



Chance to Grow Up[®]

Gas Station Drugs

FIELD GUIDE

***What Adults Need to
Know to Keep Kids Safe***



You will be surprised by what is hiding in plain sight at neighborhood convenience stores beside the soda and snack foods in **bright, kid-friendly packaging**.

They are marketed as wellness products for energy, focus, sleep, or pain relief but are actually harmful drugs.

These mind-altering drugs are sold with little to no age verification, product testing, or verified safety labeling.

Where kids find them:

- Gas stations & convenience stores
- Smoke & vape shops
- Farmers markets & pop-ups
- Online

Intoxicating Hemp

Hemp is a nonintoxicating form of the *Cannabis sativa* plant, which naturally contains small amounts of CBD and THC. Hemp-derived THC products are made through a **chemical process** that converts hemp into intoxicating THC. They carry the same **health risks to youth** as the THC sold in regulated marijuana markets. In fact, they face less regulations so they're more likely to be sold to teens and are less likely to be inspected for safety.

- **Intoxicating Compound:** synthesized THC cannabinoids, including delta-8, delta-10, THC-P, and HHC
- **Commonly sold as:** gummies, vaporizers, drinks, 'flower' (smokable bud), dabbing concentrates
- **Health Impacts:** dependence, anxiety, depression, hallucinations, uncontrollable vomiting, loss of consciousness, and psychosis
- **By the Numbers:** 82% of unintentional exposures reported to the FDA involved children, and 55% of reported cases required medical intervention.



Kratom and 7-OH

Kratom is the common name for *Mitragyna speciosa*, a tropical Southeast Asian tree. Whole-leaf kratom acts as a stimulant at low doses and a sedative at high doses, and it **can be addictive**. 7-OH is a synthesized, concentrated derivative that binds to the brain's opioid receptors with roughly **13 times the power of morphine**.

- **Intoxicating Compound:** mitragynine and related alkaloids; 7-hydroxymitragynine (7-OH)
- **Commonly sold as:** capsules, powders, teas, “energy” shots, gummies and chewables, flavored drink-mix sticks, sodas, tablets
- **Health Impacts:** dependence and withdrawal, insomnia, anxiety, seizures, liver injury, and (as with other opioids) fatal respiratory depression. Regular use during pregnancy can cause newborn withdrawal.
- **By the Numbers:** Poison center reports have surged roughly 1,200% over the past decade, reaching a record 3,434 reports in 2025.



Nitrous Oxide

Nitrous oxide (N_2O), commonly called “laughing gas,” is an inhalant used in dentistry and surgery. Sold recreationally in small “whippet” cartridges and flavored “culinary” whipped cream canisters, it produces **rapid sensory-altering effects**. Repeated use can cause **severe** neurologic, cardiovascular, and psychiatric harm.

- **Intoxicating Compound:** nitrous oxide (N_2O)
- **Commonly sold as:** flavored “culinary” whipped cream canisters and tanks, small metal “whippet” cartridges
- **Health Impacts:** loss of consciousness, asphyxiation, limb weakness, numbness, paralysis, nerve damage from vitamin B12 deficiency, blood clots, frostbite, headache, lightheadedness, palpitations, impaired bowel and bladder function, delusions, hallucinations, paranoia, depression, and in some cases death.
- **By the Numbers:** U.S. deaths from nitrous oxide poisoning rose from 23 in 2010 to 156 in 2023 — a nearly 600% increase.



Amanita Muscaria

Amanita muscaria, or “fly agaric,” is the red-capped, white-spotted mushroom that grows wild across Europe and Asia. Unlike psilocybin mushrooms, it is not federally illegal, so producers borrow the iconography of psychedelic mushrooms to **market it in candy form**. Products are frequently mislabeled and have been found to contain **other undisclosed drugs**.

- **Intoxicating Compound:** muscimol and ibotenic acid
- **Commonly sold as:** chocolate bars, gummies, ice cream cone snacks
- **Health Impacts:** sedation, altered perception, confusion, nausea and vomiting, delirium, seizures, and acute psychosis
- **By the Numbers:** One 2024 product line was linked to 180 illnesses, 73 hospitalizations, and 2 deaths.



Why this matters:

- **Deceptive Marketing**: Gas station drugs are often disguised as “wellness” products in kid-friendly flavors, reaching youth before regulations, testing, or age safeguards can catch up.
- **Potency and Safety**: These products are highly processed, high-potency substances, not naturally plants. They vary wildly in content and potency, often lacking consistent labeling, childproofing, or safety warnings.
- **Biological Vulnerability**: Because the human brain continues developing into the mid-twenties and beyond, high-potency substances flood these systems while judgment and self-control are still maturing, leaving young people uniquely vulnerable to severe effects.

SOURCES: Federal Drug Administration (FDA), National Institutes of Health (NIH), Centers for Disease Control (CDC), National Poison Control, JAMA Network

PHOTO CREDIT: THC Photos/One Chance to Grow Up, Canva, Galaxy Gas, Miami Magic Infusions, Road Trip Mushroom Gummies

New “Gas Station” Intoxicants use **reckless tactics to appeal to youth** with disregard for public safety or health. These substances are **laboratory experimentation disguised as wellness**, packaged to conceal the risks they carry.

Kids are getting hurt by these products. We need to act to keep unregulated intoxicants off shelves across the country.

**Learn more about
gas station
intoxicants:
stopgasstationdrugs.org**



One Chance to Grow Up safeguards kids from today's marijuana through community education and groundbreaking policy. We don't take sides on the politics of adult legalization. Instead, we serve as a reliable, pragmatic resource for parents, media, and policymakers, ensuring that public health and youth safety are the foundation of drug policies.



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