Retatrutide

Investigational · controlled Phase 3 evidence.



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?

Retatrutide is an investigational medicine designed to activate GIP, GLP-1, and glucagon receptors. Human trials have reported substantial average weight reductions, but the medicine remains under investigation and is not FDA-approved. [1]

02 Potential benefits

Randomized trials have reported substantial average weight reduction in studied populations. The triple-receptor design may affect appetite, glucose regulation, and energy expenditure. Potential benefits remain investigational until regulatory review is complete. [1]

03 Evidence & its limits

Randomized human trials support weight-loss research, but averages depend on population, follow-up and treatment discontinuation. Gastrointestinal adverse effects and discontinuations matter alongside weight change. FDA states retatrutide is not approved and cannot be used in compounding under federal law. [1]

04 Risks & unknowns

Trials report gastrointestinal effects including nausea, diarrhea, vomiting, and constipation; heart-rate increases have also been observed. Long-term and uncommon risks remain under study. FDA has not approved retatrutide and states it cannot be used in compounding under federal law. Products sold outside trials may be counterfeit or unsafe. [1]

05 Status & scope

Human trials have reported substantial average weight reductions, but the medicine remains under investigation and is not FDA-approved. FDA has not approved retatrutide and states it cannot be used in compounding under federal law. [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] NEJM phase 2 trial
[3] FDA unapproved GLP-1 warning
[4] TRIUMPH-2 phase 3 report, September 2026

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