



# Timeless

## MEDICAL AESTHETICS & WELLNESS

| Category  | Semaglutide   | Tirzepatide  |
|---|---|--|
| <b>Mechanism of Action</b>                        | GLP-1 receptor agonist: activates the GLP-1 receptor to increase feelings of fullness and reduce appetite.  | Dual incretin agonist: activates both GLP-1 and GIP receptors. This combination may lead to greater appetite suppression and satiety vs GLP-1 alone in some studies.                     |
| <b>Weight Loss Efficacy</b>                       | In the STEP-1 obesity study, semaglutide 2.4 mg produced substantial mean weight reduction (~15%) compared with placebo, with significant appetite and craving modulation observed. | In the SURMOUNT-1 weight-loss program trial (adults with obesity), tirzepatide produced large, clinically significant mean weight reductions (up to ~20% from baseline at higher doses). |
| <b>Typical Dosing</b>                             | Once-weekly injection with gradual dose escalation to weight-loss dose 2.4 mg (standard for obesity indication).  | Once-weekly injection with gradual dose escalation to target weight-loss dose (per clinical trial protocols).  |
| <b>Common Side Effects</b>                        | GI: nausea, diarrhea, vomiting, constipation (often during dose increases).   | Gastrointestinal (GI): nausea, diarrhea, vomiting, constipation (often during dose increases).   |
| <b>Side Effect Patterns</b>                       | Often transient and milder once steady dosing is reached after titration.   | Side effects are dose-related and may be more noticeable during early titration; most are mild/moderate and transient.   |
| <b>Tolerability &amp; Discontinuation</b>         | A small percentage discontinue due to side effects in obesity studies; dose escalation helps improve tolerability.  | A small percentage discontinue due to side effects in weight loss trials. Generally well tolerated with less side effects than semaglutide.  |
| <b>Impact on Appetite &amp; Cravings</b>          | GLP-1 agonism produces strong appetite suppression and reduced hunger signals.  | Research suggests dual agonism may produce robust appetite reduction and improved fullness vs baseline.  |
| <b>Other Relevant Notes for Weight Management</b> | Semaglutide's obesity-specific dosing is well studied and widely prescribed for weight management; response and side effects vary person-to-person.                                 | Tirzepatide's combined GLP-1/GIP action is postulated to affect appetite and energy balance more than GLP-1-alone therapies, though individual response varies.                          |