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FOR IMMEDIATE RELEASE

December 18, 2025

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New Mexico prohibits kratom in food and beverages *Herbal supplement linked to hallucinations, seizures*

SANTA FE — Kratom, an herbal supplement, may not be used in any food or beverage produced, prepared, or sold in state-permitted food establishments in New Mexico.

The New Mexico Environment Department has determined that kratom is not an approved food ingredient; any food containing kratom will be considered adulterated under state food safety regulations. The U.S. Food and Drug Administration has also classified kratom — including its psychoactive compound 7-hydroxymitragynine — as an unsafe food additive under the Federal Food, Drug, and Cosmetic Act.

“Protecting the health and safety of New Mexicans is our top priority,” said **Marci Nevarez, Environmental Health Bureau Chief**. “The use of unapproved additives like Kratom in food puts consumers at risk, and today’s announcement reinforces our commitment to science-based food safety standards.”

Kratom is an herbal extract sourced from a tree native to Southeast Asia and is often marketed as a treatment for opioid withdrawal symptoms. Products containing the supplement — including shots or liquids, gummies, drink mixes, and vapes — are commonly sold in gas stations, convenience stores, and online.

According to the New Mexico Department of Health, lack of regulation around kratom means there is no guarantee of its purity, potency, or even if it's the supplement it's advertised as. U.S. poison control centers received more than 3,400 reports about the use of kratom from 2014 to 2019, with common side effects including nausea and vomiting, liver damage, muscle pain, dizziness, hallucinations, tremors, and seizures.

If you or someone you know experience these symptoms after ingesting kratom, call 9-1-1 or Poison Control at (800) 222-1222.

The New Mexico Department of Health recommends all households carry naloxone, a medication used to rapidly reverse an opioid overdose, in the event of an overdose.

All food facilities permitted by NMED must immediately cease the use of kratom in any food or beverage under the new guidance. Any remaining kratom must be promptly discarded. Facilities that continue to use kratom may face escalating enforcement actions, including criminal prosecution.

For more information about kratom, visit the FDA's resource page: [FDA and kratom | FDA](#). To view the New Mexico Food Service and Food Processing Regulations, visit [NMED's Food Safety Program webpage](#). For additional information, contact the NMED Food Program at food.program@env.nm.gov.

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