Important Notice to Retail Businesses regarding **Kratom, 7-OH, and Tianeptine**

January 2026

ENVIRONMENTAL HEALTH

County of Los Angeles Public Health

KEY MESSAGES

- **The Los Angeles County Department of Public Health (Public Health) is advising retailers to immediately remove from their shelves and stop selling products that contain kratom, tianeptine and the synthetic kratom compound known as 7-Hydroxymitragynine (7-OH).** Per the federal Food and Drug Administration (FDA) kratom and 7-OH products are not lawfully marketed in the U.S. or California as a drug product, dietary supplement, or food additive.
- Public Health inspectors will begin inspections next week at tobacco shops and other retailers for kratom and 7-OH products. If found, these illegal products will be red-tagged and required to be removed from sale. The failure to remove these products from the shelves could result in the impound, destruction of the products, fines and other penalties.
- Kratom, 7-OH, and tianeptine are not approved by the FDA and present significant health risks.
- **Six (6) fatal overdoses involving 7-OH** in Los Angeles County of persons between ages of 18 and 40 have been reported by the Medical Examiner-Coroner.
- **Any kratom/7-OH food product may not be sold in Los Angeles County and will be red-tagged, taken off the shelves so not available to customers or the public, and held at the facility for further action by Public Health's Environmental Health Division.**
- Public Health, Environmental Health Division will red-tag or impound any food and beverage product that contains tianeptine or kratom/7-OH as an ingredient. The Environmental Health Division will refer these matters to the California Department of Public Health (**CDPH**) Food and Drug Branch, for possible enforcement action against the manufacturers or distributors.

These substances may be produced commercially by drug manufacturers or in clandestine laboratories to mimic the effects of more well-known illicit/controlled substances such as marijuana, cocaine, opioids, etc.

Kratom/7-OH

Kratom is a tropical tree (Mitragyna speciosa) that is native to Southeast Asia. In recent years, the U.S. has seen a significant increase in kratom abuse. Consuming its leaves produces both stimulant effects (in low doses) and sedative effects (in high doses) which can lead to psychotic symptoms, psychological and physiological dependence.

- Kratom is mostly abused by oral ingestion in the form of tablet, capsule, or extract. Its leaves may also be chewed, dried, or powdered and ingested as tea, drink mixes and shots.
- **There are two main ingredients that are found in kratom: Mitragynine and 7-OH.**
  - **7-OH is a dangerous product that is not approved by the FDA as a medication, dietary supplement, or food additive.**
  - These products are commercially available and marketed as dietary supplements that address a broad range of issues such as pain, anxiety, and mood disorders, opioid withdrawal, or general well-being.
  - Products are often labeled with terms such as "plant alkaloids" or "alkaloids" and are marketed under various names, including **7-hydroxymitragynine**, **7-OH-mitragynine**, **7-OHMG**, **7-hydroxy**, **7-HMG**, **7-OH**, or simply **7**.
  - Some kratom leaf products labeled "spike" or "enhanced" may have dangerous levels of 7-OH.
  - People who use 7-OH or kratom products can develop problematic dependence and experience life-threatening symptoms.
  - It is sold in many forms, including tablets, gummies, drink mixes, and shots.
  - Concentrated products are often marketed as dietary supplements (e.g., labeled "plant alkaloids" or "alkaloid") for opioid withdrawal, depression, anxiety, or chronic pain, but these claims are not approved by the FDA.
  - Linked to addiction and fatal overdoses in Los Angeles County.
  - High doses alongside alcohol or other sedatives can cause fatal overdose.

- It is illegal for retailers to sell these products to any person in California.
- Six fatal overdoses in Los Angeles County between ages of 18 and 40 and involving the use of 7-OH have been reported in the past few months.

Tianeptine

Tianeptine, also known as "Gas Station Heroin," is not approved by the FDA for medical use or dietary ingredient. It has made its way to convenience stores and gas station shelves, branded as "Zaza" and "Tianna Red."

- It can also be obtained online from independent vendors without a prescription.
- It comes in both powder and pill form and has been illegally sold online and in stores claiming to treat various conditions like anxiety, depression, and pain.
- Other countries approve it for depression and anxiety but also warn about its potential addiction.
- Since 2018, the FDA has issued multiple consumer advisories and warnings about products with tianeptine as being linked to serious harm, overdose, and death.

*If someone is overdosing or experiencing a medical emergency, **call 9-1-1**. Keep Naloxone nearby, as it can reverse an overdose.*

*If someone is looking for help to reduce or stop tianeptine or kratom use, contact a health care provider or call the **Los Angeles County Substance Abuse Service Helpline**: **(800) 854-7771**.*

Additional 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. publichealth.lacounty.gov/sapc/public/overdose-prevention.htm
- **California Poison Control 1-800-222-1222,** available 24/7.
- **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, in the resource section of www.RecoverLA.org, or by calling the **Substance Abuse Service Helpline**. Services include outpatient and intensive outpatient treatment, residential treatment, withdrawal management, and Opioid Treatment Programs.
  - **Service and Bed Availability Tool**: http://SUDHelpLA.org
  - **RecoverLA** mobile-friendly platform: www.RecoverLA.org
  - **Substance Abuse Service Helpline**: 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

To report an unapproved food item for retail sale, contact the Customer Call Center at (888) 700-9995 or email to ehmail@ph.lacounty.gov.

For all non-food products, please contact the **CDPH-FDB** at FDBcomplaints@cdph.ca.gov or at (916) 650-6500 or (800) 495-3232.