

Medication Class	Brands	Route	Typical Weight Loss	Notes
GLP-1	Wegovy®, Ozempic®	Weekly injection	15–20% ¹	Strong clinical evidence of effectiveness
GLP-1/GIP	Zepbound®	Weekly injection	15–23% ²	Highest average weight loss currently available
Oral GLP-1	Wegovy® pill	Daily pill	15–17% ³	Taken daily on an empty stomach; wait 30 minutes before eating/drinking
Oral GLP-1 (non-peptide)	Foundayo	Daily pill	7–11% ⁶	Oral GLP-1 without injection; fewer timing restrictions
Oral combo	Qsymia® / generic phentermine-topiramate ER	Daily pill	8–10% ⁴	Can be a reasonable lower-cost alternative to injectables
Oral combo	Contrave®/generic bupropion/naltrexone	Twice daily pill	5–8% ⁵	May be especially helpful for craving-driven eating patterns