"GAS STATION" DRUGS

Tianeptine, phenibut, kratom and 7-OH: sold like supplements, acting like drugs.

Know the Basics

Tianeptine ("gas station heroin")

An antidepressant not approved in the U.S. At high doses it acts on the same brain receptors as opioids. Sold under names like Zaza, Tianaa and Neptune's Fix.

Phenibut

Sold as a sleep or anxiety supplement. It slows the brain like alcohol or sedatives, causes dependence and severe withdrawal, and is risky mixed with alcohol.

Kratom and 7-OH

Kratom comes from a Southeast Asian plant with opioid-like effects. 7-OH is a concentrated, much stronger form sold as tablets, gummies and shots.

"Supplement" doesn't mean safe

FDA hasn't approved any of these. Products can contain different or hidden ingredients and unpredictable doses.

AT A GLANCE

Tianeptine

Illegal in Indiana (Schedule I). Risks: dependence, severe withdrawal, slowed breathing, death.

Phenibut

Not FDA-approved and not a legal dietary supplement ingredient. Risks: sedation, dependence, withdrawal.

Kratom & 7-OH

Illegal in Indiana since 2014. The DEA is moving to control concentrated 7-OH nationwide.

Data Check: Using These Numbers Right

- **No youth survey data.** Neither the Indiana Youth Survey nor Monitoring the Future tracks these products, so avoid claims like "spreading fast" or "teens are hooked."
- **Awareness can backfire.** Detailed descriptions of effects can spark curiosity. Keep student messages to risks and laws, and save product names for adults spotting illegal sales.
- **Better fit:** environmental strategies, such as reporting illegal sales and working with your Local Coordinating Council on retailer education.

Laws & Safety

- **See it for sale in Indiana?** Tianeptine and kratom products are illegal here. Tell a trusted adult. Police and your LCC can follow up.
- **Opioid-like overdose signs:** slow or no breathing, blue lips, pinpoint pupils, won't wake up. Call 911 and give naloxone (Narcan), now sold over the counter.
- **Poison Control:** 1-800-222-1222, free and confidential, 24/7.

Campaign Angles

- **Focus on adults and retail:** parents, coaches and store owners may not know these products are illegal.
- **Bust the myth:** sold at a gas station doesn't mean legal, tested or safe.
- **Share support:** SAMHSA National Helpline, 1-800-662-4357.

Sources: U.S. Food and Drug Administration (FDA); Drug Enforcement Administration (DEA); Indiana Code (synthetic drug and controlled substance schedules); CDC; SAMHSA.