

Josh Duhamel, Dr. Gabrielle Lyon Join Generation Iron Documentary 'Longevity Code: The Truth About Testosterone'

The Vlad Yudin-directed feature documentary examines the evolving science, controversy and future of testosterone therapy for men and women.

NEW YORK, NY, UNITED STATES, September 29, 2026 / EINPresswire.com/ -- [Generation Iron](#) has announced 'Longevity Code: The Truth About Testosterone', a new feature documentary directed by Vlad Yudin that explores the science, history, medical applications, controversies, and future of testosterone therapy.



Inside look at 'Longevity Code: The Truth About Testosterone'

The film features prominent physicians, health and fitness experts, and public figures, including American actor Josh Duhamel; board-certified physician, author, and founder of the Muscle-Centric Medicine movement Dr. Gabrielle Lyon; board-certified urologic surgeon, author, and podcaster Dr. Kelly Casperson; celebrity trainer Don Saladino; "father of biohacking" Dave Asprey; retired U.S. Army Special Operations Sergeant Major John McPhee; Harvard-trained urologist and longtime testosterone researcher Dr. Abraham Morgentaler, and more.

Through interviews with physicians, researchers, patients, and other experts, Longevity Code will examine the science behind testosterone, the effects of declining hormone levels, the growing interest in testosterone replacement therapy, and the questions surrounding its use.

The Rise of Testosterone Replacement Therapy

The documentary arrives during a significant shift in the medical and regulatory conversation around testosterone, following recent FDA actions reconsidering long-standing labeling and indications surrounding testosterone therapy. Investigating what current research says about its risks and benefits, why testosterone remains controversial within parts of the medical

community, and how emerging research could reshape its use for both men and women. The film also explores the emerging debate surrounding testosterone and women's health, including research into potential applications, the absence of an FDA-approved testosterone product specifically indicated for women, and efforts underway to change that landscape.

Yet despite the growing public interest, many questions remain.

What exactly is testosterone? How does it work in the body? What happens when testosterone levels decline? When does treatment become medically appropriate? Is testosterone replacement therapy safe? Are there meaningful differences between various forms of testosterone treatment? Can women benefit from testosterone therapy? And what could the future of hormone treatment look like?

And most importantly - why has a large portion of the medical community strayed away from testosterone treatment?

'Longevity Code: The Truth About Testosterone' aims to examine these questions through a combination of science, medical expertise, and real-world experiences. The film continues Generation Iron's expansion of its feature-documentary slate beyond competitive bodybuilding into broader stories exploring health, human performance, science and longevity.

A Changing Medical and Regulatory Landscape

One of the key voices in the film is Shalin Shah, CEO of Marius Pharmaceuticals, whose company developed the FDA-approved oral testosterone therapy KYZATREX. A leading figure in the evolving conversation around testosterone, hormone health, and longevity, Shah is a prominent advocate for expanding access to testosterone therapy, challenging long-standing misconceptions, and pursuing FDA approval for testosterone therapy for women.

His work has helped bring testosterone into a broader conversation about health, aging, quality of life, and longevity while challenging decades of cultural and medical stigma surrounding the hormone.

'Longevity Code: The Truth About Testosterone' - Release Date & How To Watch

Directed by Vlad Yudin (Generation Iron, [Ronnie Coleman: The King](#), [The Hurt Business](#)) and produced by Edwin Mejia Jr. (Generation Iron, Jeremy Scott: The People's Designer, The Hurt Business), 'Longevity Code: The Truth About Testosterone' is currently in production and is expected to release in 2027. Additional information about the film, including future announcements regarding featured experts, participants, release plans, and distribution, will be revealed as production continues.

The conversation around testosterone is already here. 'Longevity Code: The Truth About

Testosterone' aims to take viewers deeper into it.□

About Generation Iron

Generation Iron is a global production company and media publisher focused on bodybuilding, fitness, strength sports, and the culture surrounding them. Founded by filmmaker Vlad Yudin, Generation Iron produces and distributes feature documentaries, series, and original programming featuring leading names in sports and entertainment. With a focus on authentic storytelling and compelling personalities, Generation Iron continues to grow its presence across film, digital media, and global sports culture.

Derek Dufour

Generation Iron Brands LLC

+1 646-524-6655

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