

the best kratom powder

69 CANAL ST, NEWHEY.CO.DOWN,

NORTHERN IRELAND,

BT35 6JF

833-458-7822

help@justkratomstore.com

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Back in the 19th century, and maybe even earlier, kratom was used mainly in its native regions in Southeast Asia for medical purposes and entered the Western market in the 1980s and gained great popularity in recent years when many retailers started selling kratom in the form of capsules and powder. So, what's the process that the magical kratom leaves undergo to reach your shelves? Let's go back to the basics.

What Is Kratom Made From

Kratom, or *Mitragyna Speciosa*, is a natural substance originating from Southeast Asia. It's commonly found in Indonesia, Thailand, and Malaysia. Besides growing naturally, you can find many farmers from these regions planting kratom trees in open areas with rich soil and plenty of sunlight. The plant is part of the coffee family and its leaves were originally chewed or crushed and then ingested to fight fatigue and increase productivity.

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The evergreen tree thrives in humid and hot locations and it can reach heights of 25 m. Its leaves hide the true power of this plant. They are wide, green, and continually grow and regrow through the year. Kratom leaves can be harvested during their growing phase or wait until they are fully mature and fall off.

Kratom Harvesting Phase

As mentioned, leaves are the main part of the tree for kratom production. Kratom leaves can be found in different sizes and different green shades. They can have different characteristics and potency levels depending on numerous factors including the age and genetics of the leaf, geographical region of origin, and harvest season, as well as how much sunlight it gets. Kratom vein adds another layer of versatility to the leaf.

Namely, the vein color changes, indicating the level of maturity. Young leaves have a white vein. When they are more mature, the color will change into green and when it reaches full maturity, the vein color will be red. Depending on the phase farmers choose to harvest the leaves, there are various kratom strains created. The different maturity gives the leaves a unique alkaloid composition, thus different effects.

What Are the Different Kratom Types

As said, depending on the vein color, kratom leaves have different alkaloid compositions and, as a result, different properties.

White Vein Kratom

The white vein strain is known for having a subtle stimulant effect. It also elicits increased energy and is said to help in making you more focused.

Red Vein Kratom

Red vein kratom has stronger alkaloid composition. It has a greater sedative effect and it's most commonly used for pain relief. Kratom users report [red vein kratom](#) helps them relax and feel calm.

Green Vein Kratom

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Green vein kratom is essentially a mix of white and red vein kratom properties. It's said to enhance mental clarity and give more stamina. Green vein kratom is often associated with euphoria feelings and general mood uplift.

Regional Varieties: The Most Popular Kratom Strains

As we said, the region in which the tree is cultivated can play a significant role in the unique alkaloid composition of the leaves and the effects they will produce. Below, we're looking at the most popular regional kratom varieties.

Red Bali Kratom

Coming from the Indonesian island known for forested volcanic mountains and coral reefs, Red Bali kratom successfully balances energizing properties with pain relief features. It's the top choice for people that want to achieve euphoric feelings. Also, many people have reported using this regional variety for relieving drug withdrawal symptoms.

Red Maeng Da Kratom

Maeng Da strains are generally considered to be the most potent. The name doesn't denote a region but literally translates into "pimp grade" which highlights the high quality of the strain. It originates from Thailand and it's the first choice of more experienced users. Supposedly, Red Maeng Da elicits sedation and acts on relieving stress.

White Maeng Da Kratom

Another strain from the Maeng Da family, the White Maeng Da kratom promotes analgesic effects and is said to be excellent for an energy boost. White Maeng Da is the top product for people who want to feel more energized but not overly stimulated. At the same time, users report possible experiences with using this [kratom type for anxiety](#) management.

Green Maeng Da Kratom

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Green Maeng Da has more subtle effects compared to the red and white strains. People report using this kratom type for achieving focus and mental clarity. It's said to help relieve mild pains and give a subtle energy boost.

Green Malay Kratom

The Green Malay kratom comes from Malaysia. It promotes energy and stamina and is also said to elicit optimistic feelings. People who have used Green Malay kratom say its effects last longer compared to any other strain which is why it's best for people with busy lifestyles and stressful jobs.

Processing Kratom Leaves

After kratom leaves are harvested, they are thoroughly cleaned with water to remove any debris to avoid product contamination. Then, the leaves are hung on racks and dried either inside using artificial UV light or in the sun. Depending on the amount of time the leaves get while drying will further cause a difference in alkaloid composition.

Some kratom strains like Yellow Trainwreck are obtained through alternative drying and processing methods. Some strains can have a stronger aroma and others can vary in the amount of mitragynine and 7-hydroxy mitragynine contained. One such alternative process is fermentation which results in a darker green shade and denser percentage of alkaloids.

Gold and yellow kratom strains are the most popular byproducts of different methods of production. Farmers usually mix all three kratom varieties and use additional curing methods to create these unique blends.

Post-Processing

After the drying process, the leaves are ground in the well-known kratom powder. Usually, farmers grind the leaves using industrial grinders. The next step of any reputable kratom provider is to use third-party testing to make sure the powder isn't contaminated. Buyers often ask for microbiology tests, analysis certificates, or identity statements. Kratom companies that follow GMP should be able to provide such evidence to show they adhere to the industry standards.

Then, vendors give kratom different forms, most commonly powder and capsules. Some of them can turn kratom powder into extracts to provide consumers with different ways of consuming kratom.

[How to Use Kratom](#)

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Traditionally, people used to crush the leaves and then chew or brew them. Today, there are more modern methods.

Kratom Tea

Similar to the ancient method of brewing leaves, kratom tea can be prepared from kratom powder. You should measure the desired amount of kratom powder and put it in 2-4 cups of hot water. Stir it for about 5-10 minutes until it's fully mixed. Once brewed, you should strain the liquid using a coffee filter or another type of strainer. To mask the bitter taste of kratom powder, consider flavoring it with lemon juice, honey, or even adding another herbal tea. By drinking the kratom tea, you'll experience milder effects as the hot water will weaken the alkaloid composition of the substance. Though mild, the effects will kick in fast.

Kratom Capsules

Convenient and easy to take, kratom capsules are the top choice for people that are often on the go. It doesn't require any preparations and the pills come with a pre-measured amount of kratom powder. You only need to single out enough pills to form your desired dose and then swallow them with water. [Kratom capsules](#) have a high concentration of alkaloids but the body will need up to 45 minutes to break and absorb them so the effects might be a bit delayed.

Toss and Wash

Toss and wash is another go-to method for people that take kratom in powdered form. The process requires tossing the powder in your mouth and washing it down with water or other beverage. The effects are strong and fast but this might not be the best way to take kratom due to its strong taste.

Kratom Legality: Is It Safe?

According to FDA, kratom is a drug of concern. While it's banned in several states and counties, kratom remains legal for using, selling, and buying. The exception is six states—Rhode Island, Alabama, Arkansas, Indiana, Vermont, and Wisconsin, as well as several counties—Union County, Denver, Sarasota County, and San Diego.

Kratom is also considered illegal in numerous EU states like Poland, Denmark, Sweden, Finland, and Romania. The illegal status of kratom stands in the United Kingdom too where it's forbidden to import, export, or sell the supplement in any form. Indonesia has a pending ban due in 2022, whereas in Malaysia is completely banned even though natives are still using it. In Thailand, kratom can be freely used for medical but not recreational purposes.

How to Grow Kratom Indoors?

Kratom thrives in hot and humid regions so if you want to grow it indoors, you need to maintain these conditions. However, if the soil gets too much water, the plant can develop fungus. So you

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should find the perfect water balance. Then, you need to obtain high-quality fertilizer. The soil should be rich in nitrogen and maintain a pH value between 5.5 and 6.5.

The kratom tree also requires plenty of sunlight. If you can't expose the plant to direct sunlight, you can use artificial UV light.

To maintain optimal heat and moisture, you can cover the kratom plant clipping with a plastic bag. This way, the roots will develop sooner and the leaves will soon start appearing.

Keep in mind that for harvesting, the plant should have reached full maturity which might take up to five years. This is the point when the plant would likely reach optimal alkaloid concentration. Kratom harvesting is advisable to happen in the fall season. If this is too complicated a process for you, you can simply buy a pre-packaged product. Are you wondering where to buy kratom? Read on, we have the answer.

JustKratom Store: The Top Destination for Top-Quality Kratom

Since the FDA doesn't regulate the production and sale of kratom, suppliers aren't required to meet specific standards. This has caused many vendors to sell kratom contaminated with other chemicals to deliver stronger effects at lower prices. That's why it's of the utmost importance to choose a reputable vendor with proven experience in the industry. The team behind JustKratom Store guarantees the safety and effectiveness of the kratom powder and capsules. The product undergoes laboratory testing you can rest assured that you're getting only the top-quality kratom.

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