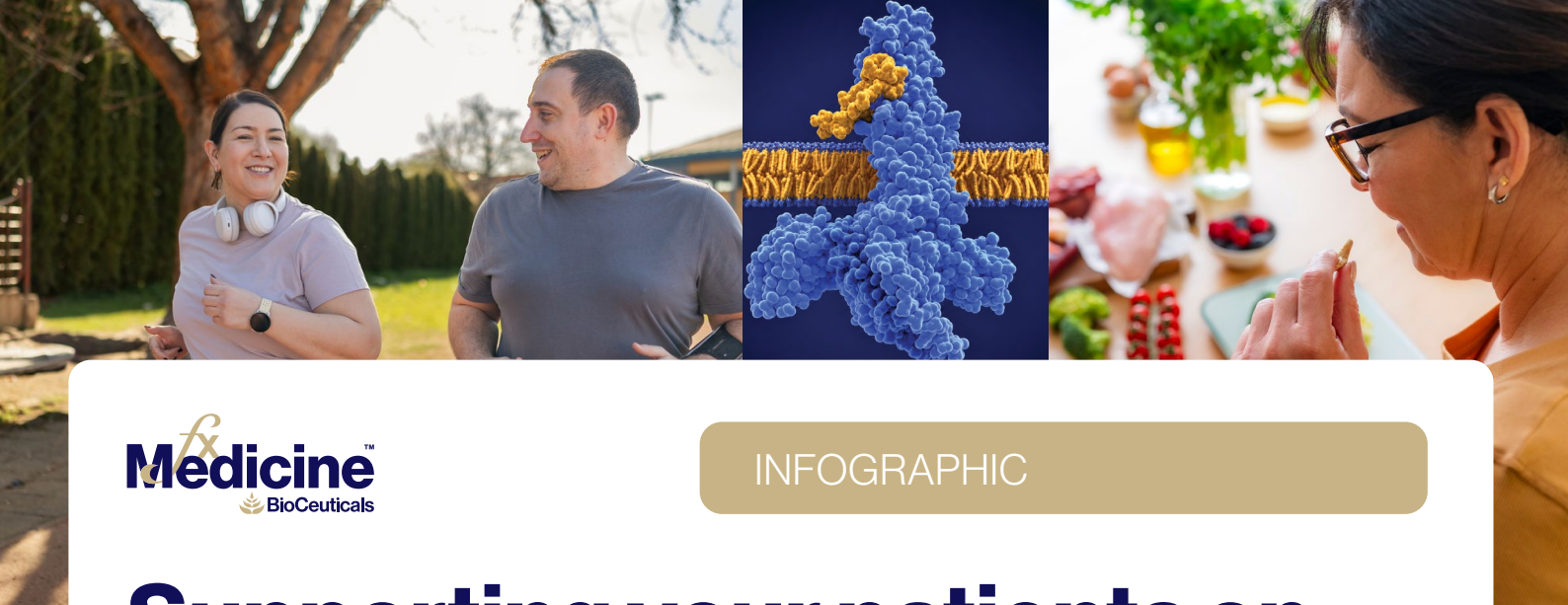




# Supporting your patients on GLP-1/GIP RA medications

Glucagon-like peptide-1 (GLP-1) and glucose-dependent insulintropic polypeptide (GIP) receptor agonists (RAs) are changing the way weight and metabolic health are managed.

These medications can support areas such as weight loss, appetite control, blood glucose regulation and cardiometabolic health. However, patients may also experience challenges that affect comfort, adherence and long-term outcomes.

Common concerns include nausea, reflux, constipation, diarrhoea, dehydration, fatigue, inadequate nutrient intake and loss of lean muscle mass.

Integrative, interdisciplinary care (including dietitians, naturopaths, nutritionists, exercise physiologists and clinical psychologists) can support patient safety, reduce adverse events and improve adherence and long-term outcomes. This approach is valuable in preparation for pharmacotherapy, during treatment and after planned cessation, with targeted nutritional screening and optimisation at each stage.<sup>6,10-13</sup>



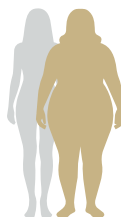
About **500,000**  
**Australians** used  
GLP-1 RAs **monthly**  
in 2024-25<sup>1</sup>



Typical **weight loss**  
is **5-20%** after  
**1 year**<sup>2-4</sup>



**50%** of people **discontinue**  
**GLP-1 RAs within 1 year**<sup>5</sup>



**After treatment cessation**, people  
regain an average of **1.4 kg/month**,  
with weight and cardiometabolic  
markers projected to **return to**  
**baseline within 1.7 years**<sup>5</sup>

## Indications

- Type 2 diabetes mellitus (T2DM)
- Obesity and overweight<sup>2,6,7</sup>

## Other associated uses

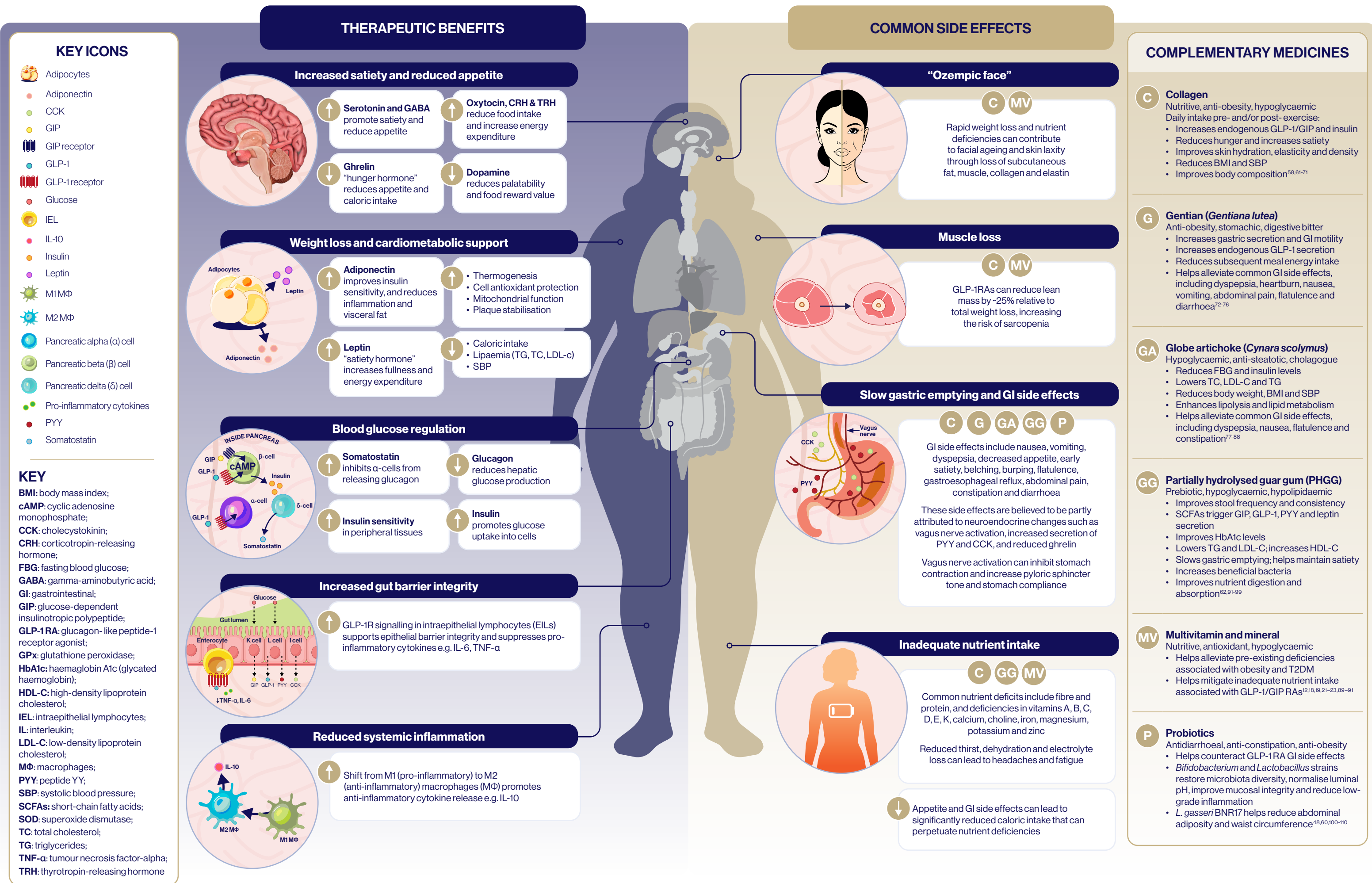
- Obstructive sleep apnoea
- Major adverse cardiovascular events (MACE)
- Cardiovascular disease
- Chronic kidney disease<sup>2,6,7</sup>

## Reasons for discontinuation

- Side effects: 80-90% of people develop side effects with 40-60% experiencing gastrointestinal (GI) side effects
- Cost, lack of insurance, self-funding
- Desired weight loss achieved<sup>4,8-10</sup>

## GLP-1/GIP RA benefits and side effects with complementary medicine support<sup>7,10-110</sup>

## GLP-1/GIP RA benefits and side effects with complementary medicine support<sup>7,10-110</sup>



## Access more practitioner education and resources

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unlimited access to our exclusive  
healthcare practitioner portal.



### Once signed up watch our GLP-1 seminar **Mastering women's metabolic health in the GLP-1 era**



**RHIANNON  
HARDINGHAM**  
BHSc (Naturopathy)

Presented by clinical naturopath and women's health expert Rhiannon Hardingham and hosted by clinical naturopath Lisa Costa-Bir, this three-part clinical masterclass explores the evolving role of GLP-1 RAs in women's metabolic, hormonal and reproductive health.

CPD information

Accredited for 3 hours of CPD learning

GLP-1/GIP infographic references available at:  
<https://www.bioceuticals.com.au/education/infographics>

For further information contact BioCeuticals Naturopathic Advisory Team on 1300 650 455 or [advisory@bioceuticals.com.au](mailto:advisory@bioceuticals.com.au)

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