

Gabriel Alizaidy, MD, MS

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PROFESSIONAL SUMMARY

I lead Clinical Innovation and R&D at Maximus, defining scientific direction across hormone optimization, peptide therapy, and metabolic health. I led the clinical engine behind Maximus's growth from ~\$4.5M to mid-eight figures in ARR. What makes that work possible is knowing how to read the mechanistic literature closely enough to move confidently before the field catches up.

EXPERIENCE

Scientific Director | Maximus Health | April 2023 - Present

- Built and refined testosterone optimization protocols across oral, topical, and injectable delivery: an oral native testosterone and enclomiphene combination demonstrating HPTA non-suppression and fertility preservation, MCT oil-based formulation guidance for improved bioavailability, subcutaneous administration protocols optimized for absorption consistency and long-term adherence, and provider education on lab interpretation to support downstream hormone optimization.
- Developed a GLP-1 microdosing protocol and redesigned standard-dose titration to include strategic stops, introduced auto titration starter packs that simplified adherence to a structured up-titration schedule, and implemented bulk maintenance plans allowing patients to hold a stable effective dose rather than continuing to ramp toward a maximum that drives side effects without additional benefit.
- Designed and implemented a growth hormone peptide protocol using sermorelin and tesamorelin, a topical compounded hair solution combining dutasteride and minoxidil in a vehicle optimized for scalp penetration, and a tadalafil and enclomiphene combination protocol targeting sexual health and endogenous testosterone support, each with provider-facing clinical guidelines addressing common hesitancy points.
- Formulated Building Blocks, a pharmaceutical-grade multivitamin designed around bioavailability-optimized ingredient forms including methylcobalamin, pyridoxal-5-phosphate, magnesium dimalate, Albion chelated minerals, and L-5-MTHF, with performance-targeted dosing and COGS efficiency built into form selection rather than treated as a downstream constraint.
- Designed and led provider education for 60+ clinicians across testosterone optimization, GLP-1 and metabolic health, peptide therapy, hair loss, sexual health, and lab interpretation, using decision-support tools, onboarding documentation, and live case protocols, driving a 40% drop in unnecessary dose titrations and measurable improvements in patient CSAT scores.
- Established a provider quality assurance program combining chart audits, provider scorecards, and one-on-one coaching, improving the consistency of clinical interactions and contributing to higher patient retention.
- Oversaw MLR review of all marketing materials, ensuring scientific accuracy and regulatory compliance across ad copy, product detail pages, and intake flows. Collaboration with marketing and creative teams contributed to an estimated 30% reduction in CAC while maintaining conversion efficiency.
- Led patent prosecution across 6 successful applications as the primary scientific contributor: identified novel mechanisms that became the structural basis for claims, worked directly with patent counsel to draft and refine claim language, and aligned filing strategy with the product roadmap to establish defensible IP positions in competitive therapeutic categories.
- Architected tiered laboratory testing panels with 260+ biomarkers across metabolic, cardiovascular, immune, and hormone categories, balancing clinical comprehensiveness against 50% margin targets. Developed custom optimal reference ranges and patient-facing interpretations to support actionable clinical decisions in a labs-as-a-service model.
- Designed a proprietary composite health score integrating validated clinical models across cardiovascular, metabolic, aging, and hormonal domains into a single 1-100 index, benchmarked against healthy-lean reference populations rather than population averages to capture optimization potential rather than disease absence.
- Produced 8 white papers and authored the full documentation stack across 8 product launches over three years, including trial protocols, IRB submissions, informed consent forms, and clinical guidelines, building a replicable evidence infrastructure that scales with new program development.

Clinical Protocol Advisor | 2023 - Present

- Provided science-based protocol education and framework development to approximately 50 clients over two years, covering hormone optimization, GLP-1 microdosing, and peptide applications grouped by use case: performance and body composition (Retatrutide, Tesamorelin), neuroprotection and stress resilience (Selank, Semax), cellular repair and recovery (BPC-157, TB-500, GHK-Cu), and immune modulation and gut integrity (KPV, LL-37, MOTS-c, SS-31).
- Supported clients managing autoimmune and chronic conditions in coordination with their treating physicians, translating emerging peptide and hormone research into actionable protocol frameworks their care teams could evaluate and act on.

Senior Clinical Research Coordinator | University of Chicago | Mar 2022 - Apr 2023

- Coordinated multiple CAR-T cell therapy clinical trials while supervising a team of 3 research assistants, maintaining 92% protocol compliance rate (vs. 80% department average) and implementing quality assurance protocols that ensured critical trial materials were consistently available.
- Developed department-adopted reporting templates, trained new clinical research staff on complex protocols, and established cross-departmental communication channels.

SELECTED PUBLICATIONS

- [A Novel Transdermal Oxytocin Formulation Delivers Sustained Mood, Stress, and Sleep Benefits](#)
- [Oral Testosterone and Enclomiphene: A Novel, Non-Suppressive Strategy for Enhancing Testosterone in Hypogonadal and Eugonadal Men](#)
- [Oral Native Testosterone Does Not Suppress HPTA Function: Evidence from Clinical Practice](#)
- [Topical Testosterone with Enclomiphene: Preserving Male Fertility Markers](#)
- [Maximus' Enclomiphene Protocol: A Safe and Effective Therapy to Restore Testosterone and Support Quality of Life in Men](#)
- [Liver Enzyme Trends in Patients Using Maximus' Oral Native Testosterone: A Retrospective Analysis](#)
- [Maximus' Topical Dutasteride: Systemic Absorption and Side Effect Profile in Androgenetic Alopecia](#)

EDUCATION

Master of Science (MS) - Precision Health | University of Chicago, Clinical Research Track

Doctor of Medicine (MBBS) | Dow University of Health Sciences

SKILLS

Clinical Development & R&D: Protocol design, trial oversight, IRB submissions, GCP-ICH compliance, biomarker evaluation, outcome reporting, signal detection, evidence synthesis

Clinical Modalities: Testosterone optimization (oral, topical, injectable), enclomiphene, GLP-1 microdosing and titration design, tesamorelin, tesamorelin, oxytocin, peptide protocol development across performance, recovery, and immune modulation

Compounding and Pharmacy Engagement: R&D collaboration with compounding pharmacies, formulation development, bioavailability-optimized ingredient selection, COGS-aware product design, supply chain and sourcing

Product Development: Unmet need identification, treatment model design, cross-functional execution, lifecycle ownership, competitive intelligence, margin-aware panel architecture

Medical Affairs & Education: HCP training program design, provider onboarding, decision-support tool development, advisory board materials, KOL engagement, medical education programs, congress materials

Medical & Scientific Writing: Protocols, white papers, ICFs, publications, slide decks, regulatory documents, patient and provider education materials, AMA-compliant editing

Regulatory Affairs and MLR Compliance: MLR review, promotional claims substantiation, fair balance requirements, patent prosecution support, clinical trial documentation

CERTIFICATIONS

Certification in Clinical Trials Operations | Johns Hopkins University

Certification in Drug Development Product Management | University of California San Diego

Certification in Regulatory Writing | University of Chicago

VOLUNTEER

Firefighter | Coralville Fire Department