

# Frequently Asked Questions: Oral Tirzepatide

## 1. How does oral tirzepatide work?

Tirzepatide promotes weight loss by **activating** both the **GLP-1** and **GIP** receptors in the brain. This action enhances **insulin sensitivity** and **reduces glucagon levels**, improving **glucose control**. It also **slows gastric emptying**, leading to **reduced appetite** and **increased satiety**. For optimal results, tirzepatide should be combined with a healthy diet and adequate exercise.

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## 2. What are the specific roles of GLP-1 and GIP?

GLP-1 reduces **food intake**; GIP promotes **fat loss**.

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## 3. How does tirzepatide aid weight loss?

Tirzepatide is a **GLP-1 and GIP dual-target** drug that mimics two natural gut hormones. GLP-1 **slows gastric emptying, suppresses appetite, and reduces caloric intake**, while GIP **enhances fat breakdown and energy expenditure**. Together, these mechanisms significantly reduce **body weight and visceral fat**.

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## 4. How effective is tirzepatide for weight loss?

In clinical studies after **72 weeks**, tirzepatide users achieved an average weight loss of **23.6 kg (20.2%)**, compared to **15.1 kg (13.7%)** with semaglutide. Individual results may vary. The most successful patients also make diet and lifestyle changes.

*Note: Healthy weight loss is typically defined as 1-2 lbs per week. Extreme weight loss is not a medically desired outcome.*

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## 5. Will weight rebound after stopping oral tirzepatide?

Due to its **dual-target mechanism**, tirzepatide enables sustained weight loss by reducing **caloric intake** and increasing **energy expenditure**. Clinical data show that **72-week** post-treatment weight regain is **minimal** (approximately **5%** for tirzepatide versus approximately **15%** for semaglutide).

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## 6. What is the age range for treatment?

Patients seeking treatment with tirzepatide must be **at least 18 years of age and no older than 80**.

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## 7. Is oral tirzepatide safe for older patients?

Oral tirzepatide may be appropriate for older patients who are **healthy and meet the qualification criteria** for the treatment program.

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## 8. How does your company's oral tirzepatide tablet deliver the drug?

We use a proprietary **nano/micro carrier technology** to **physically protect** and **target-release** tirzepatide, ensuring efficient drug delivery.

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## 9. What are the available doses of oral tirzepatide? How is it administered?

Oral tirzepatide is available in 20 mg and 50 mg doses. The recommended administration is one tablet daily, taken **1 hour before breakfast on an empty stomach**.

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## 10. What foods should be avoided when taking tirzepatide tablets for weight loss?

When beginning oral tirzepatide for weight loss, it is recommended to **maintain a healthy diet** to optimize results. Specifically, **avoid foods high in trans fats, processed sugars, and unhealthy carbohydrates**. We provide complementary diet and exercise guidance to support patients taking oral tirzepatide.

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## 11. Can tirzepatide treat fatty liver disease?

Tirzepatide may help improve non-alcoholic fatty liver disease (NAFLD) by reducing visceral fat. Clinical trials have shown a **40% reduction** in liver fat content after **72 weeks** of treatment in study participants.

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