

# PharmaNavigator

## PharmPix Clinical Department

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### Wegovy Tablets: The First FDA-Approved Oral GLP-1 Receptor Agonist for Weight Management

The FDA has approved oral Wegovy (semaglutide tablets), making it the first oral GLP-1 receptor agonist indicated for chronic weight management. This new formulation is expected to become available in January 2026 and expands treatment options for adults with obesity or overweight, particularly for patients who may be unwilling or unable to use injectable therapies.

Oral Wegovy is indicated, in combination with a reduced-calorie diet and increased physical activity, for long-term weight reduction and weight maintenance in adults with obesity ( $\text{BMI} \geq 30 \text{ kg/m}^2$ ) or overweight ( $\text{BMI} \geq 27 \text{ kg/m}^2$ ) with at least one weight-related comorbid condition. Also, it is approved to reduce the risk of major adverse cardiovascular events, including cardiovascular death, non-fatal myocardial infarction, and non-fatal stroke, in adults with established cardiovascular disease and obesity or overweight.

Patients should take the Wegovy tablet on an empty stomach and wait at least 30 minutes before eating to ensure adequate absorption. The most commonly reported adverse effects are gastrointestinal, including nausea, diarrhea, and vomiting, and are similar to those seen with the injectable formulation.

#### Clinical Trial: Key Findings

In a clinical trial involving adults, without diabetes, who had obesity or overweight with at least one weight-related comorbidity, oral semaglutide 25 mg once daily, administered in combination with lifestyle intervention, resulted in a mean body weight reduction of 13.6%, compared with 2.2% in the placebo group, over 64 weeks. A significantly greater proportion of patients treated with semaglutide achieved clinically meaningful weight loss thresholds of  $\geq 5\%$ ,  $\geq 10\%$ ,  $\geq 15\%$ , and  $\geq 20\%$ .<sup>1,2,3,4,5</sup>

Beyond weight loss, patients treated with oral semaglutide experienced improvements in cardiometabolic risk factors, including waist circumference, blood pressure, and lipid parameters.

Overall, oral Wegovy represents an important addition to obesity pharmacotherapy, providing a level of weight reduction not previously demonstrated with oral GLP-1 agents and expanding treatment options for appropriate patients.

#### REFERENCES:

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