glp1 peptides tested as doses much higher than the clinical guidelines

Clinically, there actually *are* data on GLP-1 RAs at doses well above current obesity and T2D labels, plus a separate story of accidental or non-medical "megadosing."

Below is a quick map of both:

1. High-dose GLP-1 in formal trials

Regulatory maxes are roughly:

- Semaglutide: up to 1 mg/week for T2D and 2.4 mg/week for obesity.[1]
- Liraglutide: up to 1.8 mg/day for T2D and 3 mg/day for obesity.[1]
- Tirzepatide (GIP/GLP-1): up to 15 mg/week.[1]

But dose-finding and "ceiling" studies have gone higher:

- **High-dose semaglutide up to 16 mg/week:** A recent trial in people with T2D and overweight/obesity escalated semaglutide to weekly doses as high as 16 mg to characterize dose–response on glycemia and weight.[2]
    - Aim: understand whether efficacy continues to increase and how tolerability limits dosing.[2]
    - Take-home: efficacy gains appear dose-dependent, but GI tolerability and other side effects become increasingly limiting at the upper end, which is why the marketed max doses are much lower.[2] [1]
- **Class effect at higher obesity doses:** Across GLP-1 agonists, higher doses used for obesity (vs T2D) show more weight-loss benefit but also higher rates of GI adverse effects, gallbladder disease, and signals such as suicidal ideation, leading guideline groups (e.g., WHO) to adopt cautious, conditional recommendations for long-term use at these doses.[3] [4] [1]

So: yes, there *are* controlled, higher-than-label doses in the literature; the max commercial doses are essentially a compromise between marginal benefit and tolerability/safety.

2. Real-world "overdosing" far beyond guidelines

Separately from controlled trials, there is a growing body of case reports and surveillance data of people taking **much more** than guidelines (often unintentionally):

- **10× overdose case reports:** Reviews of GLP-1 RAs note patients self-administering doses around ten times higher than prescribed, typically presenting with severe nausea, vomiting, and abdominal pain but generally without catastrophic outcomes like fatal hypoglycemia when GLP-1 RAs are used alone.[5] [6]
- **Poison center data:** U.S. poison centers report thousands of GLP-1 exposure cases, with common errors including taking doses too close together or a higher than recommended dose, especially with compounded products where syringe units are confusing; some patients took roughly 10× the intended dose.[7]
    - Symptom pattern: same as standard side effects (nausea, vomiting, diarrhea, constipation, abdominal pain) but more intense and prolonged, with risk of dehydration and hypoglycemia (particularly if combined with insulin or sulfonylureas).[7]
- **Compounded / "research use" GLP-1s:** Regulatory agencies highlight adverse events linked to compounded semaglutide or tirzepatide given in doses beyond approved labels or titrated more aggressively than the drug label permits.[8]
    - Errors include using more product per dose, dosing too frequently, or escalating too quickly, sometimes driven by non-medical weight-loss settings.[8]

These data are more about **toxicity and error** than about therapeutic exploration of supra-label doses.

3. Why guidelines stay where they are

Current clinical guidelines and labels are shaped by:

- The observation that benefits (A1c lowering, weight loss) begin to plateau relative to side effects as doses rise.[1] [2]
- Higher-dose obesity regimens showing more GI events, gallbladder issues, mild heart-rate increases, and mental health signals, especially with long-term use.[4] [3] [1]
- Ongoing uncertainty about very long-term safety at obesity-level and supra-obesity doses, which WHO and others explicitly flag as a reason for conditional recommendations.[3] [4]

So, pharmacologically, more dose usually means more effect, but the practical ceiling is set by tolerability and safety rather than by receptor saturation alone.

Given your background, it sounds like you might be thinking in terms of dose–response curves, receptor occupancy, and whether there is a rational "research-only" supra-label range vs the clearly toxic range. What aspect are you most interested in digging into next: the semaglutide 16 mg/week data specifically, comparative ceiling effects across GLP-1s, or mechanistic reasons GI toxicity dominates at high doses?

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1. https://www.endocrinologyadvisor.com/ddi/glp-1-agonists/
2. https://diabetesjournals.org/care/article/48/6/905/158206/High-Dose-Semaglutide-Up-to-16-mg-in-People-With
3. https://www.sciencemediacentre.org/expert-reaction-to-new-who-guideline-for-glp-1-medications/
4. https://www.who.int/news/item/01-12-2025-who-issues-global-guideline-on-the-use-of-glp-1-medicines-in-treating-obesity
5. https://www.ncbi.nlm.nih.gov/books/NBK551568/
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10. https://www.healthline.com/health/drugs/glp-1-dose-adjustment-for-weight-loss
11. https://pharmaceutical-journal.com/article/feature/everything-you-need-to-know-about-glp-1s-for-weight-loss
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