MYONIQ Evidence-Aligned Formulation Decision Framework

A Methodological Approach to Evidence-Aligned System Design in Performance Nutrition

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VERSION

White Paper v1.0

RELATED METHODOLOGY

MYONIQ Evidence-Aligned Formulation Decision Framework (v1.0)

INITIAL FRAMEWORK PUBLICATION

November 2025

Executive Summary

Supplements are marketed on the strength of ingredient science. Yet the decisions behind how those ingredients are selected, dosed, and combined are rarely visible, repeatable, or independently verifiable. This gap between ingredient-level research and product-level design is the central problem this paper addresses.

MYONIQ LLC developed a governance framework to solve it. Rather than evaluating products after the fact, the framework installs structured decision rules at the point of formulation — before a product is built. Every inclusion must pass an evidence review. Every dose must fall within a documented range. Every ingredient must serve a defined physiological role. Nothing enters a formulation for marketing reasons alone.

The result is a system that any qualified third party — a dietitian, a coach, a retail buyer — can use to assess a formulation on its own merits, without relying on brand claims or proprietary disclosures.

This paper documents that system in full: its rationale, its five operating principles, its step-by-step methodology, and its application inside MYONIQ's own development process. It is intended for practitioners, evaluators, and developers who require a structured alternative to convention-driven formulation practice.

Abstract

The performance nutrition industry has experienced rapid product proliferation without a parallel development of standardized formulation evaluation methodologies. While individual ingredients are frequently supported by scientific literature, formulation design itself often lacks transparent decision logic governing ingredient inclusion, dosage alignment, interaction analysis, and disclosure practices.

This white paper introduces the MYONIQ Evidence-Aligned Formulation Decision Framework, a structured methodology developed to establish repeatable, transparent, and evidence-aligned formulation governance. Rather than proposing a single product innovation, the framework operates at a systems level, providing a disciplined decision architecture applicable across product categories, practitioners, and development environments.

The objective of this methodology is to shift formulation practice from marketing-driven assembly toward structured, evaluable system design.

1. Industry Context

Performance nutrition operates within a paradox.

Scientific research surrounding individual ingredients has expanded significantly. However, consumers, practitioners, and retailers often lack tools to evaluate how ingredients are combined into coherent formulations.

Common industry challenges include:

- opaque proprietary blends
- unclear dosage rationale
- marketing-led ingredient inclusion
- inconsistent formulation standards
- limited third-party evaluability

As a result, two products may reference identical scientific ingredients while differing substantially in structural integrity and functional intent.

The absence of a repeatable evaluation system creates confusion across professional and consumer decision-making environments.

The MYONIQ framework was developed to address this structural gap.

2. Conceptual Foundation

The MYONIQ Evidence-Aligned Formulation Decision Framework treats formulation as a decision system, not a marketing exercise.

The methodology establishes rules governing:

- what enters a formulation
- why it is included
- how dosage is justified
- how interaction risk is evaluated
- how transparency enables independent assessment

The framework prioritizes methodological discipline over product novelty.

3. Framework Objectives

The framework was designed to:

- enable objective formulation evaluation
- align dosing with published scientific ranges
- define functional purpose for every ingredient
- eliminate non-functional inclusions

- standardize transparency practices
- support practitioner-level assessment

This converts formulation from subjective branding into a structured evaluative process.

4. Core Principles

4.1 Full Ingredient Disclosure

All active ingredients must be listed individually with exact quantities.

Proprietary blends are excluded because undisclosed dosing prevents independent evaluation.

Transparency becomes a methodological requirement rather than a marketing preference.

4.2 Evidence-Aligned Dosing Logic

Ingredient quantities are selected through review of:

- peer-reviewed literature
- applied performance research
- documented effective ranges
- safety and tolerance considerations

Where scientific consensus varies, conservative and clearly supported dosing ranges are applied.

4.3 Functional Role Definition

Every ingredient must serve a specific physiological or operational role.

Ingredients included primarily for label perception, trend adoption, or marketing appeal are excluded.

4.4 Interaction and Redundancy Analysis

Formulations undergo systematic review to identify:

- overlapping mechanisms
- counterproductive interactions
- unnecessary complexity

The framework favors structural clarity over ingredient volume.

4.5 Structural Transparency

Formulation logic must remain understandable without reliance on marketing claims.

Evaluation is based on:

- structure
- inputs
- intended function

rather than outcome promises.

5. Five-Step Decision Methodology

The framework operates through a repeatable evaluation sequence.

Step 1 — Evidence Availability Review

Each ingredient is evaluated for reproducible scientific support relevant to its intended physiological role.

Ingredients lacking credible evidence are excluded.

Step 2 — Dosage Range Identification

Scientific literature is analyzed to identify effective dosage ranges.

Target dosages remain within documented boundaries supported by research.

Step 3 — Functional Role Validation

Each retained ingredient must contribute a distinct functional purpose.

Redundant inclusions are removed.

Step 4 — Interaction & Complexity Review

Ingredients are evaluated collectively to assess interaction dynamics and formulation coherence.

Step 5 — Transparency Confirmation

Final formulations must disclose exact ingredient quantities to enable objective third-party evaluation.

6. Ingredient Exclusion Standards

Ingredients are excluded when:

- no credible evidence supports intended function
- required dosing exceeds safe or practical limits
- inclusion is primarily marketing-driven

- functional redundancy exists
- full disclosure cannot be maintained

This exclusion standard represents a defining characteristic of the methodology.

7. Operational Application

The MYONIQ Evidence-Aligned Formulation Decision Framework is actively applied within MYONIQ LLC's product development operations.

Applications include:

- formulation design approval
- ingredient evaluation workflows
- product architecture decisions
- practitioner communication structure
- future category expansion planning

The framework governs decision-making prior to product finalization.

8. Practical Use Beyond MYONIQ

The framework is designed for use by:

- nutrition professionals
- performance practitioners
- retail evaluators
- product developers
- industry educators

By emphasizing structure and transparency, the methodology enables independent comparison across formulations.

9. Development of the Framework

The framework was developed through founder-led research combining:

- analysis of existing supplement market practices

- evaluation of scientific literature trends
- applied formulation experimentation
- operational implementation testing

The objective was not rapid product expansion but the creation of a repeatable system capable of long-term application.

10. Industry Significance

Unlike product innovations confined to individual brands, this contribution operates at a methodological level.

The framework introduces:

- structured formulation governance
- standardized evaluation logic
- transparency as operational discipline
- practitioner-accessible assessment models

By establishing formulation as a system rather than a collection of claims, the methodology contributes toward improving evaluability and trust within performance nutrition.

11. Scope and Limitations

This white paper describes methodology rather than commercial outcomes.

It does not disclose:

- proprietary formulation data
- manufacturing trade secrets
- performance claims
- confidential operational information

Its purpose is to document the decision framework governing formulation design.

12. Conclusion

The MYONIQ Evidence-Aligned Formulation Decision Framework represents an effort to introduce structured methodological discipline into performance nutrition development.

The contribution lies not in a single product but in establishing a repeatable decision architecture capable of guiding formulation design, evaluation, and transparency across future applications.

About MYONIQ LLC

MYONIQ LLC is a U.S.-based wellness and performance systems company focused on evidence-aligned development across nutrition, recovery, and health platforms. MYONIQ Nutrition serves as the initial implementation layer of the framework described in this paper.

Author Statement

This methodology was developed and implemented by Shivam Vohra as part of ongoing work in evidence-aligned performance nutrition system design.

Citation

Vohra, Shivam. MYONIQ Evidence-Aligned Formulation Decision Framework. White Paper v1.0, MYONIQ LLC, United States, November 2025.