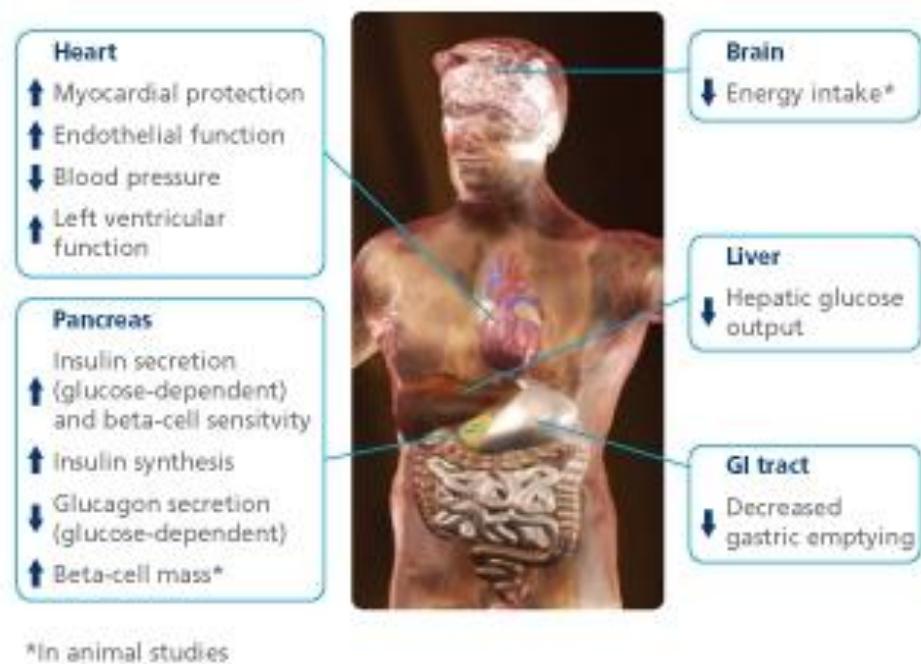


Facts about GLP-1

- GLP-1 or Glucagon-Like Peptide-1 is a naturally occurring hormone in the body that helps to maintain normal blood sugar levels.
- GLP-1 is produced in the lower gut and works to balance blood sugar by triggering insulin release from beta cells in the pancreas when we eat and also reducing glucagon output by the liver. It only does this if blood sugar levels are high.¹
- GLP-1 became interesting to researchers developing diabetes treatments when it was identified as a key hormone responsible for the *incretin effect*.²
- The *incretin effect* describes the fact that the body's insulin response to sugar intake is greater when the sugar is ingested as food compared to when it is given by injection. Discovery of the incretin effect suggested that a key part of blood sugar regulation takes place in the digestive tract.³
- In many people with type 2 diabetes, GLP-1 release and/or beta-cell response to GLP-1 are impaired.⁴
- In addition to uncontrolled blood sugar levels, type 2 diabetes is also characterised by weight gain⁵, increased risk of heart disease⁶, and also progressive deterioration of beta-cell function.⁷
- GLP-1 also has other natural functions in the body that address these symptoms of diabetes (Figure 1):
 - Reducing appetite by increasing a feeling of fullness or satiety after eating⁸
 - Slowing the emptying of food from the stomach⁸
 - Heart-protective and blood pressure-reducing effects⁹
 - Improving beta-cell function and promoting beta-cell growth⁸

Figure 1: GLP-1's multi-system effect in the body



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