

GLP-1 stands for **Glucagon-Like Peptide-1**, which is a **natural hormone** your body makes in the gut. It helps regulate **blood sugar, appetite, and digestion** — and it's the basis for a class of medications called **GLP-1 receptor agonists**.

Here's a simple breakdown 📌

Topic	Explanation
What it is	GLP-1 is a hormone released after eating that helps control blood sugar by prompting insulin release and slowing down stomach emptying.
Main purpose	Keeps blood sugar levels steady and helps you feel full sooner and longer after meals.
Medications that mimic GLP-1	Drugs like Ozempic (semaglutide) , Wegovy (semaglutide for weight loss) , Mounjaro (tirzepatide) , Trulicity (dulaglutide) , and Victoza (liraglutide) work by copying the effects of natural GLP-1.
How it helps	🩸 Lowers blood sugar in people with type 2 diabetes ⚖️ Aids in weight loss by reducing appetite and cravings ❤️ May improve heart health in some patients
How it's taken	Usually by injection (weekly or daily), though some versions (like oral semaglutide) can be taken as a pill .
Common side effects	Nausea, bloating, decreased appetite, and sometimes constipation or diarrhea (usually lessen over time).