

Glucagon, GLP-1 co-infusion can reduce appetite

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(HealthDay)—Co-infusion of glucagon and glucagon-like peptide 1 (GLP-1) correlates with a reduction in appetite, and GLP-1 protects against glucagon-induced hyperglycemia in healthy volunteers, according to a study published online June 17 in *Diabetes*.

Jaimini Cegla, M.B.B.S., from Imperial College London in the United Kingdom, and colleagues conducted a double-blind, cross-over study involving 13 human volunteers to examine the effect of administration of a combination of glucagon and GLP-1. Sub-anorectic doses of each peptide alone, in combination, or placebo were infused into volunteers for 120 minutes. After 90 minutes, an ad libitum meal was provided, and [calorie intake](#) was determined.

The researchers found that there was no significant reduction in [food intake](#) with either glucagon or GLP-1 given individually. Co-infusion led to a significant 13 percent reduction in food intake. The addition of GLP-1 also offered protection against glucagon-induced hyperglycemia; co-infusion correlated with a 53kcal/day increase in energy expenditure.

"These observations support the concept of GLP-1 and glucagon dual agonism as a possible treatment for obesity and diabetes," the authors write.

More information: [Abstract](#)
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