

Synopsis of the original article ***Oral Semaglutide 25 mg in Adults with Overweight or Obesity***

Wharton S, et al. *N Engl J Med* 2025;
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Synopsis created and reviewed by Novo Nordisk

Introduction



Oral semaglutide 25 mg may provide an alternative treatment option to injectable semaglutide 2.4 mg for persons with overweight or obesity

OASIS 4 trial design



Trial design

This double-blind, randomised, placebo-controlled, 71-week study was conducted at 22 sites in four countries



Participants with a BMI of $\geq 30 \text{ kg/m}^2$ (or a BMI of $\geq 27 \text{ kg/m}^2$ with ≥ 1 ORC) without diabetes were included



N=307

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2:1

Once-daily oral semaglutide 25 mg + lifestyle intervention

Placebo + lifestyle intervention



Co-primary endpoints

- Percentage change in body weight at the end of treatment at week 64
- Body weight reduction of $\geq 5\%$ at week 64



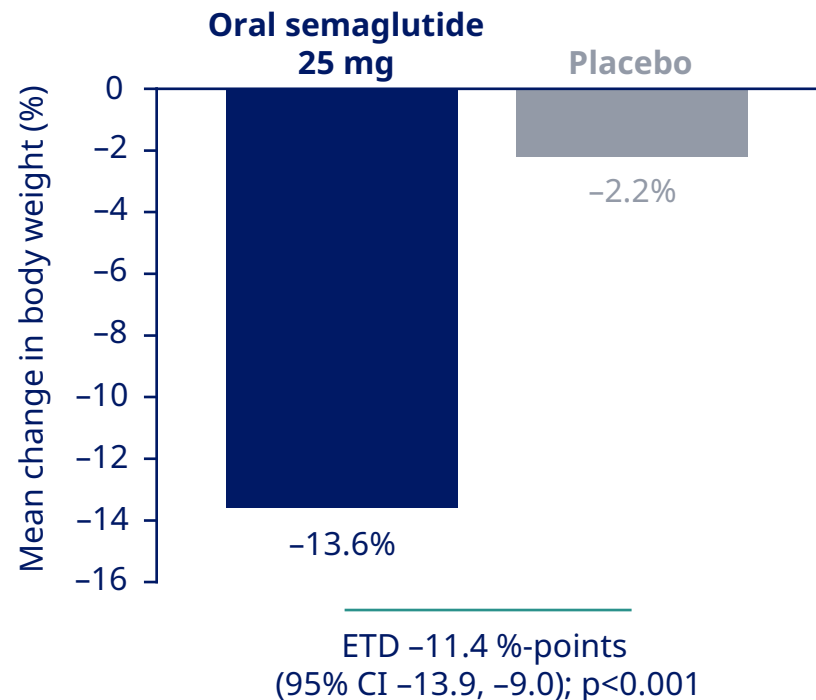
Confirmatory secondary endpoints

- Other categorical body weight reductions at week 64
- Change in IWQOL-Lite-CT Physical Function score at week 64

Oral semaglutide 25 mg led to superior and clinically meaningful weight loss compared with placebo



Estimated change in body weight from baseline to week 64



Participants in the oral semaglutide vs placebo group were significantly more likely to:



Achieve body weight reductions of $\geq 5\%$, $\geq 10\%$, $\geq 15\%$ and 20% ($p < 0.001$)



Have improved IWQOL-Lite-CT Physical Function score ($p < 0.001$)



Safety

GI AEs were more common with oral semaglutide 25 mg compared with placebo:
74.0% vs 42.2%

Conclusions

25 mg



Once-daily oral semaglutide 25 mg resulted in superior mean body weight reduction compared with placebo in participants with overweight or obesity