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Meta description (156 chars): How safe and effective are Mounjaro and Wegovy? Wha
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Primary keyword: mounjaro and wegovy
Secondary keywords: are mounjaro and wegovy safe, how much weight do you lose on
Suggested OG image: /images/mounjaro-wegovy-og.jpg (1200x630)
Reading time: ~5 min
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Mounjaro & Wegovy: How Safe and How Effective Are They?

What the big trials say about how much you lose, and how safe these GLP-1 injections really are.

Short answer: both are very effective, and in large trials both had a well understood, generally manageable safety profile. In their main studies, Mounjaro led to around 21% average body weight loss at the top dose, and Wegovy to around 15%. Wegovy also did something no weight loss drug had done before: it lowered the risk of serious heart problems. Here is the full picture, in plain English.

What are Mounjaro and Wegovy?

Both are weekly injections that work with your body's own appetite hormones. They reduce hunger, help you feel full sooner, and slow down digestion. They are not stimulants and not fat burners. They change the hormonal signals that control appetite.

There is one key difference between them:

- **Mounjaro (tirzepatide)** acts on two gut hormones (GIP and GLP-1).
- **Wegovy (semaglutide)** acts on one of them (GLP-1).

That two hormone design is part of why Mounjaro tends to produce slightly larger average

weight loss in studies.

How much weight do you lose on Mounjaro?

The main Mounjaro trial, called SURMOUNT-1, followed about 2,500 adults with obesity (and no diabetes) for 72 weeks.

Average weight loss by dose:

- Lowest dose: about 15%
- Middle dose: about 19.5%
- Top dose: about 21% (roughly 23 kg, or 50 lb, on average)

In everyday terms, the great majority of people lost at least 15% of their body weight, and more than half on the top dose lost at least 20%. Those numbers are unusually large for a weight loss medication.

How much weight do you lose on Wegovy?

Wegovy's main trial, STEP 1, followed about 2,000 adults with obesity for 68 weeks.

- Average weight loss: about 15% (roughly 15 kg, or 34 lb)
- About 7 in 10 people lost at least 10% of their weight
- About 1 in 3 lost at least 20%

This is the trial that made Wegovy famous, and it set the modern standard for what a weight loss injection can achieve.

It is not just about the number on the scale

Both medicines did more than shrink the number on the scale. In their trials they also improved blood pressure, blood sugar, and waist size.

One of the most important findings: in people with prediabetes, Mounjaro dramatically reduced the chance of going on to develop type 2 diabetes. That moves these drugs out of cosmetic territory and into genuine disease prevention.

Wegovy and the heart

This is where Wegovy has a unique advantage. A large trial called SELECT (over 17,000 adults with heart disease and excess weight, but no diabetes) asked a bigger question: does

it protect the heart?

It did. Wegovy cut major heart events, meaning heart attacks, strokes, and heart related deaths, by about 20%. That made it the first weight management medicine approved specifically to reduce heart risk. Interestingly, the heart benefit started early, before people had lost most of their weight, which suggests the protection is not only about the kilograms.

Mounjaro's own large heart outcome study is still ongoing at the time of writing.

How safe are they? What the side effects look like

This is the question most people really want answered, so here is the honest version.

The most common side effects for both are stomach related: nausea, diarrhoea, vomiting, and constipation. For most people these are mild to moderate, and they show up mainly while the dose is being slowly increased, then settle down.

A smaller number of people stop treatment because of these effects. That is exactly why both drugs are started at a low dose and increased gradually, and why they should be used under medical supervision rather than bought and self dosed. In the big trials the overall rate of serious problems was broadly similar to placebo, which is reassuring, but these are still prescription medicines that need proper monitoring.

Mounjaro vs Wegovy: how to think about it

It is tempting to crown a winner, but that is the wrong way to look at it:

- Mounjaro tends to produce the larger average weight loss in trials.
- Wegovy has the proven heart protection data, and is approved for it.
- Both improve blood pressure, blood sugar, and waist size.

The right choice depends on your health, your other conditions, what you tolerate, availability, and your doctor's judgement, not on a single headline percentage.

The honest part

These are powerful, genuinely effective medicines, but they are prescription treatments for a medical condition, not quick fixes. Two realities matter:

1. They work best as part of long term care, alongside nutrition, activity, and follow up.
2. Weight tends to come back if treatment stops without a maintenance plan, because obesity is a chronic, relapsing condition.

Used properly and with a doctor's guidance, though, they represent a real shift in what medical weight loss can achieve.

Quick recap

- Mounjaro: about 21% average weight loss at the top dose over 72 weeks.
 - Wegovy: about 15% average weight loss over 68 weeks.
 - Both improved blood pressure, blood sugar, and waist size.
 - Wegovy also cut major heart events by about 20%.
 - Main side effects are stomach related and usually ease after dose increases.
 - They are prescription medicines for a chronic condition, best used with medical guidance.
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Frequently asked questions

How much weight can you lose on Mounjaro vs Wegovy? In their main trials, Mounjaro led to about 21% average body weight loss at the top dose over 72 weeks, and Wegovy to about 15% over 68 weeks. Individual results vary.

Are Mounjaro and Wegovy safe? In large trials their side effects were well understood and mostly stomach related, and serious problems were broadly similar to placebo. They are still prescription medicines that need a doctor's supervision and monitoring.

Do Mounjaro and Wegovy protect your heart? Wegovy reduced major heart events (heart attacks, strokes, heart related deaths) by about 20% in a large trial of high risk adults. Mounjaro's dedicated heart outcome study is still ongoing.

What are the most common side effects? Mostly stomach related: nausea, diarrhoea, vomiting, and constipation. They are usually mild to moderate and most noticeable while the dose is increased.

Will the weight come back if I stop? Often, yes. Obesity is a chronic condition, and weight tends to return if treatment stops without a maintenance plan. That is why these medicines are used as long term, supervised care.

This article is for general information only and is not medical advice. Mounjaro and Wegovy are prescription medicines. Talk to a qualified doctor about whether they are suitable for

you.

Based on: SURMOUNT-1 (tirzepatide, NEJM 2022); STEP 1 (semaglutide 2.4 mg, NEJM 2021); and SELECT (semaglutide cardiovascular outcomes, NEJM 2023).

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ON-PAGE SEO NOTES
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1. Brand names (Mounjaro, Wegovy) carry the search volume and sit in the H1, first
2. Trial names, doses, durations, and outcome numbers are used as natural SEO anchors
3. Add FAQPage schema (JSON-LD) using the 5 Q&As to target "People Also Ask".
4. Suggested schema types: Article + FAQPage + MedicalWebPage.
5. Image alt text ideas:
 - Hero: "Mounjaro and Wegovy weekly injection pens for weight loss"
 - "Chart comparing average weight loss in the SURMOUNT-1 and STEP 1 trials"
6. E-E-A-T: add a visible author or medical reviewer byline with credentials and
7. Internal links: connect to and from pages on obesity, GLP-1 medicines, metabolism
8. A safety led title is used, and the body backs it up with a real side effects

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