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Predicting human age from LCMS data using a fully connected neural network (FCNN) and feature selection with a sparse bilevel $\ell_{1,\infty}$ projection.

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2 ABSTRACT

3 High-dimensional data, frequently encountered in metabolomics studies, often presents
4 challenges for traditional statistical analyses due to the "curse of dimensionality" and the presence
5 of technical noise and batch effects. These issues are particularly relevant in research on aging,
6 where identifying reliable biomarkers from complex metabolic profiles is crucial. This study focuses
7 on predicting chronological age from a large dataset of over 8,000 blood samples, originally
8 collected for toxicological screenings from individuals suspected of driving under the influence of
9 drugs. This unique dataset, while offering a large sample size, presents inherent challenges due
10 to variations in sample handling, storage, and laboratory protocols.

11 To address these challenges, we employ a fully connected neural network (FCNN) enhanced
12 with feature selection using structured sparse $\ell_{1,\infty}$ projection. This approach aims to extract the
13 most informative features from the high-dimensional data while mitigating the impact of noise
14 and batch effects. Our results demonstrate that the proposed FCNN model achieves a RMSE
15 of 5.66 ± 0.07 years with only 4,983 features in predicting age, outperforming a standard FCNN
16 with an RMSE of 5.78 ± 0.07 years. In particular, we find that a subset of 2,694 features, selected
17 through $\ell_{1,\infty}$ projection, provides comparable predictive accuracy as 5.71 ± 0.07 to utilizing the
18 full set of features. This finding underscores the effectiveness of our feature selection method in
19 identifying the most important metabolic signals for age prediction.

20 **Keywords:** Regression, Predicting human age, Fully connected Neural Network, Bilevel $\ell_{1,\infty}$ projection

INTRODUCTION

21 The study of human aging has attracted significant attention due to its implications for the extension of
22 healthy lifespan. High Resolution Liquid Chromatography-Mass Spectrometry (HRLCMS) has emerged as
23 a pivotal tool in aging research, enabling detailed analysis of metabolites that reflect the biochemical state
24 of an organism. HRLCMS is particularly valuable for its high sensitivity and specificity in detecting a wide
25 range of metabolites, which makes it indispensable for metabolomics studies aimed at understanding the
26 aging process Liu et al. (2023).

27 Recent advances have seen the integration of HRLCMS with machine learning (ML) techniques to
28 develop accurate age-prediction models Reveglia et al. (2021). The ability to predict chronological age
29 from metabolic data not only provides insights into the biological understanding of aging, but also holds
30 the potential to identify individuals at risk of age-related diseases. For example, analyzing CSF samples
31 from healthy adults revealed significant age-related changes in metabolites such as cysteine, pantothenic
32 acid, and 5-hydroxyindoleacetic acid Liu et al. (2023). These findings suggest that metabolic dysregulation
33 is a hallmark of aging and can be quantitatively assessed using HRLCMS.

34 The integration of LC-MS and ML has led to significant advancements in the field of aging research.
35 Studies have demonstrated that ML models can predict chronological age with high precision using
36 metabolic profiles. For example, a study using data from the China Health and Retirement Longitudinal
37 Study applied several ML algorithms, including Gradient Boosting Regressor and Random Forest, to
38 develop a biological age measure that was significantly associated with physical disability and mortality
39 Cao et al. (2021). Another study highlighted the use of ML to identify metabolic biomarkers for Alzheimer's
40 disease, showcasing the potential of these techniques in early disease detection and monitoring Reveglia
41 et al. (2021).

42 Lassen et al. previously modeled chronological age based on HRLCMS data from routine toxicological
43 screenings of blood samples Lassen et al. (2023). These samples, while they present challenges in terms of
44 experimental control and potential biases, provide a unique opportunity to investigate aging patterns within
45 a large and diverse population.

46 In this paper, we try to model chronological age using a specialized type of fully connected neural
47 network (FCNN) with feature projections. We use the same training/test scheme as in the original study
48 Lassen et al. (2023) and show how sparse projection in combination with fully connected neural networks
49 increases the prediction accuracy of human chronological age.

50

METHOD: REGRESSION USING A FULLY CONNECTED NEURAL NETWORK WITH FEATURE SELECTION USING THE BILEVEL $\ell_{1,\infty}$ PROJECTION

51 Deep neural networks have proven their efficiency for classification and feature selection in many domains,
52 and have also been applied to omics data analyses Truchi et al. (2024); Chardin et al. (2022); Lassen et al.
53 (2023).

54 Let X be the concatenated raw data matrix ($n \times m$) (n is the number of patients and m the number of
55 metabolites). Y is the vector ($n \times 1$) of the age of each patient. Let \hat{Y} be the encoded latent matrix (1×1).
56 W is the matrix of the weights of the linear fully connected neural network (FCNN).

57 Criterion

58 The goal is to compute the network weights, W minimizing the regression loss. Moreover, to perform
 59 feature selection, as large datasets often present a relatively small number of informative features, we also
 60 want to sparsify the network, following the work proposed in Barlaud and Guyard (2020). Thus, instead
 61 of the classical computationally expensive Lagrangian regularization approach Hastie et al. (2004), we
 62 propose to minimize the following constrained approach introduced in Barlaud et al. (2017) in our Fully
 63 Connected neural Network (FCNN):

$$Loss(W) = \phi(\hat{Y}, Y) \text{ s.t. } BP_{\eta}^{1,\infty}(W). \quad (1)$$

64 Where \hat{Y} is the estimate age by the neural network, ϕ is the mean square error loss, and $BP_{1,\infty}$ is the
 65 bilevel $\ell_{1,\infty}$ projection Barlaud et al. (2024).

66 We compute the weights using gradient with Adam method Kingma and Ba (2015). Note that low values
 67 of η imply high sparsity of the network. We use the double descent algorithm Barlaud and Guyard (2021).
 68

69 Feature selection using the bilevel $\ell_{1,\infty}$ projection Barlaud et al. (2024)

70 The $\ell_{1,\infty}$ projection is of particular interest because it is able to set a whole set of columns to zero
 71 Bejar et al. (2021); Perez et al. (2023), instead of spreading zeros as done by the ℓ_1 norm. This makes it
 72 particularly interesting for reducing computational cost. However, the complexity of this algorithm remains
 73 an issue. The time complexity of this algorithm is $\mathcal{O}(nm * \log(nm))$ for a matrix in $\mathbb{R}^{n \times m}$. Note that the
 74 complexity of the algorithm Perez et al. (2023) is, $\mathcal{O}(nm + J * \log(nm))$ where J is a term that tends to 0
 75 when the sparsity is high and $n \times m$. when the complexity is low.
 76

77 The detailed propositions and algorithms for three bilevel projections $\ell_{1,\infty}$, $\ell_{1,1}$ and $\ell_{1,2}$ were provided by
 78 Barlaud et al. in Barlaud et al. (2024). The complexity of the bilevel algorithm is only $\mathcal{O}(nm)$. The code
 79 is available online¹ Note that the bilevel $\ell_{1,1}$ projection was used in single cell classification and feature
 80 selection Truchi et al. (2024). We propose here to use the bilevel $\ell_{1,\infty}$ projection Barlaud et al. (2024).

81 An evaluation metric using the Wasserstein distance

82 RMSE and MAE are classical metrics for regression evaluation. Here, we introduce the Wasserstein
 83 distance (or Kantorovich–Rubinstein metric) as another approach for the evaluation of regression results.
 84 The optimal transport problem or earthmover’s distance was first formalized by Gaspard Monge in 1781.
 85 The Wasserstein distance is a natural way to compare the probability distributions of two variables and has
 86 been extensively used in the last decade in many machine learning applications Courty et al. (2016); Cuturi
 87 and Peyré (2018)
 88

¹ <https://github.com/MichelBarlaud/SAE-Supervised-Autoencoder-Omics>

RESULTS

89 Preprocessing of data

90 Rather than using the PCA as done in the original study Lassen et al. (2023), we used the Local Outlier
 91 Factor (LOF) developed by Scikit-learn². This method is more robust for identifying outliers, helping to
 92 isolate samples that deviate significantly from the majority. We fine-tuned the parameter to achieve the best
 93 results using the train split of the data before removing outliers from the full dataset.

94

95 After outlier removal, we log-transformed the data followed by a scaling (mean=0, standard deviation=1).
 96 After the preprocessing feature and sample preselection, our dataset was composed of 8,038 features and
 97 8,099 samples.

98 Performance estimation

99 We train and estimate performance using the classical cross-validation of 90% of the data ("train set"),
 100 8,184 samples, and we use the remaining 10% of the data, 815 samples, as external validation ("Final test")
 101 (See Figure 1) and³.

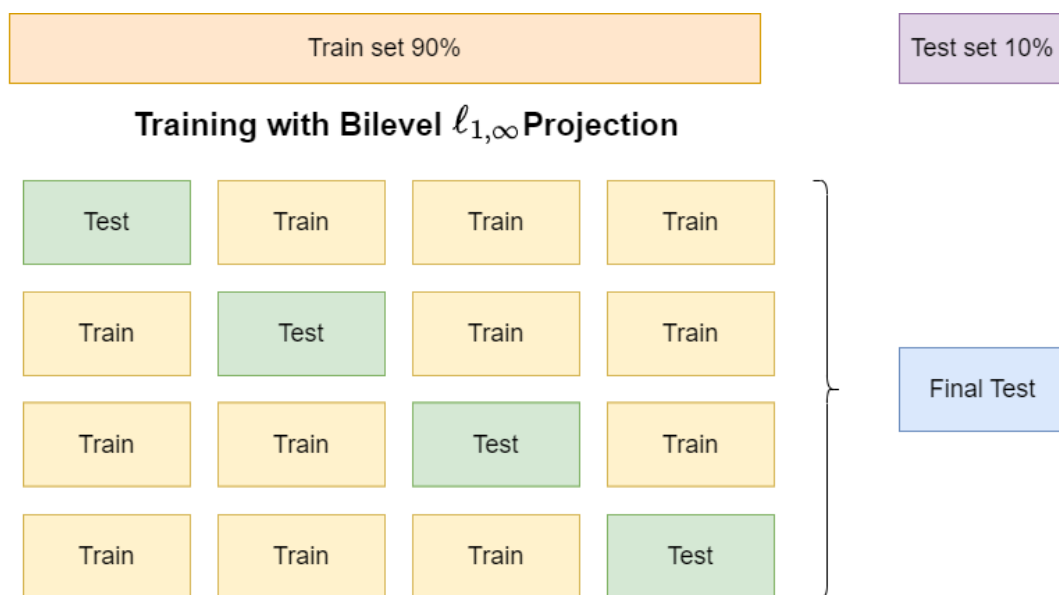


Figure 1. Train-Test-validation scheme

102 We train and estimate performance using the classical cross-validation of 90% of the data ("train set")
 103 and we use the remaining 10% of the data as external validation ("test set") (See Fig 1⁴).

104 In the cross validation, we opted for a 4-fold cross validation, which means that we have 6,138 samples
 105 for the test and 2,046 samples for the train, each with 8,038 features. We trained a fully connected neural
 106 network using 2 seeds and the 4 folds. Testing on 2 seeds provided a more accurate overview of the model's
 107 statistical behavior, with all means and standard deviation computed over 8 folds.

² <https://scikit-learn.org/stable/modules/generated/sklearn.neighbors.LocalOutlierFactor.html>

³ <https://github.com/NolwennPeyratout/FCNN-Age>

⁴ https://scikit-learn.org/stable/modules/cross_validation.html

108 During training, we carefully tuned the impact of each parameter on model performance, including the
109 *SiLU* activation continuous function, the batch size, and the learning rate. The best size of the three hidden
110 layers of the fully connected neural network was set to $n = 300$ using cross validation.
111 Thus, the matrix modeling the connection between the first layer and the second layer has a size of
112 $n = 300 \times m = 8038$. The feature selection is done with the $\ell_{1,\infty}$ projection applied to the first matrix. To
113 remain consistent with this modification, we apply the projection on all the layers. We tune the parameter η
114 of the projection in order to select features.
115 To avoid any leakage from test data to any test performance we split the data into a training and test split
116 (9:1). All models were only using the training data to fit and evaluate model performance before finally
117 being evaluated in the test set.
118 After initial outlier removal the dataset contained 8,099 samples with 8,038 features.

119 **Model parameter influence on cross-validation performance**

120 Using 4-fold cross-validation in the training data, we found the optimal number of features to be 5000 2
121 with an RMSE of 5.75 years. Evaluating performance in the test set resulted in the same general pattern,
122 but an overall lower RMSE (5.66 at 5000 features).

123 Using mean absolute error gave slightly different results (3). While the cross-validation in the training
124 data showed a minimal MAE at 5000 features, the test set showed a low MAE already at 2,500 features.
125

126 **Metrics results of the CV test using our FCNN with the bilevel $\ell_{1,\infty}$ projection, as a function of the**
127 **number of selected features. The line show the results using either cross-validation of the training set**
128 **(blue) or test set (orange).**

129 Figures 2 and 3 show that selecting only about 5,000 features ensure a RMSE of 5.75 years (cross
130 validation) and an RMSE of 5.66 years (test set). For the MAE, we have a similar result, with 4.29
131 years using cross-validation and 4.25 with the test set. Surprisingly, the results of the test set showed
132 a low MAE already at 2,500 features where the RMSE indicated 5,000 features to obtain the best prediction.
133

134 These loss distances curves, RMSE or MAE distance, as a function of the number of features, are convex.
135 Therefore, this optimization requires a trade-off between error loss and the number of features. Note that it
136 is the same trade-off to rate-distortion in lossy data compression Yochai and Michaeli (2019).
137

138 We also used an alternative metric, the Wasserstein distance between the true age distribution and the
139 predicted age distribution. We compare it for several values of η , in order to find the best value. The theory
140 is explained in . This metric measures the similarity between two distributions; in this case, we use it to
141 assess the similarity between the true and predicted distributions. For our numerical evaluation, we use the
142 metric provided by SciPy: ⁵.

143 The figure 4 shows that contrarily to previous RMSE and MAE curves, the Wasserstein distance provides
144 an evident minimum for 2500 features for the cross-validation results and showed similar results for the
145 test set.
146

⁵ https://docs.scipy.org/doc/scipy/reference/generated/scipy.stats.wasserstein_distance.html

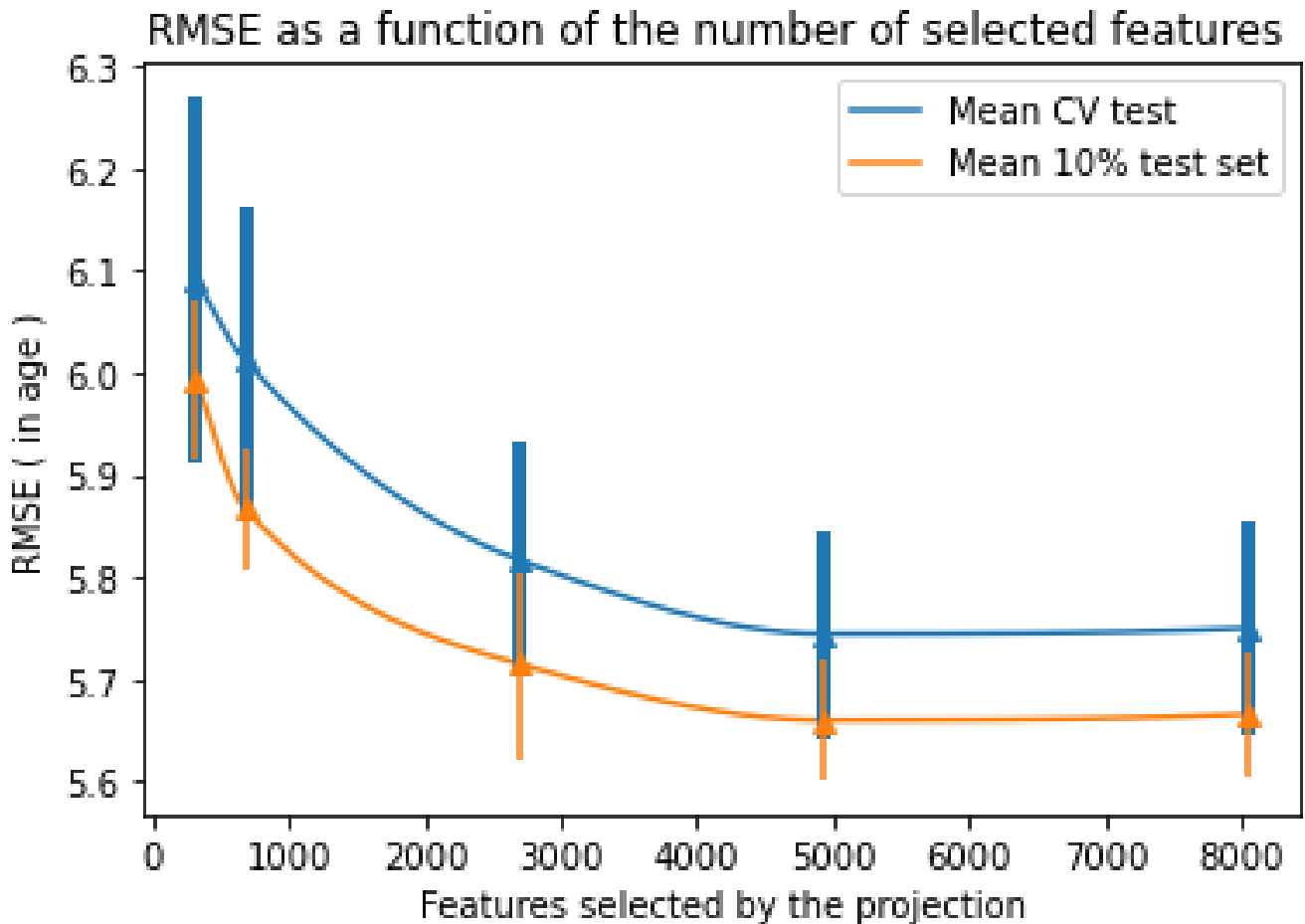


Figure 2. RMSE results

147 Thus, we conclude that using 2500 features is the best trade-off for RMSE and Wasserstein optimization.
 148 This conclusion is promising, indeed, we only need to compute the model with a third of the database to
 149 obtain good results. As a result, the computational cost of this learning is lower.

150

151 Figure 5 show the distribution of observed and predicted age from the cross validation results using 2,500
 152 (A) and 5,000 (B) features. Both models underestimate the youngest and oldest samples. The dataset has
 153 an age bias, with a majority of samples being around 22 years old and a strong skew and results in a biased
 154 model that systematically underpredicts older samples.

155 This is also seen in figure 6 which reports the mean and standard deviation of predicted age during the
 156 final test, with 815 samples, with the best model of the cross validation. The color provides the sample
 157 size per year. First, we can not find any difference between 2,500 features and 5,000. Choosing only 2,500
 158 features do not decrease the performance of the model. As discussed, the model has a bias of systematically
 159 predicting older individuals (over 30 years) to be younger than they are. This finding was also discovered
 160 with the study of the original paper, Lassen et al. (2023). Therefore, it could be explained by the fact that
 161 we have a clear sample's majority of 22 years old, and we also have few samples with more than 50 years old.

162

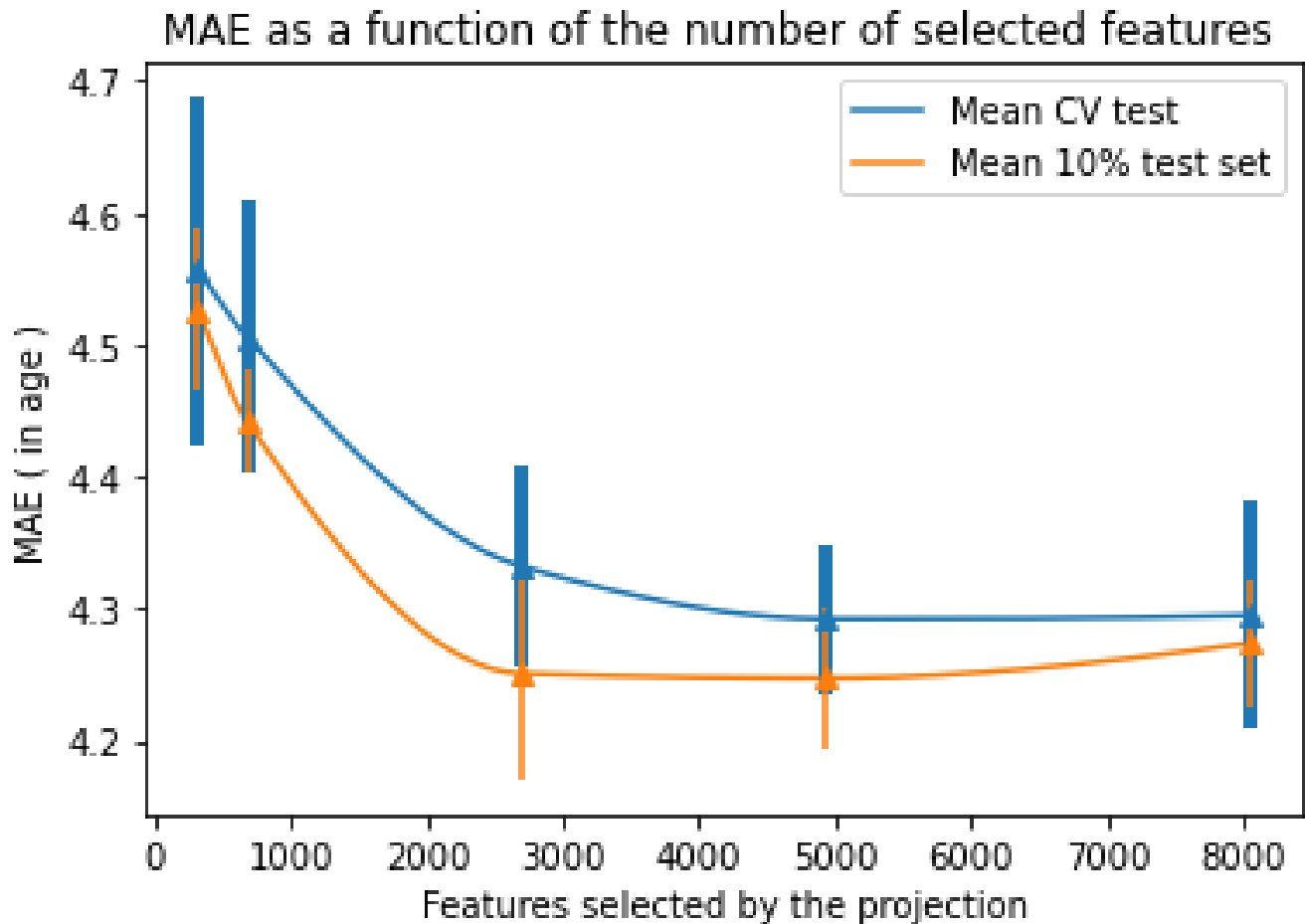


Figure 3. MAE results

163 A first approach to deal with this phenomenon could be to apply weights to very present samples
 164 to counterbalance the over-representation of young samples. In another point of view, this outcome is
 165 mathematically well known, and a possible solution to cope with this issue would be to minimize the
 166 Wasserstein distance Mohajerin Esfahani and Kuhn (2018). However, the minimization of the Wasserstein
 167 distance is still a hard topic out of the scope of this paper.

168

169 Projection comparison

170 Using two independent 4-fold cross-validations in the training set, we found that the bilevel FCNN
 171 method with projection outperformed the classical FCNN (without projection) across all metrics (Table
 172 1) using both 2500 or 5000 features. Projection reduced the RMSE by 0.07 years when using 2,500
 173 features compared to the classical method. Moreover, the bilevel projection with 2,500 features improved
 174 the Wasserstein Distance by 0.28 compared to the classical approach. This improvement applies not only
 175 to the performance, but also to the number of required features, as only 31% of the features are required.
 176 This reduction is significant for calculation costs, as it enables the gradient descent computation on 31%
 177 fewer neurons in the first layer.

178

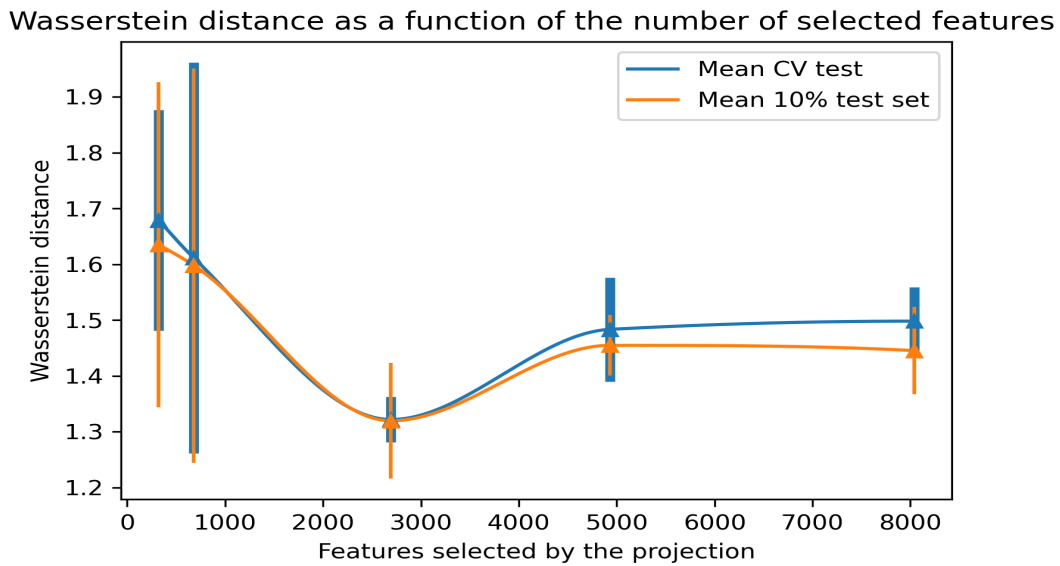


Figure 4. Wasserstein distance on the CV test and the 10% test using our FCNN with the bilevel $\ell_{1,\infty}$ projection, as a function of the number of selected features

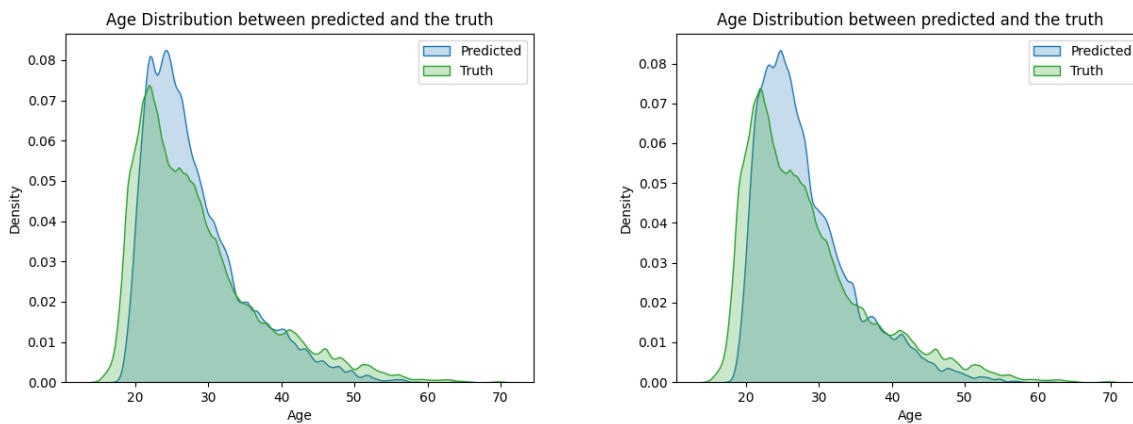


Figure 5. FCNN Bilevel distribution using a kernel method (bw=0.4) with 2500 and 5000 features of the Cross validation test set

	Mean RMSE CV test	Mean RMSE test	Mean WD CV test	Number of features
FCNN Bilevel $\ell_{1,\infty}$	5.81 ± 0.11	5.71 ± 0.09	1.32 ± 0.04	2,694
FCNN Bilevel $\ell_{1,\infty}$	5.75 ± 0.1	5.66 ± 0.06	1.48 ± 0.09	4,983
Classical FCNN	5.85 ± 0.09	5.78 ± 0.04	1.50 ± 0.06	8,038

Table 1. Train-validation test, RMSE and WD (Wasserstein distance); Comparison of methods and parameters for age estimation

179 In figure 7, we compare the predicted age as a function of the real age for both 2,500 selected features
 180 and the model without projection. We can not distinguish a difference between the two figures, suggesting
 181 that both neural networks exhibit similar bias for older ages. This observation implies that minimizing the

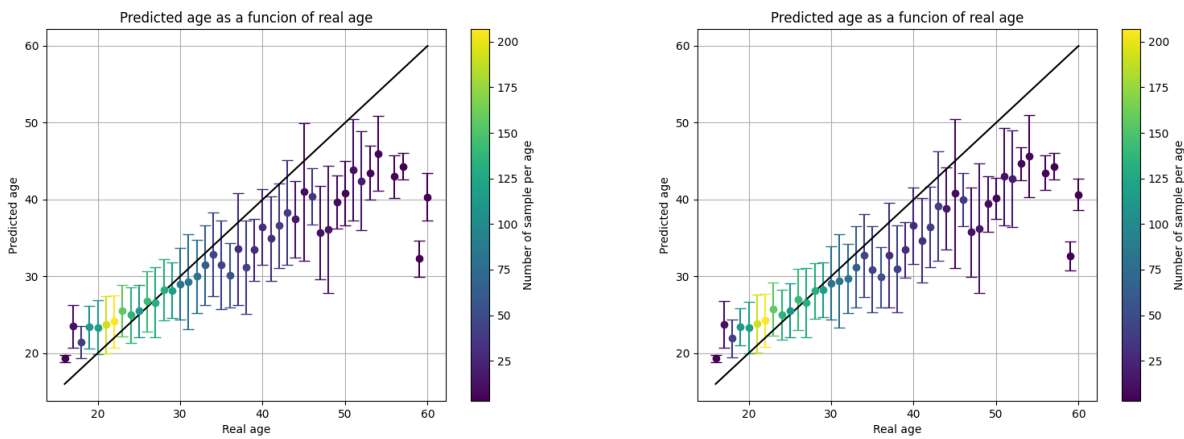


Figure 6. FCNN Bilevel distribution on the test set with the best fold. Left: using 2,500 features; Right: using 5,000 features

182 MSE may not solve the bias issue effectively. An alternative approach to solve this problem, could be to
 183 minimize the Wasserstein distance, since we have founded a clear optimal minimum.

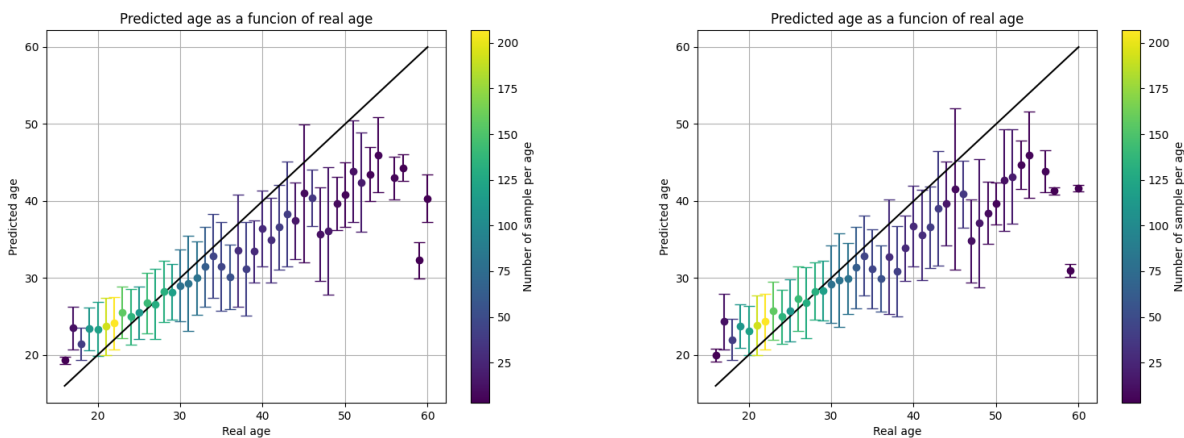


Figure 7. Distribution on the test set with the best fold. Left: with projection (2,500 features), Right without projection

184 **Feature importance**

185 The bilevel $\ell_{1\infty}$ projection is a structured projection, which means that certain feature weights are entirely
 186 set to zero. In figure 8 (left), the top fifteen features are ranked in descending order according to their
 187 normalized weights given by the Python library SHAP Lundberg and Lee (2017). This library computes
 188 the importance of each feature based on the learned weights of the neural network. We normalize these
 189 weights by the maximum value to determine the significance of each feature. We can distinguish a clear
 190 difference in feature’s weight between the first and the tenth features for both figures, but we do not have
 191 a distinct break. Additionally, the curve flattens as features become less important, showing that the top
 192 features, though not a precise number, are predominant.

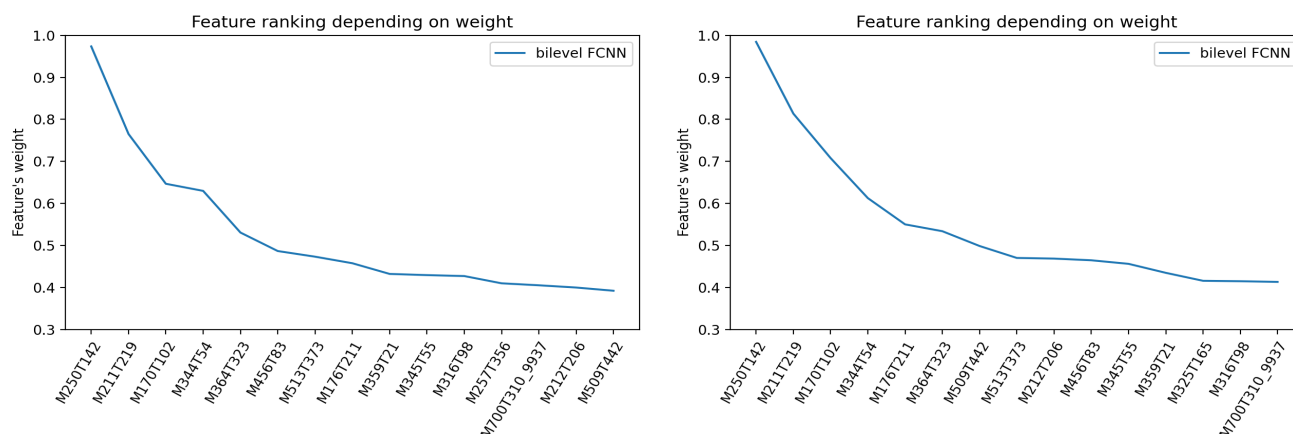


Figure 8. Features Ranking: Left for FCNN with 2500 features, Right FCNN with 5000 features

193 In figure 8 (right), features are normalized by the maximum value, as done previously. The ranked weights
 194 reveal the top discriminating metabolites, which can be interpreted as a perturbation signature. The major
 195 difference between the two figures is that, for the same top three features, the normalized weights given by
 196 SHAP for 2,500 features are slightly lower than those with 5,000 features, which may suggest as a less
 197 reliable top three. Note that the slope using bilevel $\ell_{1\infty}$ projection will give us a less flat curve compared to
 198 a classical deep neural network, resulting in a well-marked top features.

FCNN Bilevel 2500	FCNN Bilevel 5000	Original paper
M250T142	M250T142	M250T142 [4-O-Dimethylallyl-tyrosine]
M211T219	M211T219	M211T219 [Cyclo(leu-pro)]
M170T102	M170T102	M170T102 [2,3-Dihydrodipicolinate]
M344T54	M344T54	M255T346 [18-Nor-4(19),8,11,13-abietatetraene]
M364T323	M176T211	M260T236
M456T83	M364T323	M257T356
M513T373	M509T442	M176T211
M176T211	M513T373	M469T561
M359T21	M212T206	M521T504
M345T55	M456T83	M220T196

Table 2. Top 10 features in descending order of weight. Features found in across all three lists are highlighted in red. Features found in across all the first two are highlighted in blue.

199 To establish a more accurate comparison of the identified features, we constructed a table (Table 2)
 200 showing the top ten features discovered in our FCNN using 2,500 and 5,000 features, alongside those
 201 identified in the original study Lassen et al. (2023). The top three metabolites appear in identical ranks
 202 across both studies, meaning they converge on the same result and one additional feature (M176T211) is
 203 also shared across all three (highlighted in red). Three additional features (highlighted in blue) are shared
 204 between the two projection networks, showing the reliability of this approach with different value of η .
 205 Feature importance is very high for a few features, but decrease and flattens out really fast (figure 8). Many
 206 features will thus have similar importance (around 0.4) and may change rank between runs. It was only
 207 possible to annotate the first four features in the original paper.

DISCUSSION

208 In summary, we find that the $\ell_{1,\infty}$ projection improves prediction results and use fewer features than the
209 original paper Lassen et al. (2023). The use of the $\ell_{1,\infty}$ reduces the number of features during learning and,
210 consequently, the computational cost with no loss of performance for this dataset. The $\ell_{1,\infty}$ projection is
211 particularly advantageous over the classical ℓ_1 projection, as it selects entire columns, and thus relevant
212 features, rather than isolated points within the matrix. As a result, learning with the $\ell_{1,\infty}$ projection removes
213 noisy features while improving RMSE, MAE and Wasserstein distance compared to the classical fully
214 connected neural network.

215

216 Throughout this study, we observed a bias with younger samples being over-predicted and older samples
217 being under-predicted. A possible extension of this study it to implement the Wasserstein distance as an
218 alternative loss function for the network fitting. Here, we only employed the MSE loss and checked the
219 Wasserstein distance as a performance metric when tuning the parameter η that controls the regularization.
220 However, this topic involves complex optimal transport theory, which falls outside the scope of this paper.

221

222 The bilevel $\ell_{1,\infty}$ projection has already proved its efficiency in single cell application Truchi et al.
223 (2024); Barlaud et al. (2024). In these case, the projection selected a limited number of selected features
224 (hundreds) and provides a large accuracy improvement by 10% compared to standard network. Even
225 though metabolomics and single cell gene expression data are quite different, our results show that the
226 projection seem to be beneficial in both cases. This calls for further testing of the $\ell_{1,\infty}$ projection in other
227 high-dimensional biomedical datasets, to see if in the projection approach generally performs better or on
228 par with existing state-of-the-art methods.

229 According to the outcomes obtained with the RMSE and the Wasserstein distance in our metabolomic
230 application, the $\ell_{1,\infty}$ projection provides a limited selected feature, around 30%, which correspond to
231 2,500 selected features. This led to moderate improvements in RMSE or MAE, but a more substantial
232 improvement in the Wasserstein distance.

233

234 The features selection results should be interpreted with caution, in fact, the data is from drivers suspected
235 of driving under the influence of drugs. The features found may therefore have been influenced by drugs
236 intake and may only be relevant within the context of this dataset.

237

238 Samples

239 The dataset as described in Lassen et al. (2023) consist of blood samples collected from drivers suspected
240 of drug-impaired driving between January 2017 and December 2020. The cohort is 93% male, with a mean
241 age of 28.9 ± 9.2 years, and a skewed age distribution.

242 The dataset presents different challenges; the samples were not collected under controlled conditions ideal
243 for metabolomics analysis. Variations in sample handling, storage times, and even changes in laboratory
244 protocols, such as the switch from FC to FX sample tubes, introduce experimental noise and batch effects
245 that can obscure true biological signals.

246 Data were fully anonymized prior to analysis. Untargeted metabolomics was performed with UHPLC-
247 QTOF across 394 batches. Peak picking was performed with XCMS and allowed the identification of
248 12,686 features, excluding those with >20 %missing values per batch.

249 For further details on the LCMS details, please see Telving and Andreasen (2016).

250 **Data declaration and availability**

251 All methods were carried out in accordance with relevant guidelines and regulations. All experimental
252 protocols were approved by relevant Danish authorities.

253 The data were provided by the Department of Forensic Medicine, Aarhus University but restrictions apply
254 to the availability of these data, which were used under license for the current study, and so are not publicly
255 available. Data are however available from the authors upon reasonable request and with permission of
256 Department of Forensic Medicine, Aarhus University.

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AUTHOR CONTRIBUTIONS

262 MB wrote the model section, NP and MB designed the pytorch code and the experiment. NP and JL
263 performed data handling, analysis and conclusions. MB, PV, and SD supervised the project. All authors
264 participated in approval of the manuscript.

ADDITIONAL INFORMATION

265 All authors declare no competing interests.

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