

A quick guide to....

Kratom

Kratom (Mitragynine) comes from a tree that is found in countries in South East Asia. This makes it a little different to other NPS (Novel Psychoactive Substances) but it fits in this category as its use has become more prevalent in recent times.

It can be sold as a green powder (sometimes in capsule form), an extract or gum. It is often drunk as a tea or mixed with other drinks to help minimise the pungent taste.



In small doses, it is reported to have a stimulant like effect, but at high doses and in long term use it is reported to have opiate like effects.

There is currently not much research in the use of Kratom, however we know that users may experience an increase in tolerance.

Withdrawals of Kratom closely resemble that of opiate withdrawals.

Below is some harm reduction advice for someone using Kratom:

Start low go slow	Keep doses to a minimum and give long breaks in-between use
Do not mix	Do not mix substances with Kratom (this includes prescription medication)
Avoid Injecting	Oral use is the safest way to administer Kratom
Don't use alone	Don't use alone . Avoid using alone and be cautious of your environment to avoid accidental injury whilst under the influence.
Consult	Consult. Always consult your GP if you are using Kratom to manage pain or other medical conditions.