



FREE GUIDE

RETATRUTIDE IN 5 MINUTES

THREE HORMONES · FOUR TRIALS · WHAT COMES NEXT

The most anticipated obesity medicine of 2026: how the triple-hormone peptide works, what the phase 3 trials found, and the questions the next trials will answer.

@PEPTILEX

From the book Peptilex – The Peptide Encyclopedia

THE BIG PICTURE

ONE PEPTIDE, THREE SIGNALS

Retatrutide is an investigational once-weekly peptide from the maker of tirzepatide. Semaglutide uses one hormone signal (GLP-1), tirzepatide two (GLP-1 + GIP). Retatrutide is the first to reach phase 3 with three – it also switches on the glucagon receptor.

1 GLP-1 FULLNESS SIGNAL

Slows the stomach and quiets appetite in the brain – the engine behind semaglutide.

2 GIP SECOND GUT HORMONE

Adds to the effect on appetite and blood sugar – the extra signal in tirzepatide.

3 GLUCAGON THE NEW THIRD SIGNAL

Thought to raise energy use and fat burning in the liver – the part that is unique to retatrutide.

GLP-1 + GIP + GLUCAGON = ONE WEEKLY PEPTIDE

Balancing these three effects safely is the central challenge of multi-receptor medicines – and the reason the phase 3 program is so large: 34 registered studies, 14 of them in phase 3 (ClinicalTrials.gov, October 2026).

ONE, TWO, THREE SIGNALS

SEMAGLUTIDE 1 SIGNAL

GLP-1

TIRZEPATIDE 2 SIGNALS

GLP-1 + GIP

RETATRUTIDE 3 SIGNALS

GLP-1 + GIP + glucagon

THE RESULTS

AVERAGE WEIGHT LOSS IN THE TRIALS

HIGHEST-LEVEL TREATMENT GROUP VS PLACEBO · % OF BODY WEIGHT

Phase 2 · NEJM 2023

338 adults · 48 weeks



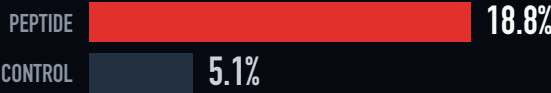
TRIUMPH-1 · NEJM 2026

2,339 adults with obesity · 80 weeks



TRIUMPH-2 · Lancet 2026

1,152 adults with obesity + type 2 diabetes · 80 weeks



TRANSCEND-T2D-1 · Lancet 2026

537 people with type 2 diabetes · 40 weeks



~28%	average loss in TRIUMPH-1 among people who stayed on treatment (manufacturer data) – almost half lost 30% or more
–1.94	points HbA1c in TRANSCEND-T2D-1, vs -0.81 on placebo – with no severe low blood sugar
–55%	hs-CRP inflammation marker in adults without diabetes (phase 2 analysis, 2026)

Sources: Jastreboff AM et al., NEJM 2023 (phase 2) and NEJM 2026 (TRIUMPH-1); Bellido V et al., Lancet 2026 (TRIUMPH-2); Bajaj HS et al., Lancet 2026 (TRANSCEND-T2D-1); Ruotolo G et al., Diabetes Obes Metab 2026 (PMID 42608321).

WHAT COMES NEXT

THE TRIALS TO WATCH



LATE 2026

TRIUMPH-5

Head-to-head against tirzepatide – the duel everyone is waiting for.



LATE 2026

TRANSCEND-T2D-2

Head-to-head against semaglutide in type 2 diabetes.



Q1 2027

US FILING

The manufacturer plans to file for US approval.



ONGOING

TRIUMPH-OUTCOMES

About 10,000 people: does it reduce heart attacks, strokes and kidney events?

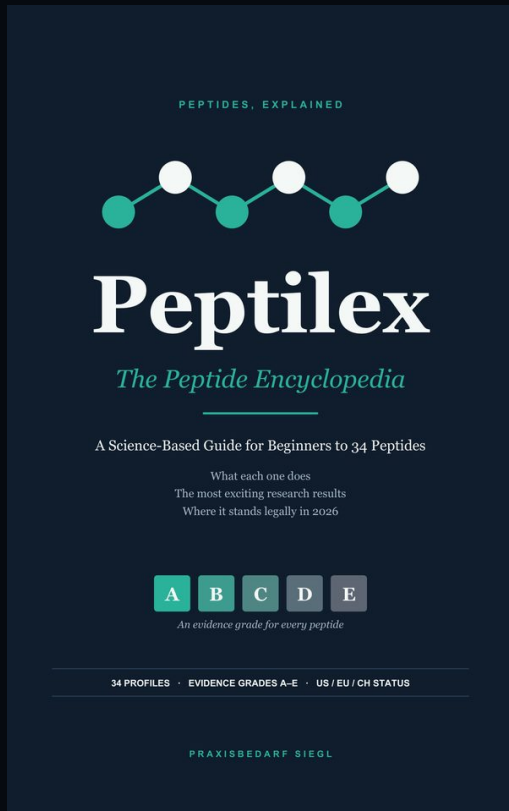
Most common side effects in the trials: nausea and diarrhea, mostly mild to moderate. Status: investigational in the US, EU and Switzerland (US: narrow physician-requested access program since August 2026).

THE OPEN QUESTIONS — ANSWERED IN THE BOOK

- ? Why can a third hormone push weight loss further – and what does glucagon do to the liver?
- ? How much of the lost weight is muscle at losses of 25% and more?
- ? TRIUMPH-4: what happened to knee pain – up to about three quarters less?
- ? Retatrutide is no longer alone: what did the second triple agonist, UBT251, show?

PEPTILEX — THE PEPTIDE ENCYCLOPEDIA · CHAPTER 8

34 PEPTIDES. ONE BOOK.



PEPTILEX THE PEPTIDE ENCYCLOPEDIA

Retatrutide is one of 34 peptides in the book – next to semaglutide, tirzepatide, CagriSema and the GLP-1 pills.

- What each peptide is and how it is thought to work
- The most exciting results – cells, animals and people
- 2–4 key studies per profile, with sources
- A–E evidence grade and status in the US, EU and Switzerland
- Known risks and the open questions research is chasing

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FOLLOW THE TRIALS EVERY WEEK

The free Peptilex study tracker lists the registered trials and newest papers, updated weekly:
peptilex.com/tracker/retatrutide.html

Important: This guide is for general education only. It is not medical advice and does not recommend any substance, dose or treatment. Results from cells or animals do not show that a substance works or is safe in people. Talk to your doctor before making health decisions. Sources: Peptilex – The Peptide Encyclopedia (2026) and the studies named. Created with AI assistance and editorial review. © 2026 Praxisbedarf Siegl.