

AMERICAN MEDICAL ASSOCIATION HOUSE OF DELEGATES

Resolution: 515
(A-23)

Introduced by: Mississippi

Subject: Regulate Kratom and Ban Over-The-Counter Sales

Referred to: Reference Committee E

1 Whereas, Kratom is a herbal supplement derived from a tropical tree, *Mitragyna speciosa*, that
2 has been used for centuries in Southeast Asia to alleviate pain, fatigue, and enhance mood; and
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4 Whereas, Kratom has been marketed in the US as an over-the-counter supplement for similar
5 uses, but there is limited scientific evidence to support its safety and efficacy, and concerns
6 have been raised about its potential for addiction, abuse, and adverse effects, including
7 seizures, liver damage, and death; and
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9 Whereas, Kratom is not currently regulated by the Food and Drug Administration (FDA) and has
10 not undergone clinical trials to determine its safety and effectiveness; and
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12 Whereas, The American Medical Association recognizes the potential for kratom to be used as
13 an alternative treatment for opioid addiction, but also acknowledges the need for further
14 research to determine its safety and effectiveness; and
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16 Whereas, The AMA believes that the regulation of kratom is necessary to ensure the safety and
17 well-being of patients and the general public; therefore be it
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19 RESOLVED, That our American Medical Association recommend the following:
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- 21 1. Kratom should be regulated by the FDA, and its safety and efficacy should be
22 determined through clinical trials before it can be marketed or prescribed as a treatment
23 for any condition.
- 24 2. Over-the-counter sales of kratom should be banned, and kratom should be available
25 only by prescription from a licensed healthcare provider if it is deemed to have a
26 medicinal use after proper research.
- 27 3. Individuals who are currently using kratom for pain management or other conditions
28 should have access to appropriate medical care to manage their conditions and
29 withdrawal symptoms, if needed.
- 30 4. Criminalization of kratom use should not be the intent of this resolution, and individuals
31 who are using kratom for legitimate medical reasons should not be subject to criminal
32 penalties although if it is banned, this does not exclude criminalization of drug trafficking.
- 33 5. The Drug Enforcement Administration should conduct a comprehensive review of the
34 potential for kratom abuse and dependence and consider appropriate scheduling under
35 the Controlled Substances Act. A schedule 3 would make it unavailable over the counter
36 but avoid criminal penalties.
- 37 6. Research funding should be made available to study the potential therapeutic uses and
38 risks of kratom, and to develop evidence-based guidelines for its safe use.

- 1 7. Education and public awareness campaigns should be launched to inform healthcare
- 2 providers, patients, and the general public about the potential risks and benefits of
- 3 kratom and the need for caution in its use. (New HOD Policy)

Fiscal Note: Minimal - less than \$1,000

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DRAFT