GLP-1

Foundational biology · human evidence varies.



Guide prepared November 13, 2026 · profile review dates retained

KEEP IN MIND Evidence applies to the studied formulation, route, population and outcome—not every product sharing a name.

01 What is it?

GLP-1 is a natural gut hormone that helps link a meal to insulin release and other signals involved in glucose regulation and appetite. It is the biological pathway behind several medicines, but native GLP-1 and engineered GLP-1 receptor agonists are not the same substance or product. [1]

02 Potential benefits

Enhances glucose-dependent insulin secretion. Helps regulate appetite and gastric emptying. [1]

03 Evidence & its limits

That foundational experiment was conducted in isolated rat pancreas, not a human weight-loss trial. It establishes a mechanism rather than the clinical effects of every later medicine. Human outcomes, indications, and warnings must come from studies and labels for the individual drug. [1]

04 Risks & unknowns

The natural hormone is not the same product as engineered medicines. Effects and warnings vary among GLP-1 receptor agonists. [1]

05 Status & scope

This record concerns the native hormone. Approved GLP-1 receptor agonist medicines have separate product-specific indications and warnings; they are not interchangeable with the natural hormone. [1]

06 The question to ask

Does the evidence match the exact product, route, condition and outcome being discussed? Check the full record and its review dates. This summary is selective; the product label and clinical assessment contain additional warnings and contraindications.

SOURCES / Tap a reference to open

[1] Full evidence record, references and review dates
[2] Original truncated GLP-1 insulin-release research, 1987
[3] FDA Drugs@FDA database
[4] Mojsov, Weir and Habener: original GLP-1 experiment, 1987

Selective educational summary, not treatment or dosing advice. Existing profile review dates retained; no independent clinical review.