Who paid for the study?

Peptide Lab · Episode 07 · Free guide

5 questions to ask before you trust any peptide headline.



For learning only, not medical advice. Talk to a doctor first.

Who is Eli Lilly, in 60 seconds

1876: Colonel Eli Lilly, a pharmacist and Civil War officer, opens a small lab in Indianapolis.

1923: scientists in Toronto find a way to treat diabetes with insulin, a peptide. Lilly is the first company to make it for sale.

1982: Lilly sells the first medicine made by engineered bacteria: human insulin.

2023: under pressure from Congress, Lilly cuts the list price of most of its insulins by 70%.

Today: it makes tirzepatide and is testing Retatrutide. 150 years old in 2026.

Why it matters to you

The biggest Retatrutide trials are run and paid for by Lilly, the company that would sell it.

That's normal. It's how most medicines get made.

But it means the first results you read come from the seller. So I stamp them ◐ **Reported** until the full papers are out and other scientists have checked them.

The same goes for any peptide headline you see.

Question 1 - Who paid for it?

Find the sponsor before you read the results.

- In a paper, look for the "Funding" and "Conflicts of interest" sections.
- In the news, look for the company name or "company-funded".
- ClinicalTrials.gov lists the sponsor of every registered trial.

Company money doesn't make a study wrong. It means you wait for others to check it.

Question 2 - Was it tested in people?

People are not mice.

- Cells in a dish or animals only: ○ **Animal / lab only.**
- A few people, for a short time: early and small.
- Thousands of people, for a year or more: the strongest kind.

Most peptides you see online have only been tested in animals, or not at all.

Question 3 - Full paper, or press release?

A press release is the seller's summary.

- A company press release or a conference talk: ◐ **Reported.**
- A full paper, checked by other scientists before it's published: stronger.
- Results repeated by a different team: stronger still.

If you can't find the full paper, it isn't proven yet.

Question 4 - Compared with what?

A result means nothing without a comparison.

- Was there a placebo group, people who got a dummy treatment?
- Did people know which one they got?
- How big was the difference between the two groups?

"People lost weight" is not enough. Compared with whom?

Question 5 - Is it approved, and where?

Approved means a regulator checked the evidence.

- Is it approved by the US FDA or another regulator?
- Is it registered in Vietnam?
- Approved for what? A medicine can be approved for one problem and not another.

Not approved means nobody official has checked it for you yet.

Case study: Retatrutide, graded

1. **Who paid?** Lilly, the company that would sell it.
2. **Tested in people?** Yes, in large trials.
3. **Full paper?** Company results so far. Full papers still coming.
4. **Compared with what?** A placebo group.
5. **Approved?** Not approved anywhere yet. Not registered in Vietnam. Lilly plans to apply to the US FDA.

My stamp: ◐ Reported.

Grade the next headline you see

The headline:

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1. Who paid for it?

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2. Was it tested in people?

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3. Full paper, or press release?

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4. Compared with what?

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5. Is it approved, and where?

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Save this. Ask your doctor.

1. Who paid for the study behind this?
2. Was it tested in people like me?
3. Is it approved for my problem?

I'm Ly. I'm not a doctor. I'm experimenting and sharing my results. Don't copy me.

No doses, no sources, nothing for sale. For learning only, not medical advice. Talk to a doctor first.

Next episode: the biological toolkit. Follow Ly for Peptide Lab.