



## Our Perspective On A Happy & Healthy Relationship With Kratom

Please read the disclaimer at the bottom.

### General Rules Of Thumb

*There are no universal rules, everybody is different, but from our limited experience*

#### **WE DO NOT RECOMMEND CONSUMING OVER 10g (or equivalent) IN A DAY**

- 10g natural kratom = approximately 150mg mitragynine. Read the label.
- LESS IS MORE - If you're consuming 4g at a time, you may try 2-3g to see!
- While it is always best to consume the *least* amount that is helpful, our experience has been that 10g/day tends to be about the "tipping" point toward dependence for many people. Everybody and every *body* is different.

#### **WE DO NOT RECOMMEND CONSUMING KRATOM EVERY DAY**

- While we understand that while some people consume kratom daily, in general we recommend against it.

#### **EVERY BODY IS DIFFERENT**

- While these rules of thumb may work for many people, that does not guarantee they will work for you. Listen to your body. If you feel like you are "needing" more and more kratom, what you probably *really* need is a break and some time to re-evaluate whether kratom is right for you.

#### **NOTES**

- A standard serving size = 3-4 grams of kratom or 37.5-50 mg mitragynine
- For *many* people *less* may be equally or more effective! Some people consume as little as 1g (15mg mit) at a time and find it effective
- Many extract products are SIGNIFICANTLY stronger than natural kratom
- 7oh/Pseudoindoxyl products are NOT kratom and warrant EXTREME caution
- **[See The Alkaloid Content Of OUR 1836 Kratom Products Here](#)**

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**ALL KRATOM PRODUCTS MAY BE HABIT FORMING** and dependence and withdrawal may be possible, and may very much *suck*. It may be possible to develop a psychological and physical dependence on kratom. If you *do* become dependent, it is possible that you will experience withdrawal symptoms if you stop consuming or drastically reduce kratom consumption quickly. In *our* experience with moderate consumption of *natural* kratom, dependence can form very gradually, over the course of time. Because of this, it is *very* important to maintain diligence even when (especially when) it seems unnecessary. We believe that extract products may have higher potential for dependence, and that synthetics and 7oh isolates carry a *very high* risk of abuse, dependence and adverse events, which is why we choose not to offer these.

If you *do* become dependent on any kratom product, it is possible that you will experience withdrawal symptoms if you stop or drastically reduce kratom consumption suddenly. Like anything, the severity and intensity of potential symptoms varies greatly from person to person and is largely believed to be dependent on the amount and potency of kratom consumed, the frequency of consumption and the length of time a person has consumed kratom. We encourage you to research potential symptoms, but some we and/or our loved ones have experienced have been: sleeplessness, restlessness, restless legs, cold sweats, uneasiness, lack of motivation, difficulty concentrating and flu-like runny nose/chills. For many people, these may be mild or not occur, but for some people it can be **VERY** hard and it is important that people are aware that all kratom products carry some risk and reflect upon their own personal history and tendencies as they consider incorporating kratom, and/or which kratom products to incorporate into their lifestyle.

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**FOUNDER'S EXPERIENCE:** I love and am very grateful for kratom: It was the positive changes that kratom facilitated in my personal life that led me to found *Steding & Sons Mercantile*, and I am very grateful for the opportunity to share this plant. Still, over the course of the years I have come to understand that not everybody has a positive experience with kratom and I have *personally* experienced negatives, including dependence and withdrawal. I am grateful for my experience and the stories of others so that we may more ethically and transparently present this plant to potential consumers. Over the course of time, I have found many resources, supplements and tools helpful for easing the transition to a kratom-free lifestyle or taking an extended break, which I have shared in **["How I Kicked Kratom Without Feeling Like A Football."](#)** In this, I explain what habits led me to pass my unique "tipping point" and many things that have been helpful to me in maintaining and/or regaining balance, taking breaks when needed and more.

For my first five years as a kratom consumer, I consumed only natural kratom powder, and monitored my consumption consistently. I personally did not have much trouble taking periodic breaks and did so regularly. When I started this company, I had unlimited access and over the course of time, breaks became a little bit more challenging. For me, it was when I began regularly consuming extract products that I experienced problematic dependence and first experienced withdrawal symptoms. At that time, around 2020, very little was known about the difference between natural kratom and extract products as these were still very new to the marketplace. Studies are increasing but we still have much to learn! In my personal experience and understanding, extract products may be more bioavailable (hit faster) and in general we believe; increased bioavailability = increased likelihood of developing dependence. All *long term* anecdotal evidence on the safety of kratom is based on consumption of the natural plant, primarily in southeast Asia.

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My experience, and our company's desire to support healthy lifestyle choices, has led our company to limit the content of any/all \*current extract products we offer to be equal to, or less than 50 mg mitragynine per *container*. 100% natural kratom products are sold in packages containing multiple servings, the number of which are listed on the label, with a standard serving being 3 grams, or 3 jumbo capsules. Again, for many, less may be effective. It is very important to read the labels of *any* product that you consider consuming; many kratom extract products on the market contain nearly 400 mg mitragynine (equivalent to 25-40 grams natural kratom) or up to 1-2 kilograms worth of 7oh! Be careful out there. In general, companies that are *American Kratom Association GMP Qualified* should have proper labeling on all current packaging, but many of these products may still contain multiple (I've seen as high as 8-10) "servings" in one tiny package, which can be very misleading.

**Always read the label, and if the label isn't clear, steer clear!**

**Note:** Circumstances may prevent a person from being able to gradually transition and/or obtain the guidance and or dietary supplementation that may be helpful, so we strongly recommend *maintaining* moderation and *avoiding* dependence. If you struggle to maintain moderation, it may be time to take the steps necessary to leave kratom behind, seeking help if needed. If you *are* struggling or you have any kind of medical condition, please seek professional help.

In *my* personal life, the positives of kratom outweigh the negatives, so I do *choose* to consume kratom and I am grateful for the role that kratom plays in my life. Still, I am very grateful to have experienced, and known people who have experienced negative aspects of kratom so that we may share these and provide awareness of potentially beneficial resources for those that may be interested. At *Steding & Sons Mercantile*, we understand that kratom is not the right choice for everybody, and we encourage any/all potential consumers to: **Research. Reflect. Decide.**

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## WHEN DOES KRATOM CONSUMPTION BECOME PROBLEMATIC?

### THERE IS NO STANDARD “TIPPING POINT” – EVERY BODY IS DIFFERENT

There is no set point at which every person is likely to become dependent on kratom as we are all very different. Our experience has been that in general, the “tipping point” tends to be around 10 grams/150 mg mitragynine per day, daily, for an extended period of time (could be a week, could be many months) This “tipping point” *will* be different for every person and may be *very* different for you. For some it could be far less and for some, it could admittedly be more.

If you feel like you are frequently increasing your consumption and/or “needing” more and more kratom, what you probably *really* need is a break and some time to re-evaluate whether kratom is right for you. If you are seeking stronger and stronger products or you find yourself in a position where kratom is “too important” to you, we believe the best course of action is to start reducing your consumption immediately and working toward a break for re-evaluation. We understand that there are some that choose to consume kratom every day for various reasons, and while we do not believe that is the best choice for the vast majority of people, if that *is* your choice, we hope that the decision is intentionally made with conscious understanding of the potential consequences. There are many resources that we believe to be helpful at: [www.1836fitness.com/resources](http://www.1836fitness.com/resources) and there are many support groups and even treatment centers if you feel that you would benefit from them. If you are struggling with *any* kind of substance abuse or you have any kind of medical condition, please seek licensed, professional help.

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## IF YOU DO CHOOSE KRATOM

### THESE HABITS MAY BE BENEFICIAL:

- Always monitor your kratom consumption - *HOW MUCH & HOW OFTEN*
- ALWAYS read the label. If the label isn't clear, *STEER CLEAR*
- Consume the lowest amount effective for you, in general a standard serving size is 3 grams (50mg mit) but a smaller serving may work as well or better!
- In general, we do not recommend consuming more than 10g of kratom, or 150mg of mitragynine in any one day.
- In general, we do not recommend consuming kratom more than 4-5 days in a row without a 2-3 day break
- Even when maintaining a schedule, we encourage extended breaks of a few weeks or more, at least once a year, keeping a calendar for reference.

### THERE ARE MANY WAYS IN WHICH PEOPLE MAINTAIN INTENTIONAL MODERATION

- Occasional consumption only. Many simply choose to consume kratom on occasions when they believe it will be beneficial without incorporating it into their regular routine. This is, of course, the most effective way to avoid dependence if you choose to consume kratom
- Many simply choose to never consume kratom two days in a row, maintaining a constant awareness by living by this simple rule
- Many kratom consumers choose to consume kratom only on work days, when attending social events or when engaging in tasks that they believe it beneficial for. This may mean two days of consuming kratom followed by five without, four days followed by three without etc.
- Again, even with a regiment, we do believe it is best to intentionally take extended breaks periodically.

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**PLEASE KEEP THIS IN MIND** – If you have maintained a healthy relationship with kratom, at the level you are currently consuming, that does *not* necessarily mean that you will successfully do so forever, or with increased consumption. If you are wondering if it is becoming problematic, we believe *that* is the best time to take a step back, intentionally take some time away from kratom, and evaluate.

No matter what your chosen approach is, we believe it is important that you always monitor your kratom consumption. Like anything, the more often you consume something, the more of it that you consume, and the more potent it is, the more likely you are to develop dependence and the more severe that may become. If you *do* develop dependence, and are struggling with *anything*, please seek help from a licensed professional.

At *Steding & Sons*, we love kratom and myself and so many of our team members are sincerely grateful for the role that it has played in our personal lives. We will *always* advocate for kratom legality and firmly believe that people have the right to choose kratom! We believe that kratom can be a wonderful tool, but it is a *powerful* tool and should be treated with respect. We encourage all to seek multiple sources of information, be intentional and: **RESEARCH. REFLECT. DECIDE.**

For More Resources To Consider, Please Visit: [www.1836kratom.com/resources](http://www.1836kratom.com/resources)

If you have questions about our experiences or would like an introduction to those with alternative perspectives and resources, please reach out to:

[info@1836kratom.com](mailto:info@1836kratom.com)

**Thanks So Much For Reading! Have A Rad Day!**

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