The Battle of the Future GLPs: Survodutide versus Mazdutide Transcript

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The Next Generation of GLP-1 Drugs

Semaglutide, Semaglutide, tirzepatide, and tirzepatide, and retatrutide retatrutide retatrutide have already changed the world's have already changed the world's approach to weight loss, approach to weight loss, but now two more drugs are in the but now two more drugs are in the final stages final stages of testing of testing that, in addition to that, in addition to suppressing appetite, suppressing appetite, use your use your liver as an "engine" liver as an "engine" to burn to burn calories. If at least calories. If at least one of them reaches the one of them reaches the finish line, the conversation about finish line, the conversation about GPP-1 will become much more GPP-1 will become much more interesting. Welcome interesting. Welcome back to back to Dr.

Dr. Dr. Greg Jones' Optimization Academy. I'm Greg Jones' Optimization Academy. I'm Dr. Greg Jones, a Dr. Greg Jones, a naturopathic doctor and naturopathic doctor and founder of the Center for founder of the Center for Innovative Innovative Innovative Health here in Health here in Phoenix, Arizona. I have been helping. I have been helping patients patients patients improve improve improve metabolic function metabolic function with GLP-1 for years, lecturing internationally, and educating lecturing internationally, and educating other physicians on other physicians on longevity and longevity and metabolism protocols. This metabolism protocols. This channel explains channel explains peptides and peptides and longevity medicine in language that longevity medicine in language that doesn't doesn't doesn't require a medical require a medical education to understand. Most of education to understand. Most of you already know about you already know about semaglutide, semaglutide, semaglutide, tirzepatide, and tirzepatide, and retatrutide, and you retatrutide, and you probably understand probably understand how they are how they are different. But different. But few people know that two more drugs are going through the same research pipeline: two more drugs are going through the same research pipeline: survodutide and survodutide and mastatide. Today we mastatide.

How Survodutide Works

Today we will look at what these will look at what these drugs are, how they drugs are, how they work, what the weight loss trial results show, and how they weight loss trial results show, and how they compare to the compare to the latest data on latest data on retatrutide. Let's start retatrutide. Let's start with survodutid. It with survodutid. It acts simultaneously through acts simultaneously through two separate two separate hormonal systems. The hormonal systems. The first system is GLP -1, the same target -1, the same target used by used by used by semaglutide and semaglutide and tirzepatide. Its tirzepatide. Its activation signals the activation signals the pancreas pancreas pancreas to release insulin, to release insulin, but only when but only when blood sugar levels are blood sugar levels are already elevated. Therefore, already elevated. Therefore, it lowers it lowers glucose levels, glucose levels, preventing them from preventing them from falling critically.

falling critically. It also reduces It also reduces the release of the release of the release of glucagon by the glucagon by the glucagon by the pancreas pancreas, slows, slows gastric emptying, gastric emptying, and acts directly and acts directly on appetite centers in on appetite centers in the brain, reducing the brain, reducing the desire to eat. The second the desire to eat. The second system is what system is what sets Survodutid sets Survodutid apart from others. This is a apart from others. This is a separate glucagon receptor concentrated in concentrated in the liver. Activation of the liver. Activation of this receptor this receptor causes the liver causes the liver to release to release to release stored sugar and stored sugar and fat for burning, fat for burning, putting putting putting the metabolism into a state of the metabolism into a state of ketosis and increasing resting calorie burning through resting calorie burning through heat production. It heat production. It also directly also directly removes fat from removes fat from liver cells, which is the liver cells, which is the main reason why survodutide is highly effective in survodutide is highly effective in treating fatty treating fatty liver disease, liver disease, regardless of regardless of how much weight how much weight the patient loses. However, the patient loses. However, glucagon itself can glucagon itself can raise raise raise blood sugar levels. Therefore, blood sugar levels. Therefore, survodutide survodutide survodutide is designed with a is designed with a specific specific specific ratio of ratio of ratio of GLP-1 to GLP-1 to glucagon activity, where the effect of glucagon activity, where the effect of lowering glucose

levels outweighs the effect of outweighs the effect of increasing it.

increasing it. The result is a The result is a drug that drug that improves improves improves blood sugar control and blood sugar control and burns fat through burns fat through the liver within the framework of a the liver within the framework of a single weekly single weekly injection. So, injection. So, imagine GPP- 1 drugs as cutting off the 1 drugs as cutting off the fuel supply to a fuel supply to a car engine.

car engine.

Survodutide Clinical Trial Results

Now semaglutide Now semaglutide does this, but does this, but at the same time it at the same time it "gives "gives "gives the gas" more forcefully, the gas" more forcefully, burning the fuel faster on the burning the fuel faster on the other side.

other side. The results of the second The results of the second phase were phase were convincing. At the convincing. At the highest dose, highest dose, patients lost patients lost almost 15% of their body weight in almost 15% of their body weight in less than a year, and those less than a year, and those who completed the full who completed the full course of treatment course of treatment achieved almost 19%.

achieved almost 19%. Furthermore, semaglutide Furthermore, semaglutide showed results showed results that surprised that surprised many researchers. In a study of. In a study of patients with patients with steatohepatitis steatohepatitis steatohepatitis associated with associated with metabolic metabolic metabolic dysfunction (formerly dysfunction (formerly known as known as nonalcoholic fatty nonalcoholic fatty liver disease), liver disease), over 60% showed showed showed significant improvement significant improvement compared to 14% in the compared to 14% in the placebo group. It is currently placebo group.

How Mazdutide Works

It is currently in phase three of the Synchronize program, where it is being Synchronize program, where it is being tested on tested on thousands of patients in thousands of patients in three separate three separate trials, one of trials, one of which is specifically which is specifically designed to designed to see if see if it reduces the risk of heart attack and it reduces the risk of heart attack and stroke. Mazdutide stroke. Mazdutide activates the same two activates the same two receptors as receptors as survodutide—GLP-1 and survodutide—GLP-1 and glucagon—in the same glucagon—in the same combination combination combination you just heard about.

you just heard about. Appetite suppression Appetite suppression and and and insulin support from GLP-1, insulin support from GLP-1, as well as increased as well as increased fat burning in fat burning in the liver and the liver and energy expenditure from energy expenditure from glucagon. But glucagon. But mazdutide actually mazdutide actually differs in its differs in its mechanism of action.

mechanism of action. Survodutide was Survodutide was designed from the ground up designed from the ground up to affect both to affect both receptors. Mazdutide receptors. Mazdutide is based on a is based on a hormone that your hormone that your gut produces gut produces on its own— oxyntomodulin, which oxyntomodulin, which is released after is released after eating and naturally eating and naturally activates both activates both GLP-1 and GLP-1 and glucagon receptors simultaneously.

glucagon receptors simultaneously. Mazdutide is essentially a long-acting, artificially created copy of this hormone, long-acting, artificially created copy of this hormone, extending its effects extending its effects from a few minutes to from a few minutes to about a week.

about a week. Another difference Another difference is the is the ratio. As ratio. As with survodutide, the with survodutide, the GLP-1 and GLP-1 and glucagon activities in glucagon activities in mazdutide mazdutide mazdutide are balanced so that the glucose-lowering effect outweighs glucose-lowering effect outweighs any increase in any increase in blood sugar blood sugar from from from glucagon activation. But glucagon activation.

But because because because the ratio in the ratio in mazdutide is due to mazdutide is due to mimicking the natural mimicking the natural profile profile profile of oxyntomodulin, rather than of oxyntomodulin, rather than artificially creating it, artificially creating it, it manifests itself in it manifests itself in several additional several additional effects in these effects in these studies. Greater studies. Greater increase in increase in increase in the breakdown of the breakdown of the breakdown of amino acids for amino acids for energy and energy and increased levels of increased levels of the hormone FGF21, which is the hormone FGF21, which is associated with associated with improved improved improved fat burning and fat burning and metabolic metabolic metabolic health. I understand.

health. I understand. Choosing dietary Choosing dietary supplements can be a supplements can be a daunting task. daunting task. There are hundreds of There are hundreds of brands, conflicting brands, conflicting claims, and claims, and it's impossible to understand it's impossible to understand what's truly beneficial and what's truly beneficial and what will really affect what will really affect your health. That's why your health. That's why I created Dr. Joel's Supplement Store. Every Dr. Joel's Supplement Store. Every product in the store product in the store for energy, for energy, gut health, sleep, gut health, sleep, hormonal hormonal hormonal optimization, optimization, optimization, recovery, and recovery, and more is personally more is personally reviewed, reviewed, reviewed, tested, and tested, and recommended by me.

recommended by me. These are the formulas I These are the formulas I use and use and recommend to my recommend to my patients, friends, and patients, friends, and family. So, family. So, go to go to drjoelssupplements.com, drjoelssupplements.com, drjoelssupplements.com, sign up for our sign up for our newsletter, and you newsletter, and you will receive a 10% discount on your will receive a 10% discount on your first order. You will first order. You will also receive also receive exclusive exclusive exclusive protocols and tips protocols and tips that I share only that I share only with my community.

with my community. So, let's cut through the So, let's cut through the noise and noise and figure out what figure out what actually works. actually works.

Mazdutide Phase 3 Trial Data

Masturdutide has something that semaglutide does not—it has completed phase three has completed phase three clinical clinical clinical trials. The trials. The Glory One study Glory One study involved 610 involved 610 adults in China, and the adults in China, and the highest dose highest dose resulted in a 14% weight loss over 48 weeks, weight loss over 48 weeks, while patients while patients taking a placebo gained a little weight. And almost gained a little weight. And almost half of the patients half of the patients on this maximum on this maximum dose lost 15% or dose lost 15% or more of their body weight more of their body weight compared to just 2% in the compared to just 2% in the placebo group.

Chinese regulators are now considering this, Chinese regulators are now considering this, putting putting putting survodutide ahead of the survodutide ahead of the registration schedule, registration schedule, although the although the survodutide trial program is survodutide trial program is larger and more larger and more global. So how do global.

Comparing Survodutide vs Mazdutide

So how do they compare in terms of they compare in terms of weight loss effectiveness? The best weight loss effectiveness? The best rates of the second rates of the second phase of survodutid phase of survodutid are slightly are slightly less than 15%, and in less than 15%, and in patients who patients who conscientiously completed conscientiously completed the course, almost 19%. And the the course, almost 19%. And the completed second phase of completed second phase of masturdutid testing masturdutid testing showed a result of 14%. These numbers are so. These numbers are so close that a difference of close that a difference of one or two percent one or two percent shouldn't be shouldn't be decisive, decisive, decisive, especially since the especially since the survodutide data survodutide data comes from a comes from a global global phase II study, and the phase II study, and the masturdutide data comes from a masturdutide data comes from a phase III study phase III study conducted exclusively conducted exclusively among Chinese among Chinese patients patients patients

selected using different body mass index criteria than we have in the body mass index criteria than we have in the States. No one has yet States. No one has yet compared them compared them directly in a directly in a single study.

single study.

How Both Stack Up Against Retatrutide

Until that Until that happens, it's premature to declare happens, it's premature to declare a winner. Now let's compare. Now let's compare both drugs to both drugs to retatrutide, retatrutide, retatrutide, since that's what since that's what most of you are already most of you are already comparing everything else to.

comparing everything else to. Retatrutide has a third Retatrutide has a third hormonal target— GIP, in addition to GLP-1 GIP, in addition to GLP-1 and glucagon, and this and glucagon, and this year the manufacturer year the manufacturer released key released key results from results from phase III of three separate phase III of three separate studies. In the studies. In the Triumph-1 study, a Triumph-1 study, a pivotal pivotal pivotal trial in trial in general obesity general obesity involving over 2,300 involving over 2,300 patients, the highest patients, the highest dose provided dose provided approximately 28% approximately 28% weight loss over 80 weeks. In the weight loss over 80 weeks. In the Triumph-2 study, Triumph-2 study, which involved which involved patients with patients with type 2 diabetes, this type 2 diabetes, this figure dropped to figure dropped to just under 21%. And this is just under 21%. And this is consistent with what consistent with what typically typically typically happens when happens when testing testing testing GLP-1 drugs among GLP-1 drugs among diabetics. In the diabetics. In the Triumph-3 study, Triumph-3 study, which included which included obese patients with obese patients with existing cardiovascular disease, the disease, the highest dose reached highest dose reached almost 23%. Along with almost 23%. Along with significant improvements in significant improvements in triglycerides, triglycerides, cholesterol, and cholesterol, and blood pressure.

blood pressure. Note that all three Note that all three results are results are preliminary figures from preliminary figures from press releases that have press releases that have not yet been published in not yet been published in peer-reviewed peer-reviewed peer-reviewed journals. Therefore, some journals. Therefore, some data may data may change after change after the publication of the full the publication of the full reports. Even with this reports. Even with this caveat, caveat, caveat, retatrutide retatrutide retatrutide outperformed both outperformed both semaglutide and semaglutide and tirzepatide by a tirzepatide by a large margin in large margin in all all all patient populations where it has patient populations where it has been tested so far. I been tested so far.

What This Means for the Future

I will be following will be following these these these studies closely as studies closely as they are completed. If the they are completed. If the phase 3 data phase 3 data are confirmed, are confirmed, retatrutide and retatrutide and mastrutide could mastrutide could become viable become viable options for people options for people who cannot tolerate who cannot tolerate GLP-1 drugs already GLP-1 drugs already on the market. They also on the market. They also gave experts something gave experts something that the current that the current generation does not generation does not fully offer fully offer : a mechanism : a mechanism aimed at aimed at increasing the increasing the body's energy expenditure, body's energy expenditure, not just reducing not just reducing food intake. So, food intake. So, if you're following the if you're following the GLP-1 space and GLP-1 space and wondering what's next wondering what's next after semaglutide, after semaglutide, tirzepatide, and tirzepatide, and retatrutide, these two retatrutide, these two compounds are worth taking note of compounds are worth taking note of. If you. If you found this review found this review helpful, please give it helpful, please give it a like.

a like. Subscribe to the Subscribe to the channel for channel for more science- more science- based knowledge based knowledge about hormones, peptides, about hormones, peptides, and and and longevity medicine, and longevity medicine, and share this video share this video with those who might with those who might be interested. Thank you be interested. Thank you for watching.

for watching. Dr. Greg Jones was with you, see you in the, see you in the