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Weight Loss Medications: Simple Comparison

Overview of how semaglutide, tirzepatide, and phentermine work in simple terms.

1. SEMAGLUTIDE

Type: Hormone-based (GLP-1 receptor agonist). Mimics natural fullness hormones. Helps you feel full faster, slows digestion, and reduces appetite.

2. TIRZEPATIDE (MOUNJARO)

Type: Hormone-based (dual GIP + GLP-1). Works like semaglutide but stronger by targeting two hormones. Helps increase fullness and improve blood sugar control.

3. PHENTERMINE

Type: Stimulant (sympathomimetic). Works on the nervous system to reduce hunger and increase alertness. Acts more like a stimulant rather than a hormone.

KEY DIFFERENCES

MEDICATION	TYPE	HOW IT WORKS
Semaglutide	Hormone-based	Mimics fullness signals
Tirzepatide	Hormone-based (dual)	Stronger fullness + metabolism effects
Phentermine	Stimulant	Suppresses appetite via brain stimulation