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Oxyntomodulin

Also called: OXM

What it is

An endogenous GLP-1/glucagon receptor co-agonist gut hormone; small trials showed less eating, more energy use and weight loss; template for dual agonists; not a medicine.

Approval status

Research Chemical. Not approved as a medicine; openFDA's Drugs@FDA index returns no record for oxyntomodulin (searched October 3, 2026). Its human studies are short infusion and injection trials.

Dosing, as printed in the page's Recommended Dosing box

Used in human trials

No manufacturer dose exists for this use: these are amounts given in published trials, not recommendations.

Protocol and source	Dose	Frequency	Duration	Route
Research: appetite in healthy volunteers **[Human study]** PMID 14557443	3.0 pmol/kg/min	Single infusion	One study session	Intravenous
Research: insulin secretion in obesity and type 2 diabetes **[Human study]** PMID 29545266	3.0 pmol/kg/min	Single infusion	Crossover sessions	Intravenous

Educational information, not medical advice. Each dose above is tagged with its source: an approved label, a published human study, animal data, or amounts reported by users. None is a recommendation for you. An unapproved compound has no established safe or effective human dose, and products sold for "research use only" are not made or tested for people. Talk to a doctor before acting on anything on this site, including before you start, stop or change any medicine or dose.

Key human evidence

The first 3 of the 17 human studies carded on the page (18 study cards in all):

- **Four weeks of injections in obesity** (Human, 2005). Subcutaneous oxyntomodulin three times daily before meals for 4 weeks reduced body weight by 2.3 kg versus 0.5 kg on saline (P = 0.0106), with energy intake 25-35% lower at study meals. **PMID 16046306**
- **Appetite in healthy volunteers** (Human, 2003). IV oxyntomodulin reduced buffet energy intake by 19.3% and 12-hour intake by 11.3%, lowered hunger scores and suppressed preprandial ghrelin, without nausea. **PMID 14557443**
- **Energy expenditure** (Human, 2006). In overweight and obese volunteers, oxyntomodulin reduced meal intake by 17.3%, raised activity-related energy expenditure by 26.2% and total energy expenditure by 9.4%, without changing resting expenditure. **PMID 16619056**

Interactions

A PubMed search for interaction studies of this compound with any drug (October 3, 2026, 11 records) found none in people. That is not evidence that it is safe to combine with anything.

Side effects and cautions

Reported side effects	Contraindications and cautions
• No nausea during the 2003 infusion study • The 4-week triple-hormone infusion was well tolerated	• Not approved for any use

Five questions to ask

1. Oxyntomodulin is listed here as "Research Chemical". What does the evidence on this sheet mean for someone in my situation, and is there an approved treatment I should consider instead?
2. Here are the medicines and supplements I take. Do any of them interact with Oxyntomodulin? This sheet records none published, which does not mean none exist.
3. Which side effects should make me stop and call you, for example no nausea during the 2003 infusion study?
4. Do any of the cautions on this sheet apply to me, such as: Not approved for any use?
5. What should we check before I start and while I am on it (blood tests, blood pressure, weight), and how often?

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