

KRATOM VS. ENERGY DRINKS

When compared to Kratom it is clear that energy drinks and shots present the REAL threat to the health of American consumers, despite receiving minimal legal and media scrutiny.



Kratom



- Provides a mild stimulant when used in low dosages
- There have been **ZERO** deaths from Kratom alone
- Heavy consumption can be mildly-habit forming
- According to the Florida Department of Health, there are no pervasive health issues attributed to the ingestion of Kratom products [1]



Energy Drinks & Shots



- Provides a concentrated and acute dose of caffeine
- From 2009-2011, there were 16 deaths related solely to Monster, 5-Hour Energy, and Rockstar. [2]
- In 2011, the AAPCC-NPDS reported the greatest number of caffeine poisoning cases were in children younger than 5 years (1055), followed by individuals aged 20 years or older (938), then ages 13-19 years (428) and ages 6-12 years (83) [3]

1. Kratom – *Mitragyna speciosa*, The Impact to Florida, Florida Department of Law Enforcement, Office of Statewide Intelligence, Drug Report, December 2015
2. *Caffeine Toxicity*, David Yew, MD Assistant Clinical Professor, Department of Surgery, University of Hawaii, John A Burns School of Medicine, March 31, 2015
3. Id.