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Kratom Strains Chart: A Guide to Kratom Strains and Their Effects

Our Friends · Monday, April 20th, 2020

Today, many types of [Kratom strains](#) are available in the market, and they have different effects. Different strains are suited for particular uses. Some are very potent when it comes to relieving pain, others easing depression, and others have strong sedative effects.

Many people, especially those who are starting to take Kratom, do not know which strain can work best for them.

Understanding the different kinds of strains and their effects is thus essential. You can learn about different Kratom strains through the help of a [Kratom strains chart](#). By learning about different strains and their effects, you can choose the strain you think will provide you with the desired results.

A Simple Kratom Strains Chart of the Types of Kratom

We have put together a chart that displays the types of Kratom to answer some questions that people have about Kratom. Every Kratom strain has different effects. It's hard to be completely accurate when it comes to the effects that people experience after taking a particular strain. However, a Kratom strains chart can work as a guiding point for most people. Below is a precise Kratom strain chart that shows the effects and potency of different strains.



Kratom strains chart. Image Source: Austin Vibes.

Kratom effects by color

The leaves of a Kratom plant have veins of different colors. The veins of the Kratom leaves also give the various Kratom powders their distinctive colors. You can also use the color of the vein to determine how mature a Kratom plant is. The color changes as the plants continue to get older.

The color cycle of a Kratom vein goes like this: when a Kratom plant is immature, the colors of the Kratom leaf vein appears more of red. When it gets to the middle of the growing cycle, the color of the leaf veins appears whiter. When they get towards the end of the cycle, the vein color tends to be green.

- Green- The green strains are known to be the most potent when it comes to relieving pain. These

strains are also gentle stimulants. They are perfect when it comes to lifting the mood of the user. The effects of green strains last up to eight hours.

- **White** – The white strains provide users with unique energy-boosting effects. They are also great when it comes to improving one's productivity and treating depression and insomnia. Their effects last for three to five hours.
- **Red**- The red strains offer great relaxation and pain-relieving effects. They also have the most wanted benefits that users seek. They are also good at dealing with opiate withdrawal symptoms and insomnia. Their effects last for about five hours.

Some of the most common Kratom strains include:

Thai Kratom

This strain has a high concentration of different alkaloids, including mitragynine. One of the main effects of this strain is enabling users to concentrate on a certain task for hours without getting tired. The strain also boosts the energy of the user. It is also among the most potent strains when it comes to dealing with fatigue, and this is the reason why most manual laborers in Thailand used it.

Thai Kratom is also used to enhance mood and relieve depression. The white and green veins are very potent, especially for this purpose. The red vein is a good pain killer.

Maeng Da Kratom

It is among the most potent Kratom strains that you can get in the market today. People believe that the pollination of selective Kratom plants is what gave rise to Maeng Da Kratom. Kratom farmers did this to produce a new Kratom strain that was stronger than the existing ones.

Maeng da Kratom is popular, especially with individuals who perform a lot of manual and mental tasks since it can boost mental focus and energy. The strain makes exhausting tasks appear easier. The users of this strain also have a better mood after taking it. The strain can also relieve moderate chronic pain. One of the things that makes this strain popular in easing pain is that it is safe and effective. It can deliver all the desired effects without causing severe side effects.

One of the drawbacks of Maeng da Kratom is that users can develop a tolerance easily after using it for a prolonged duration of time. This means that consuming the strain for some time, you will have to take higher doses to experience its effects, and this is not good for your body.

Borneo

Borneo Island is the largest exporter of Kratom worldwide. All the strains that come from this island start with the name Borneo. The level of concentration of 7-hydroxymitragynine in Borneo strains is very high. The strains have sedating effects. Just like in the past when Borneo Kratom strains were used to treat insomnia, stress, and anxiety, they are still used to treat these conditions today. They are also used to curb opiate cravings, as a stimulant and as an anti-inflammatory agent.

Bali Kratom

Bali Kratom is the most affordable strain in the market, and it is easy to find. Bali Kratom has several beneficial effects. Apart from numbing pain and acting as a stimulant, the strain also reduces appetite and can thus be used by individuals who wish to lose weight. Yet, it causes side

effects such as wobbles, and you should be careful to take the recommended doses to avoid such reactions.

Indo Kratom

Like its name suggests, this Kratom plant grows in Indonesia. People take this strain to combat opiate withdrawal, boost mood, and for relaxation purposes. The strain can also be taken as a sedative. It also acts as a pain reliever, particularly the red vein strain. The three types of Indo Kratom strains are the red vein Indo, the super Indo, and the White vein Indo.

Malaysian Kratom

The Malay Kratom strains are used for different purposes. This includes stimulating the user when taken in low doses and for sedation when taken in high doses. The strains are also useful for improving cognitive functions and increasing mental energy.

In conclusion

With the information above, it is easier to browse different websites searching for the Kratom strain that suits you best. Always bear in mind that the strains are as good as their quality, and you should focus on purchasing high-quality Kratom. You should also avoid using the same strain for a prolonged time, so you do not develop a tolerance to it.

This entry was posted on Monday, April 20th, 2020 at 10:04 pm and is filed under [Lifestyle](#), [Sponsored](#)

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