*How to use this letter: fill in each item in [brackets], add a personal story if you have one, then mail or email it to your state senator and state representative. You can find your legislators on your state legislature's website. A personal, signed letter carries more weight than a form of email, so feel free to change the wording and make it your own.*

[Your Name]

[Street Address]

[City, State ZIP]

[Email] | [Phone]

[Date]

The Honorable [Legislator's Full Name]

[Office Address]

[City, State ZIP]

Dear [Senator / Delegate / Representative / Assemblymember] [Last Name]:

I am a constituent in your district, and I am writing to ask for your help stopping the sale of kratom and concentrate 7-OH (7-hydroxymitragynine) products in our state, especially through vending machines and other unattended sales.

Kratom is a plant-based substance that acts on the same brain receptors as opioids. Today it is sold in gas stations, smoke shops, and vending machines as powders, capsules, gummies, and "wellness shots" packaged to look as harmless as an energy drink. Newer concentrated 7-OH products are far stronger than the plant itself, and many buyers have no idea what they are taking.

The consequences are real. A Centers for Disease Control and Prevention analysis found kratom was involved in 846 fatal overdoses in 2022, counting only 30 states and Washington, D.C. California's health department linked kratom to 242 deaths from 2020 to 2022, and Los Angeles County reported deaths of otherwise healthy young adults. I recently heard from two mothers who lost their sons, one 27 and one 20. The 20-year-old bought kratom from a vending machine. It was his very first time using it.

States are already acting. California has declared kratom and 7-OH products illegal to sell for human consumption and has removed thousands of products from store shelves. Maryland requires buyers to be 21 or older, caps 7-OH potency, and allows the state to seize noncompliant products. The federal Drug Enforcement Administration has begun moving to schedule the most potent 7-OH compounds. Our state should not fall behind.

I respectfully ask you to support legislation that would:

1. Ban the sale of kratom and 7-OH products through vending machines and other unattended or self-service sales.
2. Prohibit or strictly limit concentrated and synthetic 7-OH products.
3. Require a minimum purchase age of 21, with real ID checks and meaningful penalties for sellers.
4. Ban packaging and marketing that appeals to young people, and false health claims.
5. Fund public awareness so families know the risks.

[Optional: Share your own connection to this issue in two or three sentences.]

No family should lose a child to a product sold next to snacks. I would appreciate a reply letting me know your position on this issue and any legislation you will support. Thank you for your time and for your service to our community.

Sincerely,

[Signature]

[Your Name]

## Sources


- California Governor's Office, March 3, 2026 announcement on kratom enforcement: https://www.gov.ca.gov/2026/03/03/governor-newsom-announces-95-compliance-with-prohibition-of-illegal-kratom-products/
- California Department of Public Health, "Prohibition on the Sale of Kratom and 7-OH Products" (January 9, 2026): https://www.cdph.ca.gov/Programs/CEH/DFDCS/CDPH%20Document%20Library/FDB/FoodSafetyProgram/KratomLetterTobaccoRetailers.pdf
- Maryland Code, Health–General § 21-2E-02: https://mgaleg.maryland.gov/2026RS/Statute_Web/ghg/21-2E-02.pdf
- Maryland Alcohol, Tobacco, and Cannabis Commission, "Know the Rules: Selling Kratom" (rev. July 31, 2026): https://content.govdelivery.com/attachments/MDATCC/2026/08/03/file_attachments/3733798/ATCC-Know-The-Rules-KRATOM.pdf