



GLP-1s



Everyone's talking about Ozempic, Wegovy, Mounjaro and "GLP-1s." But what do these meds actually do in your body?

- ✓ GLP-1 meds copy a natural gut hormone to steady blood sugar, slow digestion, and **reduce hunger.**
- ✓ That combo helps many people with type 2 diabetes and/or obesity, lose weight and lower health risks when used long term.
- ✓ They can cause nausea, vomiting, diarrhea or constipation, and rare but serious issues so they must be prescribed and monitored by a clinician.

