

The 2026 GLP-1 Consumer Guide

Considering a GLP-1? Start [here](#).

Today's GLP-1 medications, how they compare, what treatment can cost, and how to evaluate providers — in plain language.

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01 GLP-1 medications, explained

GLP-1 receptor agonists mimic a natural gut hormone that regulates blood sugar, appetite and digestion. Newer medications like tirzepatide also act on a second pathway (GIP). They are prescription medications, and eligibility is determined with a qualified clinician.

02 Semaglutide vs. tirzepatide

Semaglutide (Ozempic, Wegovy, Rybelsus) acts on GLP-1 receptors alone; tirzepatide (Mounjaro, Zepbound) acts on both GIP and GLP-1 receptors. Clinical trials show meaningful average weight reduction for both, with differences in dosing, indications and studied outcomes. The right choice is an individual medical decision.

03 Benefits, risks and common side effects

Established benefits include improved blood sugar control and significant average weight loss; certain products also carry cardiovascular indications. The most common side effects are digestive — nausea, vomiting, diarrhea, constipation — and often lessen over time. Product labels include important warnings worth reviewing with your clinician.

04 FDA-approved vs. compounded medications

FDA-approved products are manufactured under federal quality standards and studied in large trials. Compounded versions are not FDA-approved, and quality can vary. Understanding this distinction is one of the most important steps before choosing where to obtain treatment.

05 Comparing providers

Providers differ in medical oversight, lab work, follow-up cadence, medication sourcing and pricing transparency. Look for licensed clinicians, clear information about which pharmacy dispenses the medication, and realistic claims.

06 Pricing and what's included

Costs vary widely. Ask what the quoted price covers: consultations, labs, the medication itself, dose increases and follow-up visits. A low headline price can exclude the most expensive part — the medication.

07 Provider trust factors

Green flags: licensed prescribers, named pharmacies, clear refund policies, no pressure tactics, and honest discussion of risks. Red flags: guaranteed results, no medical screening, unclear medication sourcing, and prices that seem too good to be true.

08 Questions to ask before choosing

Who is the prescribing clinician and what are their credentials? Which pharmacy dispenses the medication, and is it FDA-approved or compounded? What happens if I have side effects? What is the total monthly cost at my likely dose? How do refills and cancellations work?

GLP1 Academy provides educational information only and does not provide medical advice, diagnosis or treatment. Information in this guide is not a substitute for care from a qualified healthcare professional. Decisions about prescription medications should be made with an appropriately licensed healthcare professional.