



Fatal Overdoses Tied to Synthetic Kratom

The County of Los Angeles Medical Examiner [identified six overdoses](#) associated with 7-OH ingestion in LA County residents between the ages of 18 to 40 years old. Alcohol was present with 7-OH in many of the fatal overdose cases, in addition to other medications and, at times, illicit substances. However, the decedents were otherwise generally healthy. Particularly when used with alcohol, medications, and/or illicit drugs, 7-OH can cause overdose and death.

7-OH, is synthetically concentrated from the psychoactive component found in kratom leaves. At low doses, 7-OH can have stimulant-like effects and at higher doses it has opioid-like effects. 7-OH, is being packaged and sold in products available via gas stations, smoke shops, and other retail and online venues in LA County. These products are unregulated and often labeled with terms such as “plant alkaloids” or “alkaloid” and marketed as dietary supplements to address a broad range of issues such as pain, anxiety and mood disorders, opioid withdrawal, or energy/general well-being. These products come in various forms such as tablets, gummies, drink mixes, and concentrated (“enhanced” or “super”) liquid extracts or shots for drinking, which significantly increase its adverse and life-threatening effects.

Los Angeles County residents are urged to:

- Consider that the safest course of action is to avoid using any 7-OH or kratom products.
- Never use alone: Using with another person is protective and increases the chances of lifesaving interventions such as the administration of naloxone in instances of an overdose. Naloxone can reverse 7-OH toxicity.
- Stagger drug use with others: Making sure at least one person in the group can administer naloxone to reverse an overdose can save a life.
- Avoid mixing 7-OH with other drugs: The effects of combining substances may be stronger and more unpredictable than using one drug alone and mixing and using multiple drugs increases the risk of an overdose.
- Carry naloxone: As naloxone can reverse an opioid overdose and successfully restore breathing to reverse the effects of opioids, including 7-OH. [Residents should be aware of how to recognize and responding to overdose](#). Naloxone is available in Los Angeles County [for purchase from community pharmaciesⁱⁱⁱ](#) and free through [Public Health Community Health Stations^{iv}](#)
- Call 911 immediately if someone is unresponsive, administer naloxone, and keep the person awake and breathing, lay them on their side to prevent choking and stay with the person until 911 responders arrive.
- Contact Poison Control at 1-800-222-1222 or online at www.poisonhelp.org, or consult a health care provider, if they are experiencing any ill effects after consuming kratom or 7-OH products.

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Resources:

- [Los Angeles County Department of Public Health Overdose Prevention Webpage](#). This Substance Abuse Prevention and Control (SAPC) website features information sheets and toolkits for the community relevant to overdose prevention.
- Finding Substance Use Disorder Treatment In Los Angeles County, the general public, health care providers, and patients can find publicly funded substance use treatment services and bed availability using an online, filterable service locator known as the Services and Bed Availability Tool (SBAT), in the resource section of www.RecoverLA.org, or by calling the Substance Abuse Service Helpline (SASH). Services include outpatient and intensive outpatient treatment, residential treatment, withdrawal management, and Opioid Treatment Programs.
- Service and Bed Availability Tool: SUDHelpLA.org
- RecoverLA mobile-friendly platform: RecoverLA.org
- Substance Abuse Service Helpline (SASH): (800) 854-7771

For additional information on Kratom or Tianeptine, visit:

- <https://www.fda.gov/news-events/public-health-focus/fda-and-kratom>
- <https://www.fda.gov/consumers/consumer-updates/tianeptine-products-linked-serious-harm-overdoses-death>
- FDA issued warning letters to firms for illegal marketing of concentrated 7-OH products: <https://www.fda.gov/news-events/press-announcements/fda-issues-warning-letters-firms-marketing-products-containing-7-hydroxymitragynine>

Launch of the *Live Unstoppable Walk/Run Program* at the Curtis Tucker Center for Community Wellness (CTCCW)

The Curtis Tucker Center for Community Wellness (CTCCW), in collaboration with Health Matter Clinics, is launching the *Live Unstoppable Walk/Run Program*—a community wellness initiative designed to promote physical activity, heart health, and social connection.

The program will be held on **Saturday, December 13, 2025**, and **Saturday, January 10, 2026**, from **8:00 AM to 9:30 AM** at the CTCCW, located at **123 W. Manchester Blvd., Inglewood, CA 90301**.

Open to participants of all ages and fitness levels, the *Live Unstoppable Walk/Run Program* offers an inclusive, encouraging environment that fosters healthy habits and community engagement. Participants will have the opportunity to set personal fitness goals, connect with fellow community members, and experience the benefits of regular exercise in a welcoming, supportive space.

Check-in will take place outside the Wellness Center near the picnic tables. Health Matter Clinics staff will assist with registration and ensure that all participants complete CCW waiver forms prior to the walk/run.

Registration Link: <https://www.eventbrite.com/e/live-unstoppable-community-wellness-run-giveaways-free-event-tickets-1927147763839?aff=ebsdoporgprofile> (Flyer attached).

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ⁱ <http://ph.lacounty.gov/phcommon/public/media/mediapubdetail.cfm?unit=media&ou=ph&prog=media&cur=cur&prid=5139&row=25&start=1>

ⁱⁱ <https://www.cdph.ca.gov/Programs/CCDPHP/sapb/pages/naloxone.aspx>

ⁱⁱⁱ <https://calrxnaloxone.com/>

^{iv} <http://ph.lacounty.gov/CommunityHealthStation/>

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