

## Testimony Against HB1523 / SB0820

March 3, 2026

Dear Senator Hayes and members of the Finance Committee,

I am writing to respectfully oppose **SB0820**. This legislation would eliminate safe access to kratom products for responsible consumers, like myself.

Maryland has already adopted a comprehensive measure with the [Kratom Consumer Protection Act](#) in 2024 (HB1229/CH0748). This existing law wisely bans the sale of products containing highly concentrated amounts of psychoactive ingredients found in kratom. Therefore, the simple green tea form (made from the actual ground leaves of the plant) should continue to be permitted and accessible to responsible consumers.

I regularly use small amounts of kratom green tea powder in blended yogurt drinks (smoothies) as an alternative to caffeine to enhance my productivity and alertness. This was particularly valuable when I worked 12-hour night shifts and needed a safe boost around 2 AM. Unlike coffee, which often made me jittery or caused stomach upset that late, and interfered with my sleep schedule, kratom green tea provided sustained alertness and energy without negatively impacting my ability to sleep the next morning. I have found kratom to be less habit-forming than coffee. It is safe for responsible, moderate use.

SB0820 is both unnecessary and harmful, given the current regulations already in place. I urge you to vote against this bill, or at minimum, remove kratom from the list of substances, as it is already appropriately regulated under current State law.

Sincerely,

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