

Be Ready for the New Oral GLP-1 Agonist Orforglipron

Top Takeaways

- Orforglipron is a new daily oral GLP-1 receptor agonist with easier administration than oral semaglutide.
- It provides meaningful weight loss, in the same ballpark as oral semaglutide.
- GI side effects are common. Reinforce proper dose titration.

You'll get questions about **orforglipron (Foundayo)**, the **second ORAL GLP-1 receptor agonist approved for adults with overweight or obesity**.

It's another DAILY option...like oral semaglutide (Wegovy).

But orforglipron can be taken with or without food. Oral semaglutide must be taken with a max of 4 oz of water at least 30 minutes before the first food, other beverage, or oral meds of the day.

That's because orforglipron is a nonpeptide, small molecule drug...other GLP-1s are peptides that can be broken down by stomach acid.

Studies report that taking one orforglipron 36 mg *capsule* daily for 72 weeks leads to about 9% more weight loss than placebo. But only orforglipron *tablets* are approved and available.

Unpublished data show that the 36 mg capsules and the 17.2 mg tablets are equivalent, providing comparable blood levels.

Weight loss with orforglipron seems in the same ballpark as oral semaglutide 25 mg/day, which leads to about 11% more weight loss than placebo. But these 2 meds haven't been directly compared for weight loss.

Orforglipron is not approved for type 2 diabetes yet, but one 36 mg capsule (or 17.2 mg tablet) daily lowers A1c by about 1% more than placebo and about 0.4% more than oral semaglutide 14 mg daily.

Tell patients starting orforglipron to follow the titration to limit GI side effects...nausea, diarrhea, abdominal pain, etc.

Orforglipron tablets are available in 6 strengths starting at 0.8 mg daily...with monthly titration up to the max dose of 17.2 mg/day.

Be aware of interactions. For instance, orforglipron 9 mg is the max dose when used with strong CYP3A4 inhibitors (clarithromycin, etc)...and it shouldn't be used with strong CYP3A4 inducers (carbamazepine, etc).

Plus it carries the same warnings as other GLP-1s, including rare thyroid tumors, pancreatitis, and gallbladder disease.

Expect prior auths. Orforglipron costs about \$650/month...which is about half the cost of oral semaglutide tablets. But patients may get these for less with manufacturer or direct-to-consumer programs.

Anticipate hearing more about orforglipron for other uses, including CV risk reduction, diabetes, and weight maintenance after injectables.

See how orforglipron stacks up with our *GLP-1 and GIP/GLP-1 Receptor Agonist Interactive Comparison Chart*. And use our resource, *Comparison of Weight Loss Products*, to review other meds for obesity.

Key References:

- Wharton S, Blevins T, Connery L, et al. Daily Oral GLP-1 Receptor Agonist Orforglipron for Adults with Obesity.

Cite this document as follows: Article, Be Ready for the New Oral GLP-1 Agonist Orforglipron, Prescriber Insights: APRN, May 2026

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Prescriber Insights. May 2026, No. 420509

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