



# THE LACK OF BARRIERS TO MINORS ORDERING CROSS-SEX HORMONES ONLINE

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## EXECUTIVE SUMMARY

Minors pursuing sex-denying interventions may be able **to obtain estrogen** and testosterone from online pharmacies and other sources that often do not appear to require prescriptions or information about patient age, let alone age verification.

Such vendors may be used to bypass restrictions on access to so-called “gender-affirming care” for minors, thereby placing children at risk by exposing them to known and unknown dangers that proper Food and Drug Administration (FDA) oversight is designed to detect.

The FDA and other appropriate federal agencies should further investigate online pharmacies selling hormones without requiring prescriptions, as well as take appropriate enforcement actions against any that are violating FDA rules. States should investigate and, where permitted, prosecute unlawful online sellers, while also passing new legislation, as needed, to enhance oversight of vendors whose practices violate or circumvent state restrictions on cross-sex hormones for minors.

## FINDINGS

Cross-sex hormones used by minors for the purpose of medical transition cause **significant harms** including infertility, increased risk of heart attack, and increased risk of cancer. Yet despite these risks, children seeking to buy hormones online may find it easy to skirt existing safeguards.

A cursory internet search for information related to pediatric medical transition reveals a host of resources directing users to online pharmacies, distribution networks for “homebrewed” hormones, and guides on self-administering cross-sex hormones. In just a few clicks, users can find discussion forums on **major social media sites like Reddit** dedicated to enabling “gender transitions” absent professional oversight.

A recent **investigation** by Manhattan Institute researchers revealed that the “TransDIY” Reddit forum was rife with requests for help finding cross-sex hormone vendors, with users asking questions such as which online pharmacies could ship to their state. Additionally, several websites provide resources on medical transition, including lists of vendors, often based in foreign countries, selling hormones online.

For instance, the website **Transgender Map**, which has the self-professed mission of informing readers “how to make a gender transition,” lists **several online pharmacies** located on multiple continents from which minors can procure cross-sex hormones, adding the disclaimer that “getting hormones without a prescription is against the law.”

**Transgender Map** also noted that online pharmacies “may move or go out of business without warning” and that “things can change quickly.”

Additionally, the website **DIYHRT.market** (an acronym for Do It Yourself Hormone Replacement Therapy) lists several more pharmacies and “homebrewers” where one may be able to circumvent any age restrictions or prescription requirement to source cross-sex hormones like estradiol, which can be used in male-to-female transitions.

This website also falsely **claims** that “hormone replacement therapy (HRT)” for transgender people is “**unquestionably beneficial**” and that “there is **clear statistical evidence** that there are overwhelmingly positive outcomes on mental health and an overall improvement in quality of life.”

Other sites such as **HRT.Coffee** and **HRT Cafe** provide extensive information on pharmacies and other hormone vendors, including accepted payment methods, country of origin, and product details.

In fact, HRT Cafe even includes **a list** of “unregulated” online pharmacies from which users can purchase hormones online, with language stating that these pharmacies do not require prescriptions.

HRT Cafe Estrogen + Anti-Androgens + Progesterone + Other Meds + Homebrew Calc Search

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## Pharmaceutical Vendors

These vendors are unregulated Internet pharmacies. They obtain medications prepared by actual, regulated pharmaceutical manufacturers and resell them without a prescription.

Seller	Info	Ship-To	From	Payment
4NRX Pharmacy	Info	UK	Hong Kong	Credit Card
Aipctshop	Info	Worldwide	India	Credit Card, BIC, ETH, LTC, Bank
All Day Chemist	Info	Worldwide	India	BTC, ETH, Bank
Amazing4Health	Info	Worldwide	Thailand	Wise, Bank
Bulgarian Online Pharmacy	Info	Worldwide	EU	BTC, Bank
DashPCT	Info	Worldwide	Multiple	BCH, BIC, DOGE, ETH, LTC, SOL, XMR, Wise
Dragon Ordnance	Info	Worldwide	Multiple	BCH, BIC, DOGE, ETH, LTC, SOL, XMR, Wise
Favskinhouse	Info	Worldwide	Thailand	Bank
HealthyAreaStore	Info	Worldwide	Thailand	BTC, USDT
Inhouse Pharmacy	Info	Worldwide	Vanuatu	eCheck, AUD, EUR, GBP, USD
Japan Health Center (Bio-Japan)	Info	Worldwide	Japan	BTC, Bank
Medicina Mexico	Info	Worldwide	Mexico	AUD, MXN, USD, BCH, BTC, ETH, LTC
Pharmacy House	Info	Worldwide	Russia	Bank, BTC
Pilloid	Info	Worldwide	Russia	BTC
ReliableRx Pharmacy	Info	Worldwide	India	BTC, ETH, USD
<del>RoAisle</del> expired domain	Info	Worldwide	Turkey	Credit Card, BTC, Bank
ShapeShifter	Info	Worldwide	EU	BTC
Silhouette Beauty	Info	Worldwide	Portugal	BTC

“They obtain medications prepared by actual, regulated pharmaceutical manufacturers and *resell them without a prescription,*” the website states (emphasis added).

Do No Harm visited several of the listed pharmacies’ websites, as well as other pharmacies found through a simple Google search or identified on other resource sites. **Many of these pharmacies do not appear to require a prescription or verification of a customer’s age at any point before prompting the customer to submit payment information.**

As noted, the inventory, payment processes, and even the domain names of these pharmacies may change. This information is current as of March 5, 2026.

Do No Harm could not confirm that all of the listed pharmacies lack prescription or age verification requirements. It may be possible that at some point following the entry of payment information, age and prescription information is required. Indeed, several pharmacies included on the lists found on these transgender resource sites state that customers should mail or fax over their prescriptions after purchasing the drugs.

However, several pharmacies that Do No Harm identified explicitly state that they do not require prescriptions to purchase their products.

For instance, Mexican pharmacy **MedsMex**, which ships to the United States, includes in its FAQ page the following language: “No prescription to purchase any medicines in our pharmacy. By ordering from Medsmex you are agreeing that you are only purchasing medicine for your own personal use.”

#### ***Do I need a prescription?***

No prescription to purchase any medicines in our pharmacy. By ordering from Medsmex you are agreeing that you are only purchasing medicine for your own personal use. Medsmex does not have a pharmacist on staff, we will never offer medical advice, we will never advise on dosages or usage of any products and we state thru out the website that you must be familiar with and have a safe history with any of the products you purchase prior to ordering from us. We are simply a resource to be used to acquire medicine at discount prices.

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Likewise, Inhouse Pharmacy, based in the tiny Pacific island nation of Vanuatu, and boasting a **dedicated product webpage** for transgender-related drugs, **states** that it is “permitted” to process orders without prescriptions.

#### **Prescriptions**

Our pharmacy is based in Vanuatu, and we are permitted to process your order without a prescription. We prefer your prescription, and many customers send them to us via email or fax. Contact details are below.

Most countries we ship to including the USA, UK and Australia for example permit the importation of personal medications without the need for a prescription. As long as it is for a 90 day supply and for yourself or immediate family living with you.

Many of the other listed vendors show no indication that they require a prescription or age verification prior to submitting payment information, even if they disclaim selling hormones to minors.

Favskinhouse, which appears to be based out of Thailand per **HRT.Coffee** and its own website, maintains a **product page** dedicated to hormone-related products. According to its listing on HRT Cafe, the pharmacy ships its products worldwide.

“Homebrewer” **Open Gate Labs**, which ships within the United States and is described by DIYHRT.market as being “US-based,” sells estradiol vials and accepts payment only in **cryptocurrency**. Although customers **must agree** that they are not under 18, the vendor does not appear to require any age verification, much less a prescription.

Due to the lack of guardrails on these sites, minors seeking to undergo dangerous sex-denying interventions may be able to procure harmful cross-sex hormones. As noted previously, use of exogenous hormones like estrogen and testosterone carries a variety of **dangerous side effects**, including increased risk of heart attack, stroke, and certain cancers. Children should not be exposed to these substances unless there is a clear, medically justified rationale supported by rigorous, evidence-based clinical standards, such as **treating hypogonadism**.

**At the very least, it's clear more oversight is needed.**

Taking action against online pharmacies selling drugs without requiring the necessary prescriptions, as well as selling unapproved medicine, **has precedent**.

In 2022, the FDA sent a warning letter to Inhouse Pharmacy for selling **domperidone**, which is not approved for sale in the United States due to its risks of cardiac arrhythmias, cardiac arrest, and even sudden death, particularly when taken in conjunction with other drugs. The FDA warned that failure to stop selling unapproved drugs to American customers could lead to legal action, such as product seizure. In 2024, the FDA sent **warning letters** to companies selling drugs used for diabetes and weight loss with unapproved versions of the active ingredients tirzepatide and semaglutide.

The FDA sent warning letters in 2019 to **AidAccess** and **Rablon** for selling unapproved, misbranded misoprostol and mifepristone, medications used for abortion. Additionally, there were criminal cases related to the online sale of mifepristone in **2017 and one in 2020**. The FDA issued a debarment order in **2021** related to the "importation and distribution of **unapproved** and misbranded mifepristone and misoprostol over the internet."

Issues have also been observed with hormones used for gender transition. In 2025, FarmaKeio Outsourcing LLC **recalled testosterone** pellets (and combination pellets) due to potential metal particulate contamination. Also in 2025, Empower Pharmacy **voluntarily recalled thousands** of vials of Testosterone Cypionate Injection over lack of sterility assurance. Meanwhile, a 2018 inspection of BioTE Medical uncovered information about **4,202 adverse events** relating to hormone pellets, which suggested an increased risk for endometrial cancer, prostate cancer, strokes, heart attacks, deep vein thrombosis, and cellulitis.



## RECOMMENDATIONS

The FDA and other federal agencies should investigate online pharmacies that appear to be skirting safety rules and take appropriate enforcement action. Further, state authorities should pursue complementary oversight.

On the federal level, the FDA should work with the Department of Justice to take enforcement actions against illegal, unapproved, or foreign online sellers of these medications and **issue warning letters**, as appropriate, to such sellers.

Congress should hold hearings about this relatively new issue to determine whether additional legislation is necessary to ensure the safety and health of patients.

On the state level, state executive branches should investigate and prosecute online sellers if they are in violation of existing state prohibitions on cross-sex hormones for minors and, where applicable, practicing pharmacology without an appropriate license. States should also consider passing new legislation, as needed, to close any loopholes and strengthen enforcement against such vendors.

Enhancing regulatory oversight of online pharmacies engaged in these practices would curb these unsafe practices. Pharmacies that are used to circumvent bans on access to so-called “gender-affirming care” for kids are exposing children to known dangers and potential unknown dangers.

In the interest of child safety, federal and state authorities must work to end these harmful practices.



**Do No Harm**