

$$\frac{\dot{M}_{\text{FB}}}{\dot{M}_{\text{Edd}}} = 130 \left( \frac{\eta}{0.1} \right) \left( \frac{M_*}{M_\odot} \right)^2 \left( \frac{R_*}{R_\odot} \right)^{-3/2} \left( \frac{M_H}{10^6 M_\odot} \right)^{-3/2} \left( \frac{t}{t_{\text{FB}}} \right)^{-5/3}$$