

MN HF3479 | 2017-2018 | 90th Legislature (comments)



Laura Jones ·

Works at Volunteer at American Kratom Association & Admin at PA AKA

A ban on kratom would be a huge win for the opiate epidemic and an enormous loss to the people of Minnesota. Please allow the real science to speak for itself as it shows kratom to be a safe and effective herbal supplement.

██████████ · 1w



Tony Smith ·

Violinist/Fiddler at Strummer Cash

Kratom saved my life along with millions of others'. Please don't take this herb away from us, many of us depend on it for various ailments. It is not a recreational drug in the least, it is quite the opposite, the only effect other than joint pain relief i get is a mild mood lift. You would be VERY surprised with the amount of veterans, elderly and disabled using kratom. Not the "user base" of any street drugs. I myself depend on it to play violin, as a decade plus of constant practice has given me tendonitis and some various neck, back and shoulder pains. Without kratom, i can't play nearly as well or fluently. I was planning on someday trying out for the MN orchestra, and that dream will never happen if this plant is taken away. I believe in a government by the people, and hope that you will do the right thing and earn this Minnesota citizen's vote in the next election!

██████████ · 4 · 1w



Laura Whitley ·

Kerkhoven, Minnesota

I'm asking that you please remove mitragynine speciosa, more commonly known as kratom from this bill. I am one of five million Americans who use kratom daily. I have several issues that cause me to endure chronic pain and fatigue every day of my life. Being able to use a supplement like kratom has allowed me to maintain a normal life. It has kept me away from using dangerous narcotic medicines and other pharmaceuticals that cause horrendous side effects. It has allowed me to maintain a job, to be able to keep up with my daily activities and not have to withdraw. Kratom is in no way a recreational drug, it simply provides pain relief and a mild energy boost, similar to products like tumeric or coffee. I'm asking you to please not take this choice away from

Minnesotans. I am all for regulation on purchasing and testing quality of the product to ensure safety of all consumers, however I don't believe it should be banned outright.

[Redacted] 1w



Terry McCool

Please educate yourself about kratom.

Please check this link. There is all the science by credible sources needed to inform you.

[Redacted]

A ban on kratom will ruin and/or end quality lives made possible by this effective herb. We are everyday people who abide by the law, vote, and pay taxes.

Like · Reply · 3 · 1w



Rachel Mae Dolan ·

Intuitive Reader at Gemini Sun - Intuitive Readings and Spiritual Guidance

Please remove mitragynine from this bill. It has no place alongside narcotics and opiates. This plant has been the miracle that millions of people with chronic pain and anxiety have prayed for.

Mitragynine, or kratom, does not induce a high, and those who would consume it for that reason would be sorely disappointed. Including kratom in this bill is only going to drive thousands of Minnesotans back onto dangerous opioid pharmaceuticals, or worse, because heroin is easier to acquire. I know this firsthand. One year ago, on March 7th, my sister-in-law died of a heroin overdose. She was a chronic pain sufferer (rheumatoid arthritis, among other ailments), who had been receiving treatment through a "pain clinic." When her doctor there cut her off, she used heroin. I have every reason to believe that if she had taken up my suggestion of trying kratom to deal with her severe pain and anxiety, she would still be with us today.

Please, do some research through the American Kratom , or Botanical Education Alliance. There are numerous studies and statements from doctors and scientists that refute the spurious claims the FDA has made.

[Redacted] 1w



Rachel Mae Dolan ·

Intuitive Reader at Gemini Sun - Intuitive Readings and Spiritual Guidance

Here are a few links to get you started in your research.

[Redacted]

[Redacted]

[Redacted]

[Redacted]



Annette Peters ·

Registered nurse at VA Medical Center

Please remove Kratom from this bill. I take Kratom for pain related to a medical mistake where hydrogen peroxide was infused into my abdomen during a procedure burning all my internal organs. I have adhesions (scar tissue) from multiple surgeries, lost my colon and suffer from malnutrition from poor digestion. Kratom helps with the pain and also helps my appetite. Before Kratom I was prescribed opiate medication and I could not work because of the side effects. I started taking Kratom (mixed as a tea twice a day) and was able to go back to work and live a normal life. Please make sure you review the research and educational information that has been sent to you. Look at the science behind it. It does not cause addiction and I am able to stop taking it without a problem. It does not cause people to get high, that is simply not true. In this community you will be meeting doctors, lawyers, law enforcement, veterans, judges and other professionals who are all taking Kratom for pain or other illnesses. As a RN I can tell you that this plant has the possibility of being one of the answers to the opiate epidemic. If you ban this plant you will be making law abiding citizens felons, ruining many lives forcing people back to strong opiate medications, and you will immediately halt any further research. If you do anything please regulate the quality of it, keep out of smoke shops and apply restrictions to minors. Please listen to the research, scientific studies and the testimonies of those who are reaching out to you.

[REDACTED] 1w



Deborah Withrow ·

Hibbing CC

Hi, I'm an RN with intractable pain from adhesive Arachnoiditis caused by steroid epidural into my spine for pain. I have taken Kratom for five years and it literally has saved my life. I was on opioids for years that didn't touch my pain. I had to retire because due to pain I couldn't even work a desk job. I filed for disability and won my case. I nearly died after discharged from the hospital after back surgery. I was given 4 different opioids. I had an 8 hour drive home. I had no idea what I was taking because the pain was so horrible. By the time I got home, I could barely walk, the guy that drove me home helped me in the House. I fell between the toilet and the wall and my daughter helped me up. When I got upstairs, she helped me to bed. Awhile later I woke up to the paramedics being there. My daughter called due to my respiration's being only 4 a minute. My daughter took care of administering my meds. If I would have brought Kratom with me it would have not only helped my pain but I would have known what I was doing. I stopped the opioids and took Kratom. My pain was controlled! Opioids change you but Kratom doesn't. Kratom is safe and I have had no drug interactions Kratom has allowed me to live as normal life as I can having adhesive arachnoiditis. The pain is the worst I have ever felt and it is daily. I take Kratom twice daily and I'm ok it doesn't completely take my pain away, but it's tolerable. Please keep Kratom legal this plant has helped me so much. I will not use opioids every again. Kratom saved my life.

[REDACTED] 1w



Leigh M Aune-Lott ·

Independent Distributor at Young Living Essential Oils Representative

Please remove Kratom from this bill. It has helped so many people with various ailments without being chained to deadly prescription drugs approved by the FDA. This plant has helped me so much. All of the prescription medications I was prescribed for my disease did nothing for me but

cause weight gain and depression. I am able to go back to work full time with a clear head. I am able to clean my own house. I am able to choose when and if I use Kratom that day, unlike prescription drugs that you have to take every day at the same time, otherwise suffer with harmful consequences. Please educate yourself. People have left links within this message thread that are very informative. Thank you.

[Redacted] 1w



Dan Dolan

Please remove mitragynine speciosa (kratom) from this Bill! It has helped my family and me greatly. Thousands of Minnesotans use this product (safely) to kick big pharma opioids that have been falsely touted by the fda as safe. You WILL see the opioid epidemic get worse in Minnesota if kratom is banned. Our great state of Minnesota should be figuring out ways to use this gift to help those battling addiction, not banning!

[Redacted] 1w



Stephanie 'Grossman' Hagen

Owner/Operater at StableStephs Tack & Custom Designs

Please amend this bill to remove mitragynine and 7-hydroxymitragynine, also known as kratom! It does not, in fact, meet the requirements to be scheduled under the Controlled Substance Act! It is a scientifically proven, safer alternative, to the real dangerous substances, synthetic pharmaceutical drugs! This plant is the relief and hope found by so many trying to get away from those dangerous, ineffective synthetics. It's not the problem, it's part of a solution, and I ask you to be part of that solution, and amend this bill! Don't be fooled by the lies being told, look at the real science, see for yourselves the benefits it provides.

[Redacted] 1w



Dustyrose Smith

Southeast Tech, Winona

Please remove KRATOM from this bill. I have been using KRATOM for some time now. It helps me with so many factors in my life. Most importantly it has freed me from using opiates on a daily basis. I am disabled and suffer from chronic pain (due to a drunk driver accident) also from depression. Kratom has helped me through this suffering. It isn't by any means a magical answer or cure. But it is a great tool to go along with the want to better myself. It doesn't get me "high" at all, it however helps aid along with the willingness to work on my life and a different way of thinking. I couldn't imagine if it was banned from the state of MN. I actually couldn't imagine it being banned in any state. It helps so many and will continue helping so many more as long as we let it. Please reconsider this and continue helping others. Thank you for your time. .

[Redacted] 1w



Trish Geer

Chief executive officer at Retired

Please remove Kratom(mitragyna speciosa) from this bill. Kratom is not an opiate. Kratom is a natural substance that helps with pain alleviating it completely in some cases with no known side effects. It has also been successful in weaning people off heroin and opiates. I have used it personally for three years to help with MS pain and my daughter has been successful in returning to work with her Fibromyalgia and manages a business. Without Kratom she would have to go on disability, as the drugs available to control pain make it impossible to work. Please give this serious thought. Thank you.

[REDACTED]



Mia Beresford

I am writing to you with deep concern about bill SF2578 and to request the removal of the following:

(59) mitragynine;

(60) 7-hydroxymitragynine

Which I will refer to hereon as Kratom.

I am a 41-year-old woman working in the software industry as a project manager for a Minnesota born & bred company. We work closely with Fortune 100 companies providing their infrastructure within the US and internationally. I am an accredited PMI and have two Bachelors degrees in Psychology. I've been working in Business for over 20 years.

I also have chronic pain due to a riding injury which shattered my hip when I was 18, a shattered coccyx and symptomatic degenerated discs in my lower back. I cannot stand for more than about 15 minutes without pain, which becomes intense to the point of being unable to move after about 45 minutes. This means even with prescription medication, I am partially disabled, and not able to live an independent life. Even the simplest task such as doing the washing up is a task of such magnitude I will not be able to do anything else that day.

I also have clinical depression, anxiety and C-PTSD due to prolonged childhood abuse. I have years lost to impaired function due to either the pharmaceuticals needed to combat the worst of my symptoms, or the mental exhaustion in managing these health issues without prescription medication as my job requires me to be focused and sharp, which takes a great deal of mental fortitude, often lost when I'm on medication. Additionally, I am unfortunate enough to be medically sensitive, so I suffer from most of the side effects of medication. This means careful choices must be made as sometimes the side effects can be worse than not being medicated.

That was until I found out about Kratom in 2015. On the first day, I started a small 2-gram dose and my life changed. Not only am I now almost pain-free, but I have my emotional stability and clarity back as well. My husband was moved to tears on the first day only an hour after I took my first dose, he said he felt like the woman he had fallen in love with had come back home. I have been more impact-full and focused at my job, I am able to do simple things most people take for granted like clean my home or go for a walk without being crippled by pain afterward. I can't tell you how much joy just doing the washing up brings me now, as I can then effortlessly move on to do other things. Furthermore, I no longer have PTSD and CPTSD flashbacks which would previously leave me on the floor in meltdown status, taking sometimes days to recover.

The only side effects I have are a little dry mouth within a half hour of first taking a dose. To this day, I am not taking more than 2g once a day, nor do I feel any need to take more. I have been able to come off all prescribed medication for both my chronic pain and my mental health with the approval of my doctors... I've even lost weight because I'm now able to be so mobile!

I almost feel like a teenager again. I cannot imagine life without this simple plant remedy, and it's not just the impact it's had on my own health, but the impact on my husband, family, and friends who have also had a huge weight lifted from them even though they're not taking it. No longer does my husband have to be my care giver and be wary of my mental health at detriment to his own needs, no one needs to be mindful of how they speak to me, we can all actually go out together as a group instead of my anxiety keeping me at home alone or only able to be out for a short time.



Mia Beresford

I've studied this herbal supplement in depth, and while I understand the concern to keep harmful items out of the public's general access, this is not something to restrict. Rather it's something that should be allowed to be available, and with raising awareness, safe use becomes the burden of the user. I understand the DEA has had concerns over 40 deaths thus far linked to Kratom, but in every single case, Kratom was just one substance in a cocktail taken by the person who died.

Kratom is no more the "cause" of the death in those cases than a glass of alcohol would be in the case of someone who had taken pills you're not supposed to drink with. Raising awareness of safe use is the only thing that needs to happen, as the unsafe use cannot happen with Kratom alone. Therefore the responsibility should be on the user who chooses to use unsafely, just as the drinker is held responsible for drinking while taking pills, not the alcohol.

I beg you please, do not turn me and the majority of users like me into criminals. I ask you further to please review this scientific information:

- 1) Preliminary analysis of the deaths by Kratom claimed by the [redacted]
- 2) A statement signed by Scientists to the DEA: [redacted]
- 3) The abuse potential of kratom according to the 8 factors of the Controlled Substance Act: Implications for regulations and research: [redacted]
- 4) Pharmacokinetics of mitragynine in humans: [redacted]
- 5) The medicinal chemistry and psychopharmacology of kratom: A preliminary discussion of a promising medicinal plant & analysis of its potential for abuse: [redacted]
- 6) Patterns of kratom use and health impact in the US: [redacted]
- 7) Letter from Jane K. Babin, PH.D., Esq of IPSynergy Life Science to the DEA: [redacted]

Please do not punish the many tens of hundreds of people in Minnesota who are using this beneficial herbal supplement to manage toxic addiction, pain & mental health safely, and without

any more addiction than Coffee (which I'm sure many in your offices would say they're addicted to! An appropriate comparison actually as Kratom is in the same direct plant family as Coffee).

There always will be the reckless and unsafe few who will take the greatest risks in chasing a high in any way they can, but Kratom is NOT a "high" in any sense of the word, if anything it's a stabilizer, a normalizer - I know from my experience that it is pretty amazing to not feel caged by my anxiety or crippled by my pain, and one could liken that amazing normalcy as a "high" if to you it feels like a miracle just to not be in pain physically and emotionally, but it cannot be compared to any other mind altering drug like heroin or even marijuana. It sharpens and clarifies, not dulls and disassociates. There is no "altered state" with kratom.

I ask finally, do "addicts" fight this hard and write letters like this to their representatives, do Heroin and Meth have accredited organizations and lobbyists like the American Kratom Association and the Botanical Education Alliance working hard with every level of government and taking on the DEA and FDA? Surely that alone must give pause to arbitrarily banning it.

Thank you for your time and consideration, if I can provide any more information, I will gladly do so.



Normala DeLaney ·

Senior Applications and Database Engineer at Freelance Senior Applications and Database Engineer

Please understand that Kratom is not a classical opiod as claimed by the FDA. It would be a tragedy to ban a safe supplement that has helped millions to get over their opiod addictions and/or to manage their chronic pain and mental health without the deathly side effects of classical opiods like respiratory depression, and from other prescribed medications with numerous risky side effects. Renowned Scientists have proven that kratom is not a classical opiod. Please read this letter addressed to President Trump's Counselor Kellyanne Conway and to the DEA's Acting Administrator, Robert W. Patterson, and other supporting documents to prove that kratom is safe for human consumption and does not trigger respiratory depression like classical opiods.

The Scientists Letter



Supporting Documents

The abuse potential of kratom according the 8 factors of the Controlled Substance Act: Implications for regulations and research



Pharmacokinetics of mitragynine in a
Man 2015



The medicinal chemistry and psychopharmacology of kratom: A preliminary discussion of a

promising medicinal plant & analysis of its potential for abuse

Patterns of kratom use and health impact in the US



Audrey E Van Liew ·

Cook,housekeeper,nurse,friend,advisor at I'm blessed to be a stay at home mom!

Please remove this from your bill. Kratom is a safe supplement that's been around since the beginning of time . It's helped me and given my family back to me . So many healthy and wellbeing benifits to kratom . It' has helped so many people from drugs please reconsider



Ellen Kostiuk ·

Works at Wawa

I respectfully ask that you research the science behind kratom included here in these posts,and please remove this from your bill .this is no drug to cause any harm ! On the contrary,it has helped millions of people live a healthier ,productive life style! I am a 53 yr old mother and grandmother, who's safely used kratom for years! It helpse manage chronic pain from a broken neck! It causes no high ,no altered mental state,no respiratory depression,no horrible side effects.unlike the 8 medication s that where perscribed to me ! All of which had me unable to work ,or participate in life in any productive manner ! I now work full time , take care of my large family along with my 86 yr old mother with alzheimers! I give her kratom tea as well ,and her state of mind and overall daily struggle s are greatly improved with 0 side effects! I urge you to remove this supplement from your list of drugs ! Your going after the wrong product !!



Jolene Johnson ·

Brainerd Senior High School

You're worried about this safe relative of coffee that's helping people! Opioid deaths are ridiculously out of control and you are trying to ban something that helps with that! Start working for the people instead of the pharmaceutical industry!!



Tane Train ·

Underwear Model at Calvin Klein

Kratom has been incredible for my chronic pain and PTSD symptoms allowing me to stop using dangerous drugs prescribed by the VA. There are many combat Veterans like myself who benefit from this plant. It is not a synthetic or dangerous substance.



Robert Braun

Please remove kratom From this bill. I live in Fargo and i will not be visiting your state ever again for any reason if this goes thru. At the moment i do business in Moorhead Minnesota 5 days a week. I've been taking kratom for years and have had no adverse reactions or any consequences from using it. Kratom saves lives.



Randa Wolf

Please read up on recent science articles that Kratom is not a classical opiod as claimed by the FDA. It would be a tragedy to ban a safe supplement that has helped millions to get over their opiod addictions and/or to manage their chronic pain and mental health without the deathly side effects of classical opiods like respiratory depression, and from other prescribed medications with numerous risky side effects. Renowned Scientists have proven that kratom is not a classical opiod. This natural tree has been around for generations and used by countless people without suffering any side effects.



Tiffany Vazquez ·

Works at Being an Independent Woman

Please reconsider this bill. Kratom is a safe, natural supplement. It has helped me do more things that I couldnt. I suffer from lupus and fibromyalgia and this supplement helped ease pain from those ailments. Please remove this. Give people a chance to have natural options



Medea O'Rand Latham ·

Texarkana College

Please do more research on Kratom. There is scientific evidence to refute the claims of the FDA. I have been taking this plant for the last year without getting high, no altered mental status. I am a disabled RN. This past December 2017, I was able to watch my oldest son graduate from college. Without this plant I would not have been able to watch him. I have been bedridden for several years and I am in constant Chronic pain.



Audra Herzenach ·

Works at Heartland Kitchen & Cafe Inc

Please remove mitragynine (kratom) from this bill. The danger today is not Kratom, but a social system that criminalizes the only means millions of people have to cope



George Curio ·

Occasional Guest Speaker, Lecturer, and Workshop Host at Self-Employed

I'm writing you because I'm extremely concerned about the proposed bill SF 2578 banning kratom in our state. Kratom is a plant in the coffee family native to southeast Asia. Obviously this is anecdotal, but it is my belief that kratom may be instrumental in combating the opiate/opiod crisis. I think it'd be disingenuous to claim kratom as a "miracle plant" and again, I hope you can appreciate that this is purely anecdotal, but I have personally benefited from kratom as its alleviated long term physical pain I've suffered from for years.

There is something of an extensive community of kratom users in the Twin Cities (and the entire State of Minnesota) and you'll have no problem finding similar stories (particularly among people who have struggled with substance addictions and service-people struggling with PTSD) of people who have benefited from kratom.

Principally, I fundamentally believe that banning kratom under an umbrella bill is entirely wrong and merits serious consideration. I know kratom is an increasingly controversial substance (you may have heard the FDA maneuvering to classify it as a schedule 1 substance recently). I am all for banning synthetic drugs and regulating kratom in a way that standardizes health and safety practices, but seeing it banned outright would be absolutely devastating for me and thousands of others.

It is my belief that most people simply aren't aware of kratom and I'd like to believe that the representatives of this state would at least be open to measured consideration (such as more advanced testing) before moving ahead with including kratom in this bill.

Thank you for your time.



Ryan Murray ·

Minneapolis, Minnesota

Please remove mitragynine from this bill. It has no place alongside narcotics and opiates. Please I don't want to take drugs with negative side effects to help with pain and anxiety.



Corrine TheRese ·

Fridley, Minnesota

Please remove Kratom from this bill. This is a life changing natural cure for many ailments. From pain, migraines, anxiety, depression..and that's just the start. This is not something people are

missing or getting "high" from by any stretch of the imagination. It keeps a lot of people from harming their bodies with unnecessary narcotic pain meds. By doing this you force thousands of people back into pumping their bodies full of garbage meds. If there is a natural cure then why on earth take that away? Please do more research, it's important that you do. If you look around you will find testimonials from many people who's lives have been dramatically changed by Kratom, it's a blessing that has no business being anywhere near the category of opiates.



Sherri Baxter Miller

Please remove mitragynine species and 7-hydroxymitragynine (commonly referred to as kratom) from this bill. It is not an opiate. It is a natural plant in the coffee family. I have many friends who have taken this in a tea form for pain or anxiety and have been able to get off opiates or other pharmaceutical drugs (which most of those have terrible side effects). The only side effects from taking kratom that I've heard of is getting constipated, which can be corrected by drinking more water. Others have vomited if they'd taken too high a dosage so there is no chance of overdosing. You don't get a high or foggy feeling from kratom like a person gets with opiate usage. Many doctors are cutting back on the amount of opiates they will prescribe for their chronic pain patients. I'm not sure what they expect chronic pain patients to do to deal with their pain if kratom becomes illegal. If it does become illegal, then no one can do additional testing on it. People in Asia have been taking this for years. Please educate yourself on this important issue before passing this through.



Carmen Yelle

Please amend the bill to remove Mitragynine from this bill. Kratom has helped me and countless others live a productive life. Since Kratom was banned in my home state, it has forced me to go back on deadly pharmaceuticals to manage my pain. Because of the side effects of prescription pain meds, I miss work and I am not productive like kratom enabled me to be. If you keep Mitragynine in this bill, it will be disastrous to the many people who have gotten their lives back thanks to kratom.



Matt B Karr

University of Minnesota

I do not support classifying mitrigynine & 7-hydroximitragynine (kratom) as a controlled substance. There is no scientific evidence that this plant would warrant such a classification. We need to look at all the facts instead of making a rash decision, I support alternative natural supplements.



Mark DeLaney

Jack E. Henningfield who frequently liaises with the Food and Drug Administration on issues concerning drug scheduling and addiction is one of the world's leading experts on addiction, and the effects of drugs on the central nervous system. Mr. Henningfield recently performed an 8 factor analysis on Kratom and concluded that Kratom is safe. Please double check the scientific facts and keep Kratom legal.



Shelby Marek ·

Works at Spin the Planet Enterprises

My name is Shelby Dixon, and I am a resident of the state of Minnesota and was born and raised here. I am 30 years old and own a home and live in Bloomington with my husband Anthony. I am writing you to ask that you please amend Bill HF3479 to match the Senate version, which dictates that kratom and its components mitragynine and 7-hydroxymitragynine are only banned for those under the age of 18.

I am a responsible adult consumer of kratom (*mitragyna speciosa*) and have been utilizing this plant for nearly 4 years now. I have suffered from chronic pain for the last 10 years and was diagnosed ...[See More](#)



Joanna Hosek Gurley ·

Account Executive at Oracle

My name is Joanna Gurley and I am a 41 year old professional adult from Brooklyn Park, MN. I would like to voice my concern over this bill that is being introduced listing Mitragynine (Kratom). Kratom is a tropical plant in the coffee family from Southeast Asia that has been used for hundreds of years to promote energy and support one's overall well being. Kratom is inherently safe and shares many therapeutic constituents with other widely recognized medicinal plants such as Cat's Claw and Yohimbe, which currently enjoy widespread safe usage as dietary supplements in the United States and abroad. I would like to voice my support of Kratom and my disagreement with the FDA and their recent smear campaign. This puts Kratom, a plant helping millions of people suffering from chronic and acute mental and physical conditions, that is also safely easing the nation's opiate epidemic problem naturally, on the same level as illegal drugs like heroin. It would also prevent further research which, to date, has shown Kratom to be an effective painkiller that does not cause respiratory depression; the main cause of death from opiate overdose. I first heard about Kratom when seeking safer alternatives to help manage my chronic pain that I experienced due to severe arthritis in my back. I was put on a daily regimen of Norco's and was receiving cortisone injections several times a year. They were not working and it made it hard for me to function. The moment I started using Kratom, my pain dissipated drastically with no ill effects. I was also taking Lexapro for my severe anxiety, that after a few years and continued increases on the dosage, had stopped working. It took me months to wean myself off Lexapro as the withdrawals were horrific. Kratom not only has allowed me to live pain free, but has also done a miraculous job of ridding the anxiety that I have had to deal with for most of my life. I was petrified and full of anxiety for years just trying to get on an airplane. This was very discouraging as it stopped me from participating in vacations and even hindered me taking any promotions at work knowing I would

have to travel. With Kratom, I can live my life free from anxiety that had taken over most aspects of my life. I am now able to do things physically and mentally that I have not experienced in years. Kratom is a safe alternative to pharmaceutical drugs with important benefits for many issues and has changed my life. If Kratom is added to this bill, it will only lead to more tragic deaths of victims of the opiate epidemic and make law abiding citizens criminals overnight for consuming a natural plant that promotes one's overall well being. I know that my own quality of life as a productive member of society will not be the same without Kratom. I am requesting that Kratom (Mitragnine) be removed from the list so it can be further studied for its benefits to our MN residents.



Barb Baxter Cooper

Please remove kratom from this bill. I know people who this has helped and it is not like an opiate...please have some compassion on people who are in pain and trying their best to find some relief. It should not be illegal...when you make things illegal it doesn't stop people from using it, it only makes some people a lot of money,,and sends hurting people to jail.



Chris Tucker

Research and comparison to legally prescribed opiates (that are proven killers) should be done with the plant before making it illegal. You'd think this would be obvious but unfortunately big pharma has special interest. Hey politicians? Try not to be crooked or ignorant for once and look at this situation pragmatically.



Kyle Pabst

Overnight Stocker at Target

Please reconsider the ban on kratom. It helps many people in our state with pain and many other ailments. It has saved many many people from other much more harmful substances. It is a lifesaver for me personally. It would be extremely unjust to have such an amazing thing as kratom removed from our state. More and more deaths from opiates will happen if the kratom ban goes through. Please reconsider for us!



Andy Grahn

Manager at Minnesota Martial Arts Academy

Please remove Kratom from schedule I. Regulation is smart, but I ask that you look at the evidence when making a decision regarding kratom. Placing a substance like kratom into schedule I making it impossible to study, is not reasonable in my opinion. The evidence regarding its dangers and uses is FAR from settled. My concern is that this is a form of regulatory capture by big pharma and law

enforcement. The dangers of kratom appear to be exaggerated at the moment. Thank you for reading.



Calvin Wings ·

Please do not ban mitragynine and 7-hydroxymitragynine--the constituents found in the herbal supplement, kratom. Making it a product only adults can purchase is perfectly reasonable, but banning it will have terrible impacts throughout Minnesota. Many folks are using this supplement to help relieve symptoms related to a variety of issues--pain, anxiety, depression, PTSD, etc. Many people will turn to hard drugs if kratom is banned. Kratom is safe, it is not some dangerous drug people are using to get "high." Here is a link to an 8-factor study conducted by Dr. Jack Henningfield, one of the world's leading experts on addiction, demonstrating that kratom is safe, effective, and has about the same addictive potential as a cup of coffee:

Please keep kratom legal and accessible. Thank you and have a great day.

3d



Lynn Taatjes-Nylander

Please remove mitragynine (Kratom) from this bill. Please look at the science behind it. It has helped so many people with chronic pain and being able to stay away from opiate pain medication and all of their harmful side effects. Please learn more about Kratom before making a decision. Kratom has also helped people with addiction or dependance to opiate's. I am afraid that taking Kratom away will lead to a bigger problem with opiate addiction in Minnesota.



Gina Saucedo ·

Saint Paul, Minnesota

Please make sure that mitrigyna speciocia and all of its components of this plant are removed from mn hf3479. As a former police officer and business professional, i know how this helped people who want to be free from opioid medication and free from the pain that started their initial use of opioids. This is no stronger than a cup of coffee. Yet it's effects on my own life have allowed me to work, pain free and drug free. The Holy Bible says in Ezekiel 47:12 - And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be for meat, and the leaf thereof for medicine.

The leaf for medicine! This is important to all professionals who utilize this plant. I encourage members of the house to try it for free on me to prove it is not anywhere close to being any sort drug.

2d



Selector Chasm ·

Mankato, Minnesota

Please remove Kratom from this bill. It is a miracle plant for so many people. Please make sure you research and understand what this plant is/does. It should not be compared to narcotics or opiates.

[Redacted] 1d



Karen Painter

Kratom is a tropical plant in the coffee family from Southeast Asia that has been used to promote energy and support general health and vitality. It would be a tragic mistake to ban this botanical which has helped so many people get off of prescription opioid medications. There is so much evidence that

Kratom is inherently safe(see below) and shares many therapeutic constituents with other widely recognized medicinal plants such as Cat's Claw and Yohimbe, which currently enjoy widespread safe usage as dietary supplements in the United States and abroad.

We aren't.. [Redacted]

[Redacted]



Jenn 'Sherman' Langford ·

Vice President of Operations at The Langford Residence Inn

Please amend this bill to remove mitragynine & 7-hydroxymitragynine (kratom). It's a plant (tree) in the coffee family and is by far safer than alcohol, cigarettes, and many prescription medications. There are studies and scientific facts as well as testimonies of millions of Americans that use this plant. It doesn't get a person high or impair their mind like alcohol, marijuana, and opiates. I'm a 40 year old wife & mother of 4 and reside in Lakeland, Minnesota. I have Fibromyalgia, Lupus, Chronic Fatigue, Med Resistant Severe Depressive Disorder along with other health issues. I had been on 25 different prescription medications. I had gotten off most of those meds 2 1/2 years ago and was barely surviving. I was either in bed or in my recliner all day & night. I couldn't even shower without help. My quality of life was a zero. My family suffered just as much. My 2 youngest kids never knew a healthy normal mom. My husband was on the verge of leaving me. I was actually planning taking my life. I was trying to find the best time to do it when none of my family would be the ones to find me. My husband and I had researched kratom and he pretty much ordered me to try it, so I placed an order as my last hope. The very first dose worked so well I sobbed because I couldn't believe it! I figured it was a fluke and later tried another dose and it worked again! I felt light & pain free. The energy I got was unbelievable! A few days later I noticed that I wasn't depressed! That was just weird and amazing! It was like someone shut the door on my Depression & I couldn't open the door to access it. The rest, they say is history! 10 months & 20 days ago I got my life back! My Husband got his wife & partner back! My kids got their Mom back, The youngest ones got to finally have a normal active Mom! They are beyond thankful for kratom and would be bigger advocates than myself! I'm living life as a normal healthy person thanks to kratom! I'm even planning on getting back into the workforce which would never happen if I couldn't have kratom.

My family would be devastated if kratom is banned. It's not just me that my illnesses hurt. I would either be forced to suffer miserably in pain or possibly have to go back on pharmaceuticals that do more harm than good and leave me a near vegetable!

Please reconsider having kratom (mitraganine), a perfectly safe plant in the coffee family, added into a bill with dangerous drugs. I am completely in support of trying to end the opiate epidemic. I certainly don't like any kind of dangerous drugs. I certainly would never take anything that got me high. I hate the feeling of being high or drunk. I wouldn't be able to function that way. I have a family to take care of. If kratom is banned I will be forced to either move to a place it is legal, live as a felon (which just isn't an option), or go back to a miserable existence. I can't express enough how important this plant is to many people!

Thank you for taking time to read my story. If you would be interested, I'm more than happy to meet with you and answer any questions you may have. Maybe meet so you can put a face to this story of my life. Please private message me or email me if you're interested.

iluvcandles22@msn.com

I've attached a link to a file of many pages of information about kratom. Real scientific backing that expresses the safety of mitragynine.

[REDACTED]

[REDACTED]



Em Scharber

My name is Emily Scharber. I was born and raised here in Minnesota. I live in Sartell, MN. My boyfriend suffered a compression fracture to his spine when going to school to become a police officer. The taser connected perfectly to create the fracture. He was over prescribed pain medication. He didnt know any better, you tend to trust your doctor. He used suboxone to overcome the addicted but In itself is another addiction. With kratom, we beat his physical and emotional withdrawal. It was horrible to see him come off suboxone. Kratom helped him get clean. He still has daily pain but he refuses to go down that rabbit hole again.

I take kratom for a rotator cuff injury I received from sports. Kratom does not mentally hinder me in any way. I have never once felt high or under the influence. I've taken Percocet for this injury and I hate the way I feel on that. You can't drive safely on perocoet. It's dangerously addictive too. With kratom if i don't want to take it for days or weeks at a time, I don't have to. I never feel addicted to it. This leaf needs to remain legal. I am a responsible, working adult that would love to see this bill amended.

Please amend bill HF3479 so it matches what Senate has stated. Only banning 2 components, 7-hydroxymitragynine and mitragynine for those under 18 years of age.

[REDACTED]



Donny Langford

Owner at Mr. D's Flooring INC

My wife is a Minnesotan that has many health issues. She was basically bedridden for years. I had to take care of 4 kids, the house, and my wife all while owning and running my flooring installation company. My wife had been on so many medications prescribed by doctors that she was a zombie. When she finally got away from the pills she was in so much pain she couldn't even shower without my help. She could rarely leave the house. She had heard about kratom from a group of women with fibromyalgia so we both started researching it. I told her to go ahead and try it because it sounded like it would help and would be safe. It's been almost a year now that I have had my wife back. She laughs again! She is active with our kids and they are so happy! She's coherent! She's living again! I could go on and on about what a miracle kratom has been. My kids and I need her and banning this herb would take her away from us again. Please research before doing anything drastic. I've tried taking kratom a couple times for a toothache I had and I can testify that it in no way gets you high. If someone is looking to get high, kratom wouldn't do it. It's unbelievable that something so harmless is being compared to drugs. The pharmaceuticals that doctors prescribe are by far worse. It's ridiculous that this is even an issue while alcohol and cigarettes are legal. If you ban kratom, what will be next? Cinnamon? Coffee? Energy drinks? Alcohol? Cigarettes? Chocolate? It's just crazy!

Please research and amend this bill. I need my wife. My kids need their mom. Many others have similar stories. So many people will be devastated!



Carter Macdonald ·

Coon Rapids, Minnesota

Please amend this bill to remove mitragynine & 7-hydroxymitragynine (kratom). Kratom is safe and it's given me my life back. This is a matter of life and death for some. Don't put my life back in danger, don't make a criminal. Kratom is a plant, throwing people in jail over a plant is wrong! We are not addicts looking for a high, we are not strung out junkies! We aren't parents, aunts and uncles, bartenders, construction workers, police, firefighters. We are hardworking Minnesotans that love our family and love our state. We want to stay here and give ourselves and our families the best life possible and Kratom makes that possible!



Jennifer Wozniak Everson

I strongly urge that mitragynine and 7-hydroxymitragynine (kratom) be removed from this bill. As an RN, I can attest both personally and professionally to the incredible value and safety of this plant. I am a nurse, a wife and mother. I also suffer from chronic back pain due to bilateral spondylolysis of my L5 vertebrae. In December of 2016, I made the decision to end my 3 year dependency on pain medication and began taking kratom. I spent over 6 months researching this plant prior to starting it and I can absolutely attest to both its effectiveness and its safety. I am now able to function painfree without impairment. This plant is capable of saving lives. It has played a tremendous role in saving mine.