

Dear Legislators,

**Please understand that when folks who are against kratom are speaking about how it may be harmful or addictive, they are referring to the synthetic versions (7-oh), not the natural leaf kratom plant. They are saying “kratom” because it has become “an umbrella” term for the synthetics and natural form, unfortunately, and it is giving the natural form an incorrect description and reputation. They are 2 completely different things. One is safe (natural), one is not (synthetics).**

There are thousands of chronic pain patients, veterans, and hard working people who are responsible adults, who use safe natural kratom responsibly without issue, and have been for decades. To make possession of this safe plant illegal is outrageous and cruel to people who use it the way it is intended. I agree that the synthetics, like 7-oh and lab created extracts should be regulated or banned, but natural kratom tea should be left alone, with age restrictions and proper labeling. I am a hard working, college educated farm business owner who depends on natural kratom for pain relief because I can not take pain medications or NSAIDS. I use it responsibly and it does not cause any impairment or harm to my health. I keep up with doctor appointments and blood work, I am healthy except for my pain from a surgery that will linger with me forever.

Please at least educate yourself on the major differences between the "gas station heroine" which is 7-oh and synthetics, and natural kratom. They are unfortunately being called kratom, when they are NOT. Those lab created products are made in a lab by isolating a trace amount of alkaloids from the natural leaf and concentrating them into much stronger products that some people have abused and marketed in unsafe ways. It is like calling the vitamin supplement of vitamin C an "orange" or calcium "milk", It is not fair to lump natural safe leaf tea and lab created products sold at gas stations into the same category.

Please understand that this is a very scary time for natural kratom consumers, we depend on it in order to live our lives productively. If it is made illegal we will be left with no options for pain relief, because getting effective medication and pain treatment is nearly impossible the way the healthcare system is now. Some folks can not take certain medications due to allergies, blood pressure, and high cost of healthcare access. Natural kratom is a safe alternative. Responsible users are not criminals, we are contributors to society and should be treated as such.

Robert F. Kennedy agrees that the synthetic 7-oh is the problem, not the natural kratom plant. A simple internet search will show you a video of him discussing this topic.

Natural kratom has a ceiling effect built into it that prevents overdose. It is impossible to overdose on natural leaf tea, because our bodies only become nauseous if too much is taken. Natural kratom powder tea does NOT cause hallucinations, seizures or impairment in the natural form. It is **only** the case for 7-oh and synthetics. **Not the natural tea.** This is so important to us, and it will be devastating to responsible consumers if you do not protect our right to freely manage our health with this natural botanical. This is your chance to show your

unbiased, fair decision making skills on a very important public issue. Protect us, we are counting on you to get rid of the bad products and keep the safe ones we need to live quality lives.

I am a farm business owner, former librarian of 8 years, college graduate, community volunteer, mother, wife, and hard worker. I deserve to be heard, and freedoms like managing health in a natural way should never be taken away just because bad people created unsafe products and are abusing them. It is not natural kratom that is the problem, it is the synthetics. I hope you understand and can help make this fair and safe for all. Many states have adopted a regulation where kratom is only allowed if it is natural, 2% or less potency, and properly labelled for ages 21+. This is the fair way to keep safe natural kratom accessible and will get rid of the synthetic products, and this would be a humane and rational compromise.

Thank you for your time.

Sarah Rose