RETATRUTIDE

TRIPLE-AGONIST OBESITY RESEARCH

Benefits, research claims, evidence boundaries, and safety context—in one page.

GIP / GLP-1 / GLUCAGON

INVESTIGATIONAL

WHAT THE EVIDENCE IS STUDYING

Retatrutide is an investigational peptide designed to activate GIP, GLP-1, and glucagon receptors. It is being studied for obesity and related metabolic disease.

RESEARCH PROFILE

- **Triple agonism**
  Three metabolic receptors
- **Phase 2**
  Adults with obesity
- **Phase 3**
  Outcomes still under study

EVIDENCE REALITY CHECK

A phase 2 obesity trial reported substantial average weight reduction over 48 weeks, including 24.2% at the highest studied dose. That promising result does not establish long-term benefit, cardiovascular outcomes, or routine-use safety.

BEST WAY TO DESCRIBE IT

A high-interest investigational obesity medicine—not an approved therapy.

SCAN FOR THE LIVE GUIDE

Opens the current printable PDF at rippedtidebiolabs.com.

Permanent Education Center resource link.

1 WEIGHT REDUCTION

In a randomized phase 2 trial, mean weight change reached -24.2% at 48 weeks in the 12-mg group. Results reflect a controlled trial population and cannot be assumed for unapproved products.

2 APPETITE + ENERGY PATHWAYS

GIP and GLP-1 signaling can influence appetite and glucose regulation; glucagon-receptor activity may affect energy expenditure. The balance of effects is still being characterized.

3 METABOLIC MARKERS

Trial participants also showed changes in waist circumference and cardiometabolic measures. These secondary findings do not yet establish prevention of heart attacks, stroke, or diabetes complications.

4 WHAT REMAINS UNKNOWN

Phase 3 confirmation, longer follow-up, rare adverse events, maintenance after discontinuation, and direct comparisons with approved medicines remain important evidence gaps.

IMPORTANT SAFETY + REGULATORY NOTE

Retatrutide is not FDA-approved. Gastrointestinal events were common in trials, and dose-dependent heart-rate increases were observed. Long-term safety, contraindications, interactions, and product quality outside regulated trials are not established. Educational only—not medical advice or a recommendation to use.

Sources: Jastreboff et al., N Engl J Med. 2023;389:514-526. DOI 10.1056/NEJMoa2301972; ClinicalTrials.gov retatrutide phase 3 program.