and candy.



Kratom itself is a plant native to Southeast Asia that has traditionally been consumed as fresh leaves or teas. Under those conditions, exposure to 7-hydroxymitragynine (7-OH) is extremely minimal, as it occurs only at trace levels in leaf material. In comparison, the U.S. market offers chemically enriched or semi-synthetic 7-OH products, often marketed as ‘kratom’, yet chemically distinct. These can be up to 98% more potent than the leaves!

Why is that much 7-OH a problem?

While it’s not legally classified as a controlled substance at this time, 7-OH binds to the same receptor in the brain as opioids do, meaning it is scientifically classified as an opioid. It carries all the risks associated with opioids, including respiratory problems, dependence, and overdose. Researchers from Johns Hopkins University found that 7-OH actually binds to receptors 14 to 22 times more effectively than morphine. And a 2025 National Institute on Drug Abuse study found that 7-OH resulted in respiratory depression at a magnitude three times more severe than morphine.

Unfortunately, many users are not aware of the extremely addictive property of 7-OH until it’s too late. Because there is no regulation around these drinks, gummies, etc., they can be sold in bright, attractive packaging right over the counter at your local gas station. It’s easy to mistake them for something like a drinkable energy or vitamin shot.

Concentrated 7-OH products are sold under dozens of different brand names and can be marketed as 7-hydroxymitragynine, 7-OH-mitragynine, 7-OHMG, 7-Hydroxy, 7-HMG or 7, but all of these compounds pose significant health risks.

It is especially risky for past opioid users to accidentally start taking 7-OH, as it has the high potential to trigger a full relapse into dependence.

What is its legal status?

On July 1, 2026, the Drug Enforcement Administration (DEA) announced the start of a temporary scheduling process under the Controlled Substances Act for 7-hydroxymitragynine (7-OH) above a proposed specified threshold, as well as three synthetic 7-OH derivatives not naturally occurring in the kratom plant. The same day, the U.S. Department of Health and Human Services opened a 30-day public comment period on the DEA's proposed 7-OH threshold, which will inform the decision on whether to take the temporary scheduling action.

Know the facts and symptoms before it is too late. If you have concerns about 7-OH or are struggling with any substance use issues, seek the advice and care of a licensed health care professional to receive treatment and support or CALL 988.

Discussion Questions:

1. Have you ever heard of or noticed a 7-OH product? Did you know it was addictive?
2. What are some good ways to hydrate and energize without relying on energy drinks and supplements?

Sources:

- [From kratom to 7-hydroxymitragynine: evolution of a natural remedy into a public-health threat](#)
- [7-OH Opioid Sold at Gas Stations as Federal Ban Stalls](#)
- [Beware: Synthetic kratom — 7-OH — is powering a new opioid crisis](#)



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