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These data indicate that the interactive effects of BC and RU or SKF and RU effectively reduced hyperphagia, obesity, hyperglycemia, and hyperlipidemia in the ob/ob mouse.

## EXAMPLE 2

Different groups of rats were injected intraperitoneally with SKF38393 ("SKF") (10 mg/kg BW) and bromocriptine ("BC") (10 mg/kg BW), SKF and RU24969 ("RU") (3 mg/kg BW), BC and SKF77434 (10 mg/kg BW), or vehicle for 8 days. The BC and SKF were administered at 1 hour after light onset (HALO) and the RU and SKF77434 were administered at 11 HALO. Animals were held on 12-hour daily photoperiods and allowed to feed ad libitum. Food consumption was monitored daily for 3 days before the initiation of treatment throughout the 8-day treatment period. The body weight of the rats at the beginning of the treatment period was from about 385 to 390 grams.

The combined treatment of bromocriptine and SKF38393 (BC/SKF) resulted in a decrease in food consumption by 29% and a reduction in body weight of 15 grams (3.8%), whereas control rats gained an average of 27 grams over the same 8 day period (FIG. 7). An even more dramatic reduction in body weight was achieved by administration of BC and SKF77434 (a 6.2% weight reduction) and SKF and RU (an 8.2% weight reduction). Similarly, food consumption by BC/SKF treated rats decreased by 29% over the 8 day period, but even greater reductions of 30% (SKF/RU) and 46% (BC/SKF77434) were achieved by administration of D1 or D2 agonist at 1 HALO and a 5HT1B agonist at 11 HALO (FIG. 8). These data indicate that the interactive effects of D1 or D2 agonists 5HT1B agonists given at predetermined times are highly effective in the reduction of obesity and food consumption.

What is claimed is:

1. A method for modifying or regulating at least one of glucose or lipid metabolism disorders, body fat, or body weight which comprises

(a) administering at a first predetermined time interval to a human or vertebrate animal subject in need of such modification or regulation a member selected from the group consisting of D<sub>1</sub> dopamine agonists, D<sub>2</sub> dopamine agonists, adrenergic  $\alpha_1$  antagonists, adrenergic  $\alpha_2$  agonists, and serotonin inhibitors and

(b) administering at a second predetermined time interval a 5HT<sub>1B</sub> agonist.

2. The method of claim 1 wherein said administrations are effective to decrease at least one of food consumption, body weight, body fat, plasma insulin, plasma glucose, plasma lipid, and plasma lipoprotein.

3. The method of claim 1, wherein said method comprises administering a D<sub>1</sub> dopamine agonist.

4. The method of claim 2, wherein said method comprises administering a D<sub>1</sub> dopamine agonist.

5. The method of claim 3 wherein the D<sub>1</sub> dopamine agonist is SKF38393.

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6. The method of claim 1, wherein said method comprises administering a D<sub>2</sub> dopamine agonist.

7. The method of claim 2, wherein said method comprises administering a D<sub>2</sub> dopamine agonist.

8. The method of claim 6 wherein the D<sub>2</sub> dopamine agonist is an ergot alkaloid selected from the group consisting of 2-bromo-alpha-ergocriptine, 6-methyl 8 beta-carbobenzyloxyaminoethyl-10-alpha-ergoline, 8-acylaminoergoline, pergolide, lisuride, 6-methyl-8-alpha-(N-acyl) amino-9-ergoline, 6-methyl-8-alpha-(N-phenylacetyl)amino-9-ergoline, ergocornine, 9,10-dihydroergocornine, and D-2-halo-6-alkyl-8-substituted ergolines, D-2-bromo-6-methyl-8-cyanomethylergoline.

9. The method of claim 8 wherein the ergot alkaloid is bromocriptine.

10. The method of claim 1, wherein said method comprises administering a D<sub>1</sub> dopamine agonist and a D<sub>2</sub> dopamine agonist.

11. The method of claim 2, wherein said method comprises administering a D<sub>1</sub> dopamine agonist and a D<sub>2</sub> dopamine agonist.

12. The method of claim 10 which comprises administering the D<sub>1</sub> dopamine agonist at about the same time as the D<sub>2</sub> dopamine agonist.

13. The method of claim 11 which comprises administering the D<sub>1</sub> dopamine agonist at about the same time as the D<sub>2</sub> dopamine agonist.

14. A method for treating insulin resistance, obesity, or type II diabetes which comprises

(a) administering at a first predetermined time interval to a human or vertebrate animal subject in need of such treatment a member selected from the group consisting of D<sub>1</sub> dopamine agonists, D<sub>2</sub> dopamine agonists, adrenergic  $\alpha_1$  antagonists, adrenergic  $\alpha_2$  agonists, and serotonin inhibitors; and

(b) administering at a second predetermined time interval a 5HT<sub>1B</sub> agonist.

15. The method of claim 14, wherein said method comprises treating insulin resistance or type II diabetes.

16. The method of claim 14, wherein said method comprises treating obesity.

17. The method of claim 14, wherein said method comprises administering a D<sub>1</sub> dopamine agonist.

18. The method of claim 14, wherein said method comprises administering a D<sub>2</sub> dopamine agonist.

19. The method of claim 14, wherein said method comprises administering a D<sub>1</sub> dopamine agonist and a D<sub>2</sub> dopamine agonist.

20. The method of claim 9, wherein said D<sub>2</sub> dopamine agonist is bromocriptine and the 5HT<sub>1B</sub> agonist is RU24969.

21. The method of claim 18, wherein said D<sub>2</sub> dopamine agonist is bromocriptine and the 5HT<sub>1B</sub> agonist is RU24969.

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