

# SOBER? Research. Reflect. Decide.

1836 Family,

We hope y'all are doing awesome! We are truly grateful for all of you and thank you sincerely for your business. Recently, we have been asked whether one can consume kratom and/or kava products and remain sober. While the average person tends to think of "sober" as meaning, "not impaired by drugs or alcohol," the meaning is often different to those who have struggled with substance abuse. To those in the recovery community, sobriety is usually defined as an absolute abstinence from any/all mind-altering substances. So, by that definition, can you remain "sober" and consume kratom and/or kava: maybe not. So, you may not want to risk it.

While we are truly grateful for the role these plants play in our lives, they may not be a good choice for everyone. We strongly consider every potential customer to: Research. Reflect. Decide. Our mission is to enrich and *improve* the lives of our customers and if the use of our products were to detract from your well-being, we'd much rather lose your business than do you wrong.

**If you have struggled with substance abuse in the past and committed to a 100% clean/sober lifestyle, we would suggest you do NOT consume kratom and/or kava products.** While it may be OK for many, it may not be for you. Of course, we respect your autonomy and seek to support healthy choices.

It is our mission to truly serve our community, and we appreciate all of our customers so much. We will endeavor to continue developing products we hope will enrich and improve the lives of our community including a line of non-kratom products to be released over the course of the next year. We welcome your suggestions!

With sincere gratitude,

A handwritten signature in black ink, appearing to read "Jeremy Steding". The signature is stylized with a large, circular flourish at the end.

Jeremy Steding, President