KNOW WHAT YOU'RE BUYING

# Sold in stores doesn't mean safe

Energy shots, gummies, and pill packs at gas stations and smoke shops can hide drugs that work like opioids or heavy sedatives. The FDA hasn't approved them, and labels can't always be trusted.

### KRATOM

*(Herbal energy)*

Looks like: Powders, teas, shots

Names: O.P.M.S., Feel Free



### 7-OH

*(Concentrated kratom)*

Looks like: Chewable tablets, gummies, shots

Names: 7OHMZ, 7Tabz, Press·d, Hydroxie



### TIANEPTINE

*(Gas station heroin)*

Looks like: Pill packs, ·elixir· shots

Names: ZaZa Red, Tianaa, Neptune·s Fix, TD Red



### PHENIBUT

*(Focus / chill booster)*

Looks like: Powders, capsules, shots

Names: Addall XR (recalled in 2026)




| SUBSTANCE | WHAT IT DOES | WHAT CAN GO WRONG |
|---|---|---|
| **Kratom**<br>plant-based | A little can feel like caffeine. More can make you very sleepy and slow your body down. | Your body gets used to it, so you need more. Stopping can feel like a bad flu. Liver damage, seizures, and seeing or hearing things that aren't there have been reported. |
| **7-OH**<br>7-hydroxymitragynine | A very strong part of kratom, concentrated or made in a lab. It works like an opioid painkiller, only much stronger than the plant. | Your body can get used to it fast. Stopping can mean throwing up, body aches, and panic. Too much can slow or stop your breathing. |
| **Tianeptine**<br>sold as "gas station heroin" | A drug never approved in the U.S. It acts on the same brain receptors as opioids. | Hard to stop. Dangerous heart rhythm problems, seizures, and deaths have been reported. Some products have also contained other hidden drugs, like K2/Spice. |
| **Phenibut**<br>sold as a "focus" supplement | A lab-made drug that slows your brain down, like alcohol or Xanax. | Your body can depend on it within days to weeks. Quitting suddenly can cause shaking, seeing things that aren't there, and seizures. |

## Spot the marketing tricks

Packaging that looks like **candy, energy shots, or vitamins**.

Words like **"extract," "alkaloid," "nootropic,"** or **"focus."**

**"Natural," "herbal,"** or **"research only"** labels. Natural doesn't mean safe, and labels can be wrong.

## Call 911 right away if someone:

- is very sleepy or hard to wake
- is breathing slowly
- is having a seizure

## Questions, or worried about a friend?

**Poison Control:** 1-800-222-1222 or poison.org, 24/7, free. You can call for a friend.
**SAMHSA Helpline:** 1-800-662-4357, or text your ZIP code to 435748.
**988:** call or text anytime if you're struggling.
You can also talk to a school counselor, nurse, or an adult you trust.

*Laws on 7-OH are changing in 2026. Whether a product is legal where you live can change, and legal or not, it can still be dangerous.*

Sources: FDA safety alerts (2025–2026); CDC MMWR (2020–2026); America's Poison Centers (2026); DEA notice, 91 Fed. Reg. 65370 (Oct. 2026). Information current as of Nov. 2026.

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