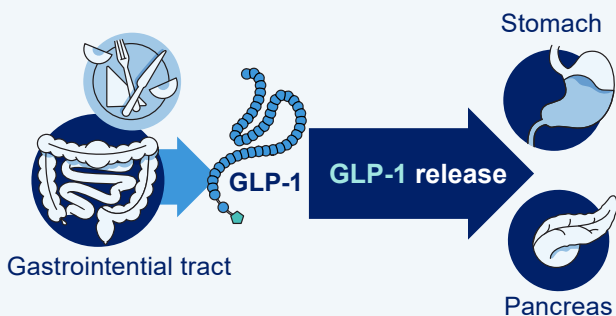


HOW GLP-1 HORMONE & *GLP1-RAs WORK IN THE BODY

Meet GLP-1

After you eat, your gut releases glucagon like peptide (GLP-1); the body's own "food is here" hormone.

- GLP-1 is a natural hormone your body makes.²
- It helps manage blood sugar, appetite, and digestion.³
- GLP-1 drugs boost this natural signal to support diabetes and weight control.³



Key Actions for GLP-1 RAs

These medications mimic the natural hormone and/or its effects



The GLP-1 RA tells the pancreas to release insulin only when blood sugar is high and to reduce glucagon (so the liver makes less sugar).³



The medication signals the brain to feel less hunger and experience fewer cravings.³



The medication slows the stomach from emptying, making you feel full longer.³

Key Actions on major organs^{2,3,4,5,6}

Brain •

Nerve cell communication and protection.
May improve learning and memory.
Lowers brain inflammation.
Can slightly improve movement. Boosts the "I'm full" signal, so you feel satisfied sooner.

Stomach & Gut •

Slows how fast the stomach empties food. Slows gut movement—this helps you feel full longer.

Liver •

Tells the liver to make less sugar. Lowers fat in the liver and can improve "fatty liver."
May reduce liver enzymes.



• Heart & Blood Vessels

Offers heart and blood-vessel protection in many people.
Fights inflammation.
May reduce damage from poor blood flow to the heart.
Improves blood vessel function.
Can improve cholesterol/triglycerides.
May slightly raise heart rate.

• Pancreas

Helps the pancreas make and release insulin when sugar is high. Lowers blood sugar. Helps protect the insulin-making cells (beta cells) and may help them grow.

The results are:

- Lower blood sugar⁴
- Weight loss^{4,5}
- Heart/kidney benefits^{4,5}
- GLP1-RAs use these mechanisms to treat diabetes, heart disease, and drive weight loss^{4,5}

In obesity:

GLP1-RAs reduce appetite, help you feel full longer, lower calorie intake without slowing metabolism, improve lipid profiles, and reduce subcutaneous & visceral adipose tissue.⁶

In diabetes:

GLP1-RAs help the body release insulin only when blood sugar is high, reduce sugar release from the liver, slow digestion to avoid big sugar spikes, and support the pancreas in making insulin.⁶

In heart disease:

GLP1-RAs help protect the heart by lowering blood sugar, reducing weight, improving cholesterol and blood pressure, and reducing inflammation in blood vessels.⁶

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

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