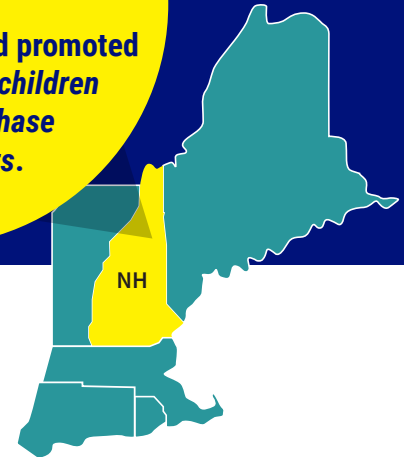


What you need to know about UNREGULATED INTOXICANTS

None of these unregulated intoxicants are approved by the U.S. Food and Drug Administration (FDA).

All of these products are widely available in smoke/vape and convenience stores in NH.

They are packaged and promoted to appeal to youth; *children can and do purchase these products.*

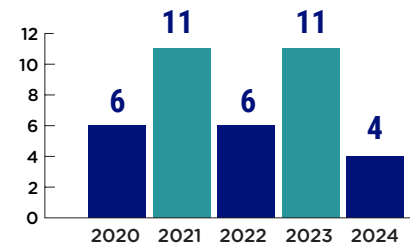


Kratom

Kratom has addictive properties and can cause confusion, tremors, seizures, heart and lung problems, vomiting, liver problems, and death. The FDA has issued repeated warnings about the dangers of kratom; the U.S. Drug Enforcement Administration made it a “drug of concern” in 2025. Six states have outright bans on the sale of kratom, and Vermont regulates it heavily. Franklin, NH has banned kratom sales, but it remains legal to sell in the rest of the state with no age restrictions. **Most kratom products are enhanced with powerful opioids that are nearly as potent as fentanyl**, which has earned kratom the nickname “gas station heroin.”

Hundreds of people in the U.S. die from kratom-involved overdose each year. Kratom is sold as gummies, tablets, or shots to increase focus and relaxation. It first acts as a mild stimulant before strong opioid-like effects kick in. Kratom use is more prevalent among adults than teenagers, with people using it to manage chronic pain, alleviate depression and other mental illness, or withdraw from opioid addiction.

NH Overdose Deaths
Involving Kratom



Nitrous oxide (“whippets”)

Recreational nitrous use has increased since the pandemic. According to national data, **12- to 17-year-olds use nitrous more than those 18 and older.** Nitrous can cause loss of consciousness, blood clots, psychiatric disturbances, addiction, brain damage, and death. Nitrous provides a brief high, has been promoted in videos on TikTok and YouTube, and is sold in flavors like mango smoothie or vanilla cupcake. **There are no age restrictions on purchasing nitrous in NH.**

Scan for [resources](#)
and [product photos](#)



NHTAC New Hampshire
Technical Assistance Center

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Amyl nitrite (“poppers”)

Amyl nitrite is sold in small, colorful containers with names like TNT, Liquid Gold, and Hard Core with **no age restrictions**. Inhaling amyl nitrite induces brief euphoria but can cause severe headaches, dizziness, difficulty breathing, plummeting blood pressure, and brain death. Drinking amyl nitrite is especially dangerous, often resulting in poisoning and death. **It is illegal to sell amyl nitrite for people to get high and for consumers to use amyl nitrite to get high.** But because the substance can be used to remove nail polish and clean leather, it is easily available in stores and online via a legal loophole. The FDA strongly warns against inhaling the vapors.



Mushroom products

Mushroom products are legally sold as gummies, chocolates, and other candies. There are many reports of hospitalization because of rapid heartbeat, vomiting, confusion, and seizures after ingesting mushroom products. If marketed as food products (sometimes called functional mushrooms), there are no age restrictions. **You must be 21 to purchase psychoactive mushroom products in NH.** These are marketed with names like Shrumfuzed and Alice Brainstorm to improve cognitive performance, boost energy, and relieve stress. The active ingredient (*A. muscaria*) in most mushroom products rarely causes hallucinations, but **many of these products also include psilocybin and psilocin, which are powerful hallucinogens and illegal Schedule I drugs.**



Blue lotus

Blue lotus is derived from a flowering plant and is sold as extracts, resins, oils, powders, and vape cartridges. When prepared as a tea, blue lotus's effects are relatively mild. But when vaped or infused into alcohol or inhaled it can induce chest pain, rapid heartbeat, agitation, disorientation, drowsiness, and slurred speech. Blue lotus sold in the U.S. is almost always adulterated with other stronger intoxicants. There are **no age restrictions** on its purchase in NH. **Blue lotus is banned in several European countries, and it is illegal for members of the U.S. armed forces to possess or consume blue lotus.**



THC Products

Hemp-derived cannabis products stronger than 0.3% THC are **illegal in NH**. Some products are labeled below 0.3% but have synthetic THC added to make them much more potent, in some products 90% THC or higher. These are marketed as stress relievers and sleep aids and are often sold as gummies, candies, and drinks packaged to appeal to youth. **Sedation, hallucinations, respiratory issues, seizures, and psychosis, can result from ingesting hemp-derived products. Hundreds of children each year are poisoned after accidentally ingesting these THC products, including children in NH.**



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