



PATH TO PEPTIDES GLP-1 AND YOUR KIDNEYS:

THE FLOW TRIAL BREAKTHROUGH

Semaglutide now FDA-approved to protect kidneys.
Here's what the science says.

FOR RESEARCH AND EDUCATIONAL PURPOSES ONLY

A FOURTH PILLAR OF KIDNEY PROTECTION

Kidney disease affects 37 million Americans. Diabetes is the #1 cause. For decades, doctors had limited tools to slow kidney decline. That just changed.¹

In January 2025, the FDA approved semaglutide to reduce the risk of kidney disease progression in adults with type 2 diabetes and chronic kidney disease. This was based on the landmark FLOW trial — the first study designed specifically to test whether a GLP-1 drug could protect kidneys.²

FLOW TRIAL KEY RESULT

Semaglutide reduced the risk of major kidney events by 24% compared to placebo. The trial was stopped early because the benefits were so clear.²

WHAT THE FLOW TRIAL FOUND

The FLOW trial enrolled 3,533 adults with type 2 diabetes and chronic kidney disease across multiple countries. Participants received either semaglutide or placebo for a median of 3.4 years.²

Think of your kidneys like coffee filters. Over time, diabetes clogs those filters. The FLOW trial showed semaglutide helps keep the filters working longer.

Outcome	Risk Reduction	What It Means
Major kidney events	24% lower	Kidney failure, major function loss, death
Kidney-specific events	21% lower	Without counting heart-related deaths
Annual kidney decline	1.16 mL/min slower	Kidneys lasted longer each year
All-cause death	20% lower	Fewer deaths from any cause

HOW GLP-1 PROTECTS KIDNEYS

Researchers believe GLP-1 medications protect kidneys through multiple pathways — not just weight loss and blood sugar control. Studies have found GLP-1 receptors in the kidney itself.³

The protective effects include: reducing inflammation in kidney tissue, lowering blood pressure (by about 5-7 mmHg), improving how kidneys filter blood, and reducing protein leakage into urine — an early warning sign of kidney damage.⁴

THE BIGGER PICTURE: 85,000+ PATIENTS

A major meta-analysis of 11 clinical trials with 85,373 patients confirmed the kidney benefits. GLP-1 drugs reduced kidney failure by 16% and major heart events by 13% across all studies.⁵



THE BOTTOM LINE

GLP-1 medications are now considered a 'fourth pillar' of kidney protection for people with type 2 diabetes, alongside blood pressure drugs, SGLT2 inhibitors, and finerenone. The FLOW trial proved these benefits are real, reproducible, and significant. If you have diabetes and kidney concerns, ask your doctor about these options

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This document is intended solely for educational purposes to increase awareness of emerging scientific research. It does not constitute medical advice.

Regulatory Status: Semaglutide (Ozempic) is FDA-approved for type 2 diabetes and to reduce risk of kidney disease progression in adults with T2D and CKD. Use for kidney protection in people without diabetes is investigational. All healthcare decisions should be made in consultation with qualified medical professionals.

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