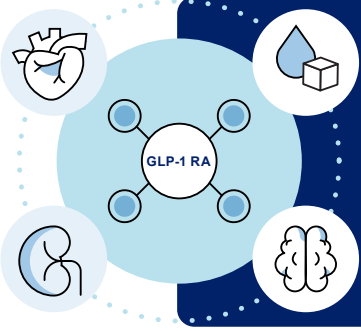


BENEFITS BEYOND THE SCALES – WHAT THE RESEARCH SHOWS:



GLP-1 RAs* are being investigated for a wide range of new indications, with emerging evidence potentially broadening their therapeutic utility.

- Beyond weight loss which is helpful in managing diabetes; GLP-1 RAs may offer protective benefits for heart, kidneys, brain, and metabolic health.^{1,2}
- Benefits may appear within months and are partly independent of weight loss.²

EVIDENCE BASED



Sleep and Breathing

- Tirzepatide reduced sleep-apnea events (by up to 59%), improved sleep quality, and lowered inflammation.⁷

ESTABLISHED



Heart and Blood Vessel Protection

- Reduced major cardiovascular events (heart attack, stroke, or death) by up to 26%.²
- Lowered risk of atrial fibrillation (approximately 21%), heart attack (approximately 28%), and angina (approximately 23%) in overweight and obese adults.³
- Reduced blood pressure (3.5 to 7.3mm Hg), lipids, and inflammatory markers.^{1,3}
- Enhanced heart muscle protection even in non-diabetic people, independent of weight loss.²

ESTABLISHED



Kidney Protection

- Semaglutide reduced the risk of kidney or cardiovascular death or chronic kidney disease progression by 24% and slowed kidney function decline by 35%.¹
- Liraglutide, semaglutide, and dulaglutide all lowered renal complications, mainly through reduced protein in the urine.⁴
- In approximately 60,000 type 2 diabetes patients, 17% experienced overall kidney protection.⁴
- GLP-1 RAs act by reducing inflammation, oxidative stress, and fibrosis and promoting salt excretion.⁴

INVESTIGATIONAL



Brain and Mental Health

- Reduced risk of dementia: Alzheimer's (approximately 37%), Lewy body (approximately 41%), vascular dementia (approximately 56%); the benefits were strongest with semaglutide.⁵
- Lowered risk of Parkinson's disease (approximately 43% with semaglutide).⁵
- Improved mood, mental well-being, and emotional control.⁶

*GLP-1 RA - Glucagon-like peptide-1 receptor agonist

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Nestlé Health Science is not a manufacturer of GLP-1 receptor agonist (RA) therapies. Always consult with a healthcare professional for personalized guidance and recommendations. It is important for patients taking GLP-1 therapies to consider their nutritional needs. The information provided herein is intended for educational purposes only and should not be construed as medical advice. Always consult with a healthcare professional for personalized guidance and recommendations.