

*feel
free*[®]




This document refers to Feel Free Classic tonic, formerly known as Feel Free tonic:

Botanic Tonic offers two tonic formulas that are scientifically crafted to deliver energy, focus, and mood enhancement. Both tonics, *feel free* and *feel free* Classic, are kava-based herbal supplements sold in 2oz bottles. *feel free* Classic was launched in March 2020, and *feel free* In May 2023.

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Our newest kava drink is naturally caffeinated with kola nut for a boost of energy without the crash.



- **KAVA ROOT**
promotes relaxation
- +
- **KOLA NUT**
enhances energy
- +
- **LION'S MANE**
boosts cognitive function
- +
- **RHODIOLA**
increases focus
+ mental clarity

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CLASSIC

Our classic formula kava drink is made with botanicals that have been used socially and in wellness for centuries.



- **KAVA ROOT**
promotes relaxation
- +
- **KRATOM LEAF**
enhances focus

How long has Botanic Tonic been selling Feel Free Classic tonic?

- Botanic Tonic has sold Feel Free Classic tonic since 2020.

Where is Feel Free Classic tonic sold?

- Feel Free Classic tonic is sold online and in over 10,000 stores in select states.



Is kratom legal?

- Kratom is legal to sell and consume in 44/50 states. 11 of the 44 states have passed the Kratom Consumer Protection Act (KCPA) and 20 additional states are actively considering KCPA adoption. Of the 6 states where kratom is not legal to sell or consume, 2 are considering a reversal of the ban in favor of adopting the KCPA.
- The Drug Enforcement Administration (DEA) [tried, and failed](#), to schedule kratom in 2016. Public backlash (160,000 petition signatures) and calls to Congress to overrule the decision resulted in the DEA withdrawing its intent to schedule.
- In 2021, the World Health Organization (WHO) issued the following [recommendation](#) with respect to Kratom: “The Committee concluded that there is insufficient evidence to recommend a critical review of kratom. With respect to mitragynine and 7-hydroxymitragynine, the Committee... also concluded that there is insufficient evidence to recommend a critical review at this time.” Over 80,000 consumers worldwide wrote about their positive experiences with kratom.

Is Feel Free Classic tonic regulated or illegal?

- Botanic Tonics' Feel Free Classic tonic is marketed as a dietary supplement and subject to various federal, state, and local laws. Since it includes kratom as a minority active ingredient, Feel Free Classic tonic is subject to state and local kratom laws.

Where are Botanic Tonics products manufactured?

- Feel Free Classic tonic is manufactured at an FDA-registered production plant in Broken Arrow, Oklahoma. The facility is GMP certified by Intertek, the leading global Good Manufacturing Process auditing firm.

How are Botanic Tonics products tested?

- As part of its responsibility to adhere to applicable good manufacturing practices, Botanic Tonics' production facility in Broken Arrow, Oklahoma has high quality standards, which includes testing for 64 pesticides, heavy metals, myco/aflatoxins, and bacteriological contamination. Certified third-party laboratories conduct tests on every batch to ensure product integrity.

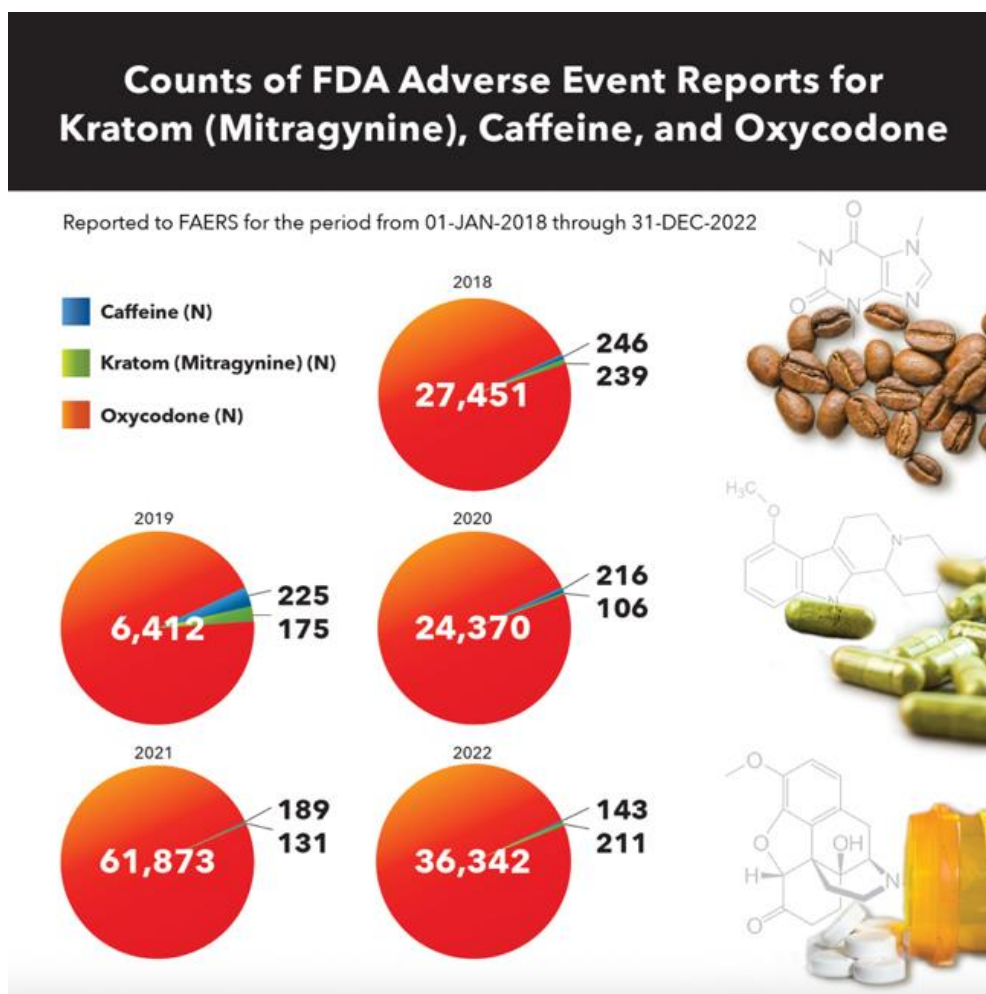
What is the primary ingredient in Feel Free Classic tonic? Is it kava or kratom?

- Feel Free Classic tonic includes a standardized 260 mg of kavalactones per serving and a standardized 34 mg of Kratom alkaloids per serving. In addition to these botanicals, Feel Free Classic tonic also includes other non-dietary ingredients.
- Feel Free Classic Tonic uses only dried kratom leaf, processed with certified manufacturing standards to ensure its quality and unadulterated status. This is distinct from kratom extracts, which are intended to isolate or concentrate compounds in the plant and enter the bloodstream more quickly than when kratom is delivered in leaf form. Feel Free Classic tonic does not contain measurable amounts of 7-hydroxymitragynine.



Is Feel Free Classic tonic safe?

- Botanic Tonic is committed to the quality and safety of its products. As such, Botanic Tonic emphasizes excellent manufacturing and safety standards in its production facility and a robust quality control system.
- Consumers should only use Feel Free Classic tonic in the recommended quantity and amounts and in accordance with the directions. If consumed as directed Feel Free Classic tonic has not been reported to cause any serious physical or social issues.
- Kratom is not an 'Opioid' and is currently consumed by over 15 million consumers in the US, with a better safety record than many FDA approved products.
- Kratom has less counts of adverse events reported to FAERS than caffeine.





Compounds that interact with receptor subtypes within the body are considered either **endogenous** (produced by the body) or **exogenous** (consumed). When it comes to the opioid receptor system, there are numerous compounds that interact with and activate this system that are commonly consumed. Some examples are casein derived components found in many **dairy products** and compounds ingested from **barley and gluten**¹. Additionally, sugar triggers the production and release of endogenous opioid compounds². Compounds found in kratom interact with opioid receptors, as well as multiple other receptor system types. The distinction between the aforementioned compounds and the illicit and prescribed opioids that are driving the opioid epidemic is in the **downstream effects** of these compounds. Drugs like heroin and codeine strongly interact with the μ -opioid receptor subtype, which triggers G-protein coupled receptors downstream causing the deleterious side effect of **respiratory depression** which can lead to overdose. Research looking at the major compound found in kratom leaf (mitragynine) has shown that **respiratory depression is not triggered**³.

Why is the natural supplement industry under attack by the FDA?

- Prior to 1992 the FDA was fully publicly funded.
- The genie was let out the bottle in 1992 when Congress passed the Prescription Drug User Fee Act (PDUFA)
- Today, over half the FDA is funded by big Pharma based on performance contracts.
- 1st time drugs are now being approved on average in half of the time.
- A much higher % of drugs now have safety issues.
- These drugs are now the 4th leading killer of Americans.
- The FDA goes more and more after the natural supplements industry that competes with its drugs.
- The FDA and Big Pharma relationship has evolved to the point that now it is almost mandatory that top administrators continue to work for the FDA as consultants (9 out of the last 10 top FDA administrators now work for big Pharma).

The problem with the pharmaceutical industry:

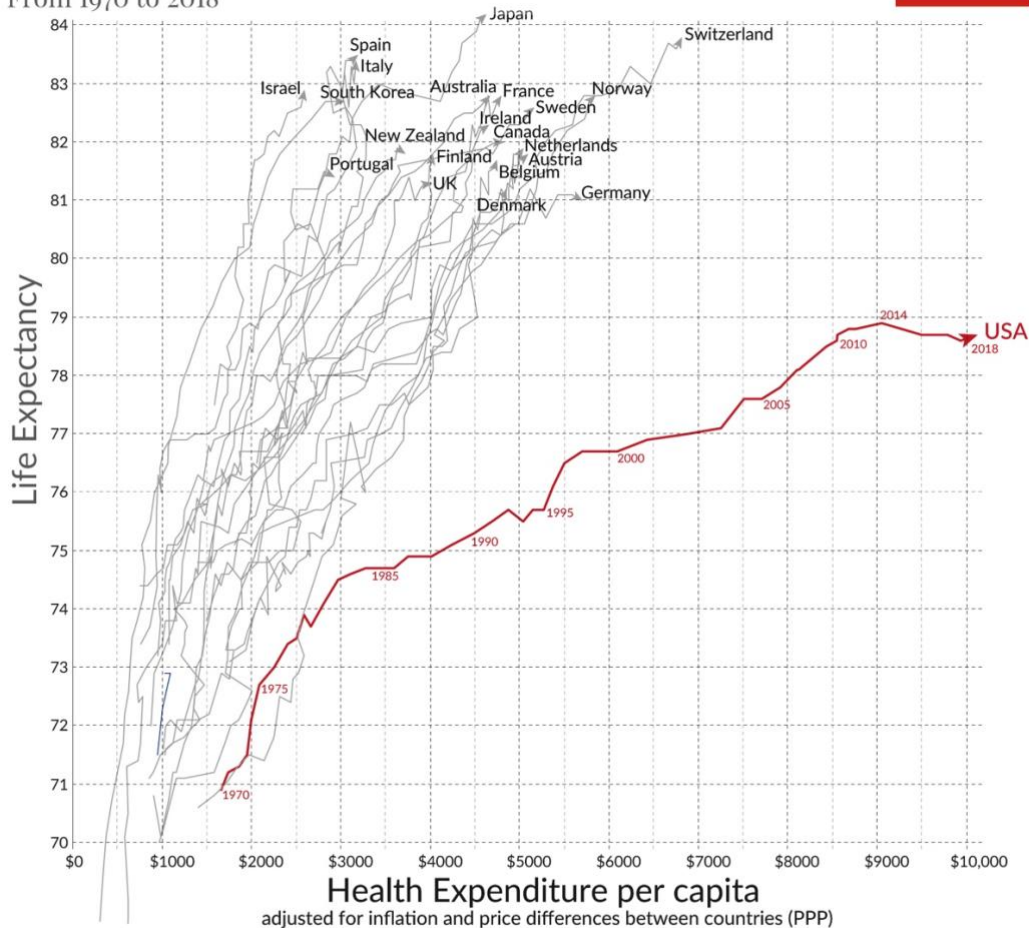
- Eighty drug commercials are flighted on American Televisions every hour of every single day.
- America is one of two countries in the world that allow pharmaceutical advertisements on the television.
- Big Pharma spends 19 times more on advertising than research.
- We are the sickest species on the planet, and big Pharma is the leading industry in the world. They do not profit when you are healthy, only when you are sick.

- Americans have a lower life expectancy than people in other rich countries despite paying much more for healthcare ⁴.

Life expectancy vs. health expenditure



From 1970 to 2018



Data source: OECD — Note: Health spending measures the consumption of health care goods and services, including personal health care (curative care, rehabilitative care, long-term care, ancillary services, and medical goods) and collective services (prevention and public health services as well as health administration), but excluding spending on investments. Shown is total health expenditure (financed by public and private sources). Licensed under CC-BY by the author Max Roser.

OurWorldinData.org - Research and data to make progress against the world's largest problems.

- 3 out of the 8 reasons given for lower and declining life expectancy in the US are FDA approved ⁴:
 - Sugar (FDA approved food with no warning label)
 - Opioids (FDA approved drug)
 - Tobacco (FDA approved drug)

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1. Tyagi, A.; Daliri, E. B.; Kwami Ofori, F.; Yeon, S. J.; Oh, D. H., Food-Derived Opioid Peptides in Human Health: A Review. *Int J Mol Sci* **2020**, *21* (22).
 2. Avena, N. M.; Rada, P.; Hoebel, B. G., Evidence for sugar addiction: behavioral and neurochemical effects of intermittent, excessive sugar intake. *Neuroscience and biobehavioral reviews* **2008**, *32* (1), 20-39.
 3. Henningfield, J. E.; Rodricks, J. V.; Magnuson, A. M.; Huestis, M. A., Respiratory effects of oral mitragynine and oxycodone in a rodent model. *Psychopharmacology* **2022**, *239* (12), 3793-3804.
 4. <https://ourworldindata.org/us-life-expectancy-low>