

F2M-PhytoSupport™

A Diagnostic-Specific Nutraceutical for Transgender Men on GAHT

***PRECLINICAL RESEARCH FORMULATION — NOT
APPROVED FOR MEDICAL USE***

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DISCLAIMER: This document and all associated formulations represent preclinical research and are intended for educational, investigative, and scientific purposes only. The F2M-PhytoSupport™ blend has not been reviewed or approved by the FDA, EMA, or any regulatory authority. It is not intended to diagnose, treat, cure, or prevent any disease. Use of this formulation outside controlled settings is not recommended.

1. Diagnostic Focus: Transgender Men on GAHT

Gender-affirming hormone therapy (GAHT) for transgender men involves exogenous testosterone, which affects multiple physiological systems. This formulation is designed to provide diagnostic-specific nutraceutical support tailored to this population.

Core Therapeutic Objectives

1. Support for androgen metabolism and aromatase regulation
2. Liver and lipid support
3. Cardiovascular protection
4. Mood and neuroprotection
5. Bone and connective tissue support
6. Skin/oil balance and acne modulation

2. Literature-Driven Compound Selection (PhytoIntelligence Matrix)

Each compound was selected using the PhytoIntelligence framework, optimized for:

- High literature validity: $M_i \times V_i$
- Favorable pharmacokinetics: $P_i \times B_i$
- Synergistic combinations: S_i
- Compliance and tolerability: $R_i \times D_i$

3. Formulation Table (Preclinical Prototype Only)

WARNING: This table describes a preclinical prototype nutraceutical blend not yet validated in clinical trials. All dosages are provisional and based on existing nutraceutical data.

Compound	Dose (mg/day)	Role	PubMed Reference
Ashwagandha root extract (5% with-anolides)	600	Testosterone augmentation, anti-anxiety	https://pubmed.ncbi.nlm.nih.gov/19501822
Tongkat Ali (Eurycoma longifolia)	200	Enhances endogenous testosterone; adaptogen	https://pubmed.ncbi.nlm.nih.gov/18973849
DIM (Diindolylmethane)	100	Regulates estrogen via aromatase inhibition	https://pubmed.ncbi.nlm.nih.gov/19138961
Zinc (as picolinate)	30	Required for testosterone biosynthesis	https://pubmed.ncbi.nlm.nih.gov/8875519
NAC (N-acetylcysteine)	600	Liver detox, glutathione support	https://pubmed.ncbi.nlm.nih.gov/19368874
Omega-3 (EPA/DHA)	1000	Anti-inflammatory, lipid modulation	https://pubmed.ncbi.nlm.nih.gov/29099880
Grape Seed Extract (95% OPCs)	100	Aromatase inhibitor, vascular protection	https://pubmed.ncbi.nlm.nih.gov/18288218
Vitamin D3 (cholecalciferol)	2000 IU	Bone health, androgen receptor modulation	https://pubmed.ncbi.nlm.nih.gov/21154195
Saw Palmetto (Serenoa repens)	320	DHT modulation, prostate protection	https://pubmed.ncbi.nlm.nih.gov/12590293
Piperine (from black pepper)	5	Bioavailability enhancer	https://pubmed.ncbi.nlm.nih.gov/9619120

4. Mechanistic Targets

- **Androgen Support:** Tongkat Ali, Ashwagandha, Zinc
- **Aromatase Inhibition:** DIM, Grape Seed Extract
- **Liver Support:** NAC, Omega-3
- **Cardiometabolic Modulation:** Omega-3, Vitamin D3
- **Skin/Oil Control:** Saw Palmetto
- **Bioavailability:** Piperine

5. Synergy Highlights

- **DIM + Grape Seed Extract:** Dual-action aromatase inhibition
- **Ashwagandha + Tongkat Ali:** Endogenous testosterone enhancement
- **Zinc + Vitamin D3:** Cofactor synergy for androgen receptor regulation

6. Mathematical Modeling (PhytoIntelligence™ Scoring)

Scoring Formula:

$$\text{Total Efficacy Score} = \sum_{i=1}^n (M_i \times V_i \times P_i \times B_i \times S_i \times R_i \times D_i)$$

Where:

- M_i : Mechanistic relevance
- V_i : Validated efficacy (literature)
- P_i : Pharmacokinetics
- B_i : Bioavailability
- S_i : Synergy index
- R_i : Regulatory approval status
- D_i : Dosing compliance

Each compound was normalized to a scale of 0–1 per variable and rated for final inclusion.

7. Regulatory and Safety Considerations

- **PRECLINICAL STATUS:** This is an investigational prototype not yet reviewed in clinical trials or by health authorities.
- All ingredients are Generally Recognized as Safe (GRAS)
- Doses fall within established nutraceutical safety margins
- Designed to comply with FDA DSHEA and EFSA regulations where possible
- No therapeutic claims are made; intended for formulation research only

8. Credits and Ethical Disclosure

This formulation was developed by **Marie Seshat Landry**, founder of Landry Industries and creator of the PhytoIntelligence™ system. All research, development, and recommendations are provided in the spirit of scientific inquiry and advocacy for inclusive nutraceutical innovation.

9. Licensing and Distribution

F2M-PhytoSupport™ is currently in the concept and modeling stage. Licensing will be contingent on regulatory review, clinical testing, and intellectual property strategy.

10. Future Directions

- Microencapsulation and nanocarrier testing
- Clinical partnerships for GAHT-adjunct nutraceutical trials
- Integration into personalized health tech via AI and biosensors