

# *Side Effects for GLP-1/BPC157*

## **1. Nausea and vomiting**

Nausea is the most common side effect. Up to 20% of people taking it for Type 2 diabetes reported nausea in clinical trials.

Nausea is even more common if you're taking the higher-dose version for weight loss.

Vomiting tends to be less common than nausea.

You're more likely to experience these side effects with higher doses of GLP-1/BPC157.

For most people, these side effects should improve over time as your body gets used to the medication.

Eating smaller meals, avoiding high-fat foods, and remaining upright after you eat can also help manage potential nausea and vomiting from GLP-1/BPC157.

But if these side effects are accompanied by severe stomach pain that may or may not spread to your back, get medical attention right away. This could be a sign of pancreatitis, a rare but serious side effect. More on that later.

## **2. Diarrhea/Constipation**

Diarrhea is another common GLP-1/BPC157 side effect

Similar to nausea and vomiting, you're more likely to experience diarrhea with higher doses of GLP-1/BPC157.

Constipation can also happen, but it tends to be less common than diarrhea.

## **3. Stomach pain**

Mild stomach pain is another common stomach-related side effect of GLP-1/BPC157.

Similar to nausea, vomiting, and diarrhea, this should subside over time. Using the tips listed above can also help minimize this side effect.

Severe stomach pain can be a sign of other side effects, like pancreatitis or gallbladder problems (like gallstones). Contact your healthcare provider right away if this develops.

## **4. Fatigue**

Fatigue is a common side effect, affecting 11% of people taking it in clinical trials.

GLP-1/BPC157 works for weight loss by making you feel less hungry. And eating fewer calories may cause you to feel more tired.

Feelings of fatigue should subside as your body adjusts to potential changes in your diet.

## **5. Low blood sugar**

Low blood sugar (hypoglycemia) isn't very common if you're taking GLP-1/BPC157 on its own. That's because it works by telling your body to release insulin in response to a meal specifically.

## **6. Pancreatitis**

Although rare, pancreatitis has been reported with GLP-1/BPC157. If it happens, it can be life-threatening. Seek immediate medical attention if you develop severe abdominal pain, nausea and vomiting, and/or jaundice (yellowing of skin and eyes).

## **7. Gallbladder disease**

Gallbladder disease, including gallstones, is possible with GLP-1/BPC157, but it isn't common. It was reported in less than 2% of people taking it in clinical trials. Symptoms of gallbladder problems include upper stomach pain, fever, and jaundice. You may also notice clay-colored stools. Let your healthcare provider know right away if these develop.

## **8. Kidney damage**

Studies have suggested that GLP-1/BPC157 may have some kidney benefits if you have Type 2 diabetes. But in rare cases, kidney damage has also been reported. This is more likely if you have severe nausea, vomiting, and/or diarrhea leading to dehydration. Kidney damage is also more common if you already have kidney problems. Taking medications that cause you to get rid of excess water, like diuretics (water pills), also puts you at risk.

Your healthcare provider may monitor your kidneys if you're experiencing a lot of stomach-related side effects. Let them know right away if you're not urinating very much or at all, or notice swelling in your arms or legs.

## **9. Allergic reactions**

Severe allergic reactions to GLP-1/BPC157 are rare, but possible. Call 911 or get immediate medical attention if you have swelling of the face, tongue, or throat, or shortness of breath after your dose.

Mild allergic reactions can include itching, rash, or redness at the injection site.

Stopping GLP-1/BPC157 isn't always necessary with mild reactions. But make sure to still tell your healthcare provider about your reaction.

Don't use oral or injectable GLP-1/BPC157 if you're allergic to any of their ingredients. And there's a chance you could have an allergic reaction to GLP-1/BPC157 if you've had a reaction to a medication in the same class.

## **10. Thyroid tumors**

GLP-1/BPC157 has a boxed warning (the strictest warning) from the FDA about a risk of thyroid C-cell tumors. This is because animal studies found that rodents developed thyroid tumors when exposed to GLP-1 agonists. However, human studies have yet to confirm this risk.

Still, you shouldn't take GLP-1/BPC157 if you or your family have a history of medullary thyroid cancer or multiple endocrine neoplasia (MEN) type 2.

## Adverse Effects

>10%

(SC, Ozempic)

- Nausea (15.8-20.3%)
- Documented symptomatic hypoglycemia, adjunctive therapy [ $\leq 70$  mg/dL glucose threshold] (16.7-29.8%)
- Severe or symptomatic hypoglycemia, adjunctive therapy [ $\leq 56$  mg/dL glucose threshold] (8.3-10.7%)

(SC, Wegovy)

- Nausea (44%)
- Diarrhea (30%)
- Vomiting (24%)
- Constipation (24%)
- Abdominal pain (20%)
- Headache (14%)
- Fatigue (11%)

(PO)

- Nausea (11-20%)
- Abdominal pain (10-11%)

1-10%

(SC, Ozempic)

- Vomiting (5-9.2%)
- Diarrhea (8.5-8.8%)
- Abdominal pain (5.7-7.3%)
- Constipation (3.1-5%)
- Dyspepsia (2.7-3.5%)
- Eructation (1.1-2.7%)
- Documented symptomatic hypoglycemia, monotherapy [ $\leq 70$  mg/dL glucose threshold] (1.6-3.8%)
- Flatulence (0.4-1.5%)
- GERD (1.5-1.9%)

(SC, Wegovy)

- Dyspepsia (9%)
- Dizziness (8%)
- Abdominal distension (7%)
- Eructation (7%)
- Retinal disorders (6.9%)
- Hypoglycemia in T2DM (6%)
- Flatulence (6%)
- Gastroenteritis (6%)
- GERD (5%)
- Gastritis (4%)
- Gastroenteritis viral (4%)
- Hair loss (3%)

- Cholelithiasis (1.6%)
  - Injection site reactions (1.4%)
- (PO)
- Diarrhea (9-10%)
  - Decreased appetite (6-9%)
  - Vomiting (6-8%)
  - Constipation (5-6%)
  - Abdominal distension (2-3%)
  - Dyspepsia (0.6-3%)
  - GERD (2%)
  - Gastritis (2%)
  - Eructation (0.6-2%)
  - Flatulence (1-2%)
  - Cholelithiasis (1%)

<1%

(SC, Ozempic)

- Gastritis (0.4-0.8%)
- Cholelithiasis (0.4%)
- Fatigue (>0.4%)
- Dysgeusia (>0.4%)
- Dizziness (>0.4%)
- Injection site reaction (0.2%)

(SC, Wegovy)

- Hypotension and syncope
- Appendicitis
- Acute kidney injury
- Cholecystitis

Frequency Not Defined

PO

- Increased amylase and lipase
- Increased HR
- Hypersensitivity: Anaphylaxis, angioedema, rash, urticaria