

PROTECT YOURSELF

Before using any supplement or wellness product:

- Read ingredient labels carefully
- Research ingredients from trusted sources
- Be cautious of products claiming miracle benefits
- Avoid mixing substances
- Talk to a healthcare professional
- Avoid products from unknown manufacturers

Just because something is sold legally does not mean it is risk-free.



HEALTHIER CHOICES ARE POSSIBLE

If you or someone you know is struggling with substance use:

- SAMHSA National Helpline 1-800-662-HELP (4357): Free, confidential, 24/7
- FindTreatment.gov
- Talk with a healthcare provider, counselor, or trusted adult

Awareness and action can save lives.

TEST YOUR KNOWLEDGE

1. Because a product is sold at a gas station, it must be safe.
 - A. True
 - B. False
2. Kratom can produce opioid-like effects.
 - A. True
 - B. False
3. Tianeptine is approved by the FDA for medical use in the United States.
 - A. True
 - B. False
4. 7-OH products may be more potent than traditional kratom products.
 - A. True
 - B. False
5. Gas station drugs can lead to dependence and withdrawal.
 - A. True
 - B. False

Answers: B, A, A, B, A

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GAS STATION DRUGS

KRATOM, TIANEPTINE, AND 7-HYDROXYMITRAGYNE (7-OH)



STAY SAFE SERIES

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SOLD LEGALLY. MARKETED AS SAFE. NOT WITHOUT RISKS.

WHAT ARE GAS STATION DRUGS?

The term “gas station drugs” refers to psychoactive substances often sold in:

- Gas stations
- Convenience stores
- Smoke shops
- Vape stores
- Online retailers

Three increasingly common products include:

KRATOM

A plant-based substance that can produce stimulant effects at low doses and opioid-like effects at higher doses.

TIANEPTINE

A plant-based substance that can produce stimulant effects at low doses and opioid-like effects at higher doses.

7-HYDROXYMITRAGYNINE (7-OH)

A highly concentrated compound related to kratom that may be significantly more potent than traditional kratom products.

Many products are marketed as natural, safe, or legal alternatives to other drugs—but legality does not guarantee safety.



GAS STATION DRUGS CAN AFFECT ANYONE

These products are often packaged to appeal to consumers through:

- Bright colors
- Flavoring
- Energy claims
- Mood enhancement claims
- Stress relief promises



SHORT-TERM EFFECTS

Use of kratom, tianeptine, or 7-OH may cause:

- Nausea & Vomiting
- Dizziness & Drowsiness
- Confusion
- Increased heart rate
- Anxiety
- Irritability
- Loss of consciousness
- Respiratory depression
- Medical emergencies

LONG-TERM EFFECTS

Repeated use may contribute to:

- Physical dependence
- Addiction
- Withdrawal symptoms
- Memory problems
- Mood disturbances
- Sleep problems
- Relationship difficulties
- Financial problems
- Increased risk of overdose



JAKE'S STORY

Jake was a 19-year-old college student who bought a kratom product from a local gas station.

The packaging advertised energy, focus, and mood support. Since it was sold openly, Jake assumed it was safe.



At first, he felt more energized and productive. Soon, he began taking larger amounts to achieve the same effects.

When he tried to stop, he experienced anxiety, irritability, trouble sleeping, and strong cravings.

Eventually, Jake realized he had become dependent on the product.

With support from his family and healthcare professionals, he was able to stop using kratom and begin recovery.

Jake now reminds others that legal products can still carry serious risks.

Always research products before using them and seek help if dependence develops.

