

# The Medical Letter<sup>®</sup>

on Drugs and Therapeutics

## GLP-1 and GIP/GLP-1 RECEPTOR AGONISTS FOR CHRONIC WEIGHT MANAGEMENT

Updated March 25, 2026

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# GLP-1 and GIP/GLP-1 RECEPTOR AGONISTS FOR CHRONIC WEIGHT MANAGEMENT

| Drug                                                                                                     | Eligible Patients                                                                                                                                                                                                                         | Usual Dosage                                                                                                                                                                                                                                                                | Other Information                                                                                                                                                                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>GLP-1 Receptor Agonists</b>                                                                           |                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Liraglutide – Saxenda, and generic</b><br>(Novo Nordisk)<br><br>18 mg/3 mL pens                       | <ul style="list-style-type: none"> <li>Adults with obesity, or overweight with <math>\geq 1</math> weight-related comorbidity</li> <li>Children 12-17 years old who weigh <math>&gt;60</math> kg with obesity</li> </ul>                  | <b>Target:</b> 3 mg SC once/day<br><br><b>Titration:</b> 0.6 mg once/day x 7 days; increase in 0.6-mg increments each week to 3 mg once/day                                                                                                                                 | <ul style="list-style-type: none"> <li>Mean placebo-corrected weight loss 4-5% at week 56 (in patients without type 2 diabetes)</li> </ul>                                                                                                                                                                                                                                                      |
| <b>Semaglutide – Wegovy</b><br>(Novo Nordisk)<br><br>0.25, 0.5, 1 mg/0.5 mL;<br>1.7, 2.4 mg/0.75 mL pens | <ul style="list-style-type: none"> <li>Adults with obesity, or overweight with <math>\geq 1</math> weight-related comorbidity</li> <li>Children 12-17 years old with obesity</li> </ul>                                                   | <b>Target:</b> 1.7 or 2.4 mg SC once/week<br><br><b>Titration:</b> 0.25 mg SC once/week x 4 weeks, then 0.5 mg once/week for 4 weeks, 1 mg once/week x 4 weeks, 1.7 mg once/week x 4 weeks, and 2.4 mg once/week thereafter. If 2.4 mg is not tolerated, decrease to 1.7 mg | <ul style="list-style-type: none"> <li>SC: Mean placebo-corrected weight loss 10-15% at week 68 (in patients without type 2 diabetes; intent-to-treat population)</li> <li>SC Wegovy is also FDA-approved to reduce the risk of MACE in adults with established CVD and obesity/overweight and for treatment of noncirrhotic metabolic dysfunction-associated steatohepatitis (MASH)</li> </ul> |
| <b>Wegovy HD</b><br><br>7.2 mg/0.75 mL pens                                                              | <ul style="list-style-type: none"> <li>Adults with obesity, or overweight with <math>\geq 1</math> weight-related comorbidity, who are tolerating the 2.4-mg dose for at least 4 weeks and require additional weight reduction</li> </ul> | If additional weight loss is needed in patients who tolerated 4 weeks of 2.4 mg once weekly, can increase to 7.2 mg SC once/week                                                                                                                                            | <ul style="list-style-type: none"> <li>SC: Mean weight loss 18.7% at 72 weeks (in intention-to-treat population)</li> </ul>                                                                                                                                                                                                                                                                     |
| 1.5, 4, 9, 25 mg tabs                                                                                    | <ul style="list-style-type: none"> <li>Adults with obesity, or overweight with <math>\geq 1</math> weight-related comorbidity</li> </ul>                                                                                                  | <b>Target:</b> 25 mg PO once/day<br><br><b>Titration:</b> 1.5 mg PO once/day x 30 days, then 4 mg once/day x 30 days, 9 mg once/day x 30 days, and 25 mg once/day thereafter                                                                                                | <ul style="list-style-type: none"> <li>PO: Mean placebo-corrected weight loss 11% at week 64 (in patients without type 2 diabetes; intent-to-treat population)</li> <li>Oral Wegovy is also FDA-approved to reduce the risk of MACE in adults with established CVD and obesity/overweight</li> </ul>                                                                                            |
| <b>GIP/GLP-1 Receptor Agonist</b>                                                                        |                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Tirzepatide – Zepbound</b><br>(Lilly)<br><br>2.5, 5, 7.5, 10, 12.5,<br>15 mg/0.5 mL pens and vials    | <ul style="list-style-type: none"> <li>Adults with obesity, or overweight with <math>\geq 1</math> weight-related comorbidity</li> </ul>                                                                                                  | <b>Target:</b> 5, 10, or 15 mg SC once/week<br><br><b>Titration:</b> 2.5 mg SC once/week x 4 weeks, then 5 mg once/week x 4 weeks, then increase the dose in 2.5-mg increments every 4 weeks as needed (max 15 mg once/week)                                                | <ul style="list-style-type: none"> <li>Mean placebo-corrected weight loss 12-15% at week 72 (in patients without type 2 diabetes; intent-to-treat population)</li> <li>Also FDA-approved to treat moderate to severe obstructive sleep apnea in adults with obesity</li> </ul>                                                                                                                  |

Obese = BMI  $\geq 30$  kg/m<sup>2</sup>; overweight = BMI  $\geq 27$  kg/m<sup>2</sup>; weight-related comorbidity = CV disease, hypertension, obstructive sleep apnea, type 2 diabetes, dyslipidemia