

GLP-1 Brand Reference

U.S. labeled uses at a glance. Tirzepatide acts on both GIP and GLP-1 receptors. Brand, formulation, and indication matter; this is not a dosing or switching guide.

Weight-management brands

Brand / medicine / schedule	Labeled uses (summary)
Wegovy injection Semaglutide weekly	Long-term weight management: adults with obesity or overweight plus a weight-related condition; ages 12+ with obesity. Cardiovascular event-risk reduction: adults with established cardiovascular disease and overweight/obesity. Also certain adults with noncirrhotic MASH and F2-F3 liver scarring (accelerated approval).
Wegovy tablets Semaglutide daily	Long-term weight management in adults with obesity or overweight plus a weight-related condition. Cardiovascular event-risk reduction in adults with established cardiovascular disease and overweight/obesity. The injection's pediatric and MASH indications do not apply to the tablets.
Zepbound Tirzepatide weekly injection	Long-term weight management in adults with obesity or overweight plus a weight-related condition. Treatment of moderate-to-severe obstructive sleep apnea in adults with obesity.
Saxenda Liraglutide daily injection	Long-term weight management in adults with obesity or overweight plus a weight-related condition; eligible ages 12+ with obesity and body weight above 60 kg (132 lb).
Foundayo Orforglipron daily tablet	Long-term weight management in adults with obesity or overweight plus a weight-related condition.

These weight-management treatments accompany a reduced-calorie eating plan and physical activity. Eligibility and coverage require individual review. MASH means metabolic dysfunction-associated steatohepatitis, a form of liver inflammation and damage.

Same ingredient does not mean the same prescription. Do not combine these products or switch brands, doses, or formulations without your prescriber.

Diabetes & Combination Brands

Cardiovascular and kidney indications belong to specific products and populations. They are not shared automatically across the class.

Brand / medicine / schedule	Labeled uses (summary)
Ozempic injection Semaglutide weekly	Blood-sugar control in adults with type 2 diabetes. Cardiovascular event-risk reduction in adults with type 2 diabetes and established cardiovascular disease. Kidney-disease progression and cardiovascular-death risk reduction in adults with type 2 diabetes and chronic kidney disease.
Rybelsus / Ozempic tablets Oral semaglutide daily	Blood-sugar control in adults with type 2 diabetes; cardiovascular event-risk reduction in adults with type 2 diabetes at high risk. Tablet products are not interchangeable milligram for milligram.
Mounjaro Tirzepatide weekly injection	Blood-sugar control in adults and ages 10+ with type 2 diabetes. Cardiovascular event-risk reduction in adults with type 2 diabetes at high risk.
Trulicity Dulaglutide weekly injection	Blood-sugar control in adults and ages 10+ with type 2 diabetes. Cardiovascular event-risk reduction in adults with type 2 diabetes and established cardiovascular disease or multiple cardiovascular risk factors.
Victoza Liraglutide daily injection	Blood-sugar control in adults and ages 10+ with type 2 diabetes. Cardiovascular event-risk reduction in adults with type 2 diabetes and established cardiovascular disease.
Soliqua 100/33 Insulin glargine + lixisenatide Daily injection	Blood-sugar control in adults with type 2 diabetes. Contains insulin; dosing and low-blood-sugar precautions differ.
Xultophy 100/3.6 Insulin degludec + liraglutide Daily injection	Blood-sugar control in adults with type 2 diabetes. Contains insulin; dosing and low-blood-sugar precautions differ.

This patient reference focuses on current commonly encountered brands and insulin combinations. Older or discontinued brands and generic products are not a complete inventory. A diabetes indication alone is not an FDA weight-management indication.

Daily Habits: Quick Start

Support nourishment, muscle, hydration, and follow-up while taking a GLP-1-based medicine.

Eat regularly, even with less appetite

Try smaller meals, eat slowly, and stop at comfortable fullness. Include protein foods such as yogurt, eggs, tofu, beans, fish, or poultry. Ask for a personal protein target, especially with kidney disease. Avoid letting reduced appetite turn into persistent inadequate intake.

Build fiber gradually

Choose oats, beans, fruit, vegetables, and whole grains. Around 25-30 g/day is a practical goal for many adult women, adjusted for tolerance and individual needs. If constipation persists, ask for a treatment plan rather than increasing fiber indefinitely.

Drink throughout the day

Sip fluids regularly. Follow any heart-failure or kidney-related fluid restriction. Vomiting, diarrhea, reduced urine, or dizziness can signal dehydration; contact your prescriber if you cannot keep fluids down.

Protect muscle with movement

Aim toward strength training on at least two days weekly and 150 minutes of moderate aerobic activity, as appropriate for your health. Start gradually. Protein alone does not replace resistance training.

Sleep and track what matters

Aim for 7-9 hours of sleep. Track appetite, GI symptoms, energy, and function, plus glucose or blood pressure if your team recommends. Weight is only one measure. Keep follow-up and laboratory appointments.

Follow your own prescription

Do not speed up dose increases. Missed-dose instructions differ by product. Oral semaglutide has specific fasting/water instructions; Foundayo does not use the same instructions. Confirm technique and storage with your pharmacist.

Safety & Follow-up

Keep these instructions separate from your daily routine. Know who to contact and when to get help.

Emergency symptoms: call 911

Call 911 for severe allergic symptoms such as trouble breathing or swelling.

Contact your prescriber promptly

Seek prompt assessment for severe or persistent abdominal pain, repeated vomiting, or inability to stay hydrated. Insulin and sulfonylureas raise low-blood-sugar risk; obtain a specific treatment plan.

Before starting or changing treatment

Discuss pregnancy plans, thyroid cancer/MEN2 history, and any planned anesthesia or sedation. Tirzepatide can reduce oral contraceptive effectiveness: use a non-oral method or add a barrier method for 4 weeks after starting and each dose increase.

Sources & Your Starting Plan

Label information can change. Check the current prescribing information for your exact product.

Wegovy prescribing information

Ozempic injection

Rybelsus / Ozempic tablets

Zepbound

Mounjaro

Foundayo

Saxenda

Trulicity

Victoza

Soliqua

Xultophy

Joint advisory: nutrition and muscle during GLP-1 therapy

CDC: adult physical activity

AHA: fiber and labels

NHLBI: sleep duration

Write down your plan

My brand and formulation: _____

My prescribed schedule: _____

My nutrition / fluid goals: _____

My activity plan: _____

My next follow-up: _____

Who to contact for side effects: _____