

# WHAT'S TRENDING? KRATOM

**POISON  
HELP**  
1-800-222-1222

**Wisconsin  
Poison Center**  
Serving people of all ages.

## What is Kratom?

Kratom is an herbal substance from the leaves of a tree. It contains a chemical compound called 7-OH (7-hydroxymytragynine). Kratom and 7-OH have not been found to be safe.

**Why is this important?** Kratom and its components are not allowed in Wisconsin. But products that contain these items are still used across the state.

- They can be found in a variety of forms: gummies, drink shots, seltzer drinks, tablets, or capsules.
- They can be sold at: gas stations, convenience stores, vape shops, and online.

## What you should know:

- Products can be **habit-forming and addictive**. Using them can cause trouble breathing, nausea, throwing up, confusion, hallucinations, delusions.
- They **may be marketed as a healthy option**, instead of alcohol or caffeine.
- Products do not go through quality or safety checks. They are **not regulated** in the United States.
- They use flavors, colors, and pictures to **attract children**.



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# WHAT'S TRENDING?

## THC DRINKS

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### What is THC?

THC, (tetrahydrocannabinol), is the part of the cannabis plant that causes a high. THC use may have a wide range of health effects on the body.

**Why is this important?** Cannabis/marijuana is not allowed in Wisconsin, but products that contain THC are still sold across the state, especially in drink form.

- **THC drinks can be found in a variety of forms:** teas, sodas, sparkling waters, and energy drinks.
- **THC drinks can be sold at:** shops, bars, and restaurants, and are commonly marketed similarly to alcohol.

### What you should know:

- Because these products are not regulated, **the amount of THC in each drink may not be clear or accurate.**
- Some THC drinks may contain unknown or inconsistent ingredients.
- **Drinking too much THC can cause unwanted effects.**
- Bright packaging and sweet flavors may **attract children.**
- Store all THC products locked **up, away, and out of sight.**

