7-OH: The Opioid Sold at the Corner Store

7-OH (7-hydroxymitragynine) is being sold in gas stations, smoke shops, and convenience stores across the US. Tablets, gummies, drink mixes, and small liquid shots, often packaged like energy drinks or flavored like candy. The FDA calls it "an opioid that can be more potent than morphine."

It is not the same as kratom. 7-OH occurs naturally in the kratom plant, but only in trace amounts. The products on shelves are chemically manufactured and concentrated to strengths the plant does not reach. Missouri's Department of Health calls it a substance "engineered to be addictive." Federal restrictions are proposed but not yet in effect. As of August 2026, these products remain on shelves and online.

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Why 7-OH is dangerous

It doesn't look like a drug

7-OH is sold in bright packaging on the counter next to energy drinks and supplements, in gummies, tablets, drink mixes, and small shots. Nothing about it signals what it actually is.

What it actually is

The FDA states 7-OH is **13 times more potent than morphine** at activating opioid receptors, and more than **3 times as potent at slowing breathing**. Slowed breathing is what makes an opioid overdose fatal.

Dependence builds fast

Free samples are common. One user reported spending $100 a day within three months of trying it. Withdrawal has been described as "the flu times a thousand."

Symptoms of use: addiction, anxiety, depression, digestive problems, trouble sleeping, seizures.

Withdrawal: restlessness, body aches, fatigue, irritability, cold sweats.

What to do

Overdose — Act Now

- Won't wake up
- Slow, shallow, or stopped breathing
- Blue or gray lips, fingernails, skin
- Pinpoint pupils
- Gurgling or choking sounds

If you see any of those signs, act quickly.

1. **Call 911.**
2. **Give naloxone** (Narcan).
3. Start **rescue breathing** or roll them in the **recovery position** if they are breathing.
4. **Stay with them** until help arrives.

Narcan can wear off before the opioid does. Even if they wake up, they still need emergency care.

24/7 HELPLINE

1-800-304-2219

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