



BLACK BOX[®] II

PROTOCOL GUIDEBOOK



WELCOME TO A BETTER WAY TO DETOX

We live in a toxin-filled world and unfortunately, it's virtually impossible to avoid all toxins. Our health can be seriously affected by contaminants such as pesticides, herbicides, mold toxins, heavy metals, plastics, and various types of volatile organic chemicals. Even some hormone and neurotransmitter metabolites made by the body can be harmful to our health.

Fortunately, the human body is designed to naturally clear toxins, but sometimes it needs support.

Black Box® II is an efficient 4-week protocol designed to support the body's natural detoxification processes from multiple everyday contaminants. The products in Black Box II offer a gentle, yet thorough detoxification experience, leveraging the foundational aspects of Quicksilver's detoxification principles of 'pushing' stored toxins from cells and 'catching' them in the GI tract for excretion.

Less toxins equals better working systems and a better you.

-Dr. Chris Shade



WHY DETOX?

The body's detoxification system supports the continual removal of toxic and potentially toxic substances that can be classified as:

ENDOGENOUS TOXINS - *produced by the body*

- Endotoxin [parts of bacteria]
- Hormone metabolites
- Metabolic by products [like carbon dioxide and ammonia]

EXOGENOUS TOXINS - *environmental + external*

- Metals
- Molds
- Plasticizers
- Medications

When toxin intake exceeds the body's removal capabilities, toxins accumulate within tissues and cells, taxing our natural antioxidant and detoxification systems. Repeated insult to these systems, opens the door to health issues and accelerated aging.

7 SIGNS YOUR TOXIC BURDEN IS HIGH

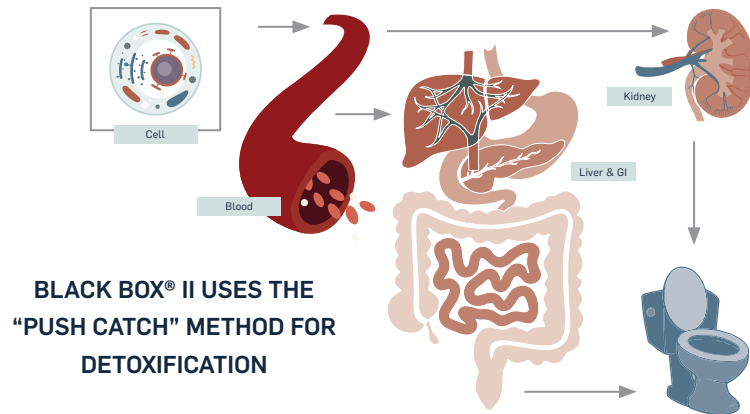
01. Excessive fatigue
02. Poor sleep
03. GI symptoms such as bloat and gas
04. Food sensitivities
05. Hyper-sensitive to smells such as perfumes, candles, and cleaning products
06. Brain fog and concentration issues
07. Mood swings and irritability

WHY BLACK BOX® II?

1. Improperly designed detox protocols can result in recirculation of toxins throughout the body. The 'push catch' model of detoxification was developed by Quicksilver Scientific® and Dr. Shade to work with the body's natural detoxification system and encompasses all three phases of detoxification which include: activation, conjugation, filtration and binding of toxins in the GI tract.

PHASE I & II, "PUSH": The potent nutrients and bitter phytonutrients help activate critical biochemical pathways like Nrf2 to 'push' toxins from the cell to the blood, liver and kidneys.*

PHASE III, "CATCH": Healthy bile flow supports the movement of toxins through the liver and kidneys for excretion. Binding agents like charcoal and bentonite clay intercept or 'catch' toxins in the intestines for removal, minimizing recirculation.*



2. HIGHLY BIOAVAILABLE PRODUCTS

Quicksilver Scientific® has been a cutting-edge leader in the development of practitioner-grade detoxification products and protocols for over a decade, specializing in highly bioavailable dietary supplements using proprietary nanoparticle delivery technology. Nanoparticle delivery, also more commonly referred to as liposomal delivery, allows for the cellular absorption of ingredients, bypassing digestion and first-pass metabolism.

3. BIOSYNCHRONOUS-ACTIVATION®

Our delivery technology enhances the bioavailability, absorption, and timely delivery of ingredients. When removing toxins from the body, this delivery + timing creates a cohesive activation of detoxification pathways and is what we call Biosynchronous-Activation®. For example, the Black Box® II protocol combines Liposomal Glutathione, nanoemulsified DIM and our Bitter X formula that includes the herbs dandelion, solidago, gentian, and myrrh; all delivered in nanoparticles for rapid and simultaneous cellular absorption.* This sets the stage for a dependable cycle of detox.

Detoxification programs using traditional delivery methods are unable to cohesively activate detoxification pathways due to the slow and variable metabolism of ingredients. This can result in a patchwork detox cycle, increasing the risk for redistribution of toxins, creating unwanted detox symptoms and diminished outcomes.



INSIDE BLACK BOX® II

Black Box® II is a gentle, universal 4-week protocol designed to support the removal of multiple toxins by supporting the body's natural detoxification capabilities.*

Liposomal Glutathione and **Nanoemulsified DIM** help activate Nrf2, a critical detoxification pathway. This protocol takes sensitive systems into account through a titrated dosing schedule. This provides a gentler activation of Nrf2 for a more gradual 'pushing' of toxins from cells.

Bitter herbs in **Dr. Shade's Bitter X** and high-dose phosphatidylcholine in **Pure PC** help stimulate and fluidize bile flow, aiding toxin export and cell membrane health and function. Poor cellular metabolism and enzyme production can create obstacles to detox; which is why we included **Methyl B-Complex**, providing the B vitamins necessary to support cellular energy and detoxification processes.

None of our detoxification protocols are complete without binding agents. Black Box® II includes our broad-spectrum **Ultra Binder®** formula, a combination of binders to support the 'catching' of toxins in the GI tract for removal.*

PROTOCOL INSTRUCTIONS**

EASY-TO-FOLLOW AND REPEATABLE: Black Box® II offers a simple and elegant stack that is gentle. The individual products allow for easy dosing adjustments to support a smooth detoxing experience. This protocol can be repeated as often as needed depending on health goals.

PROTOCOL LENGTH: 4 weeks.

INSTRUCTIONS: Take **Liposomal Glutathione**, **Nanoemulsified DIM**, **Dr. Shade's Bitter X**, **Pure PC®** and **Methyl B-Complex** twice daily at the recommended weekly dosing. Hold each dose in the mouth for 30-90 seconds before swallowing. Taking on an empty stomach is recommended. Mix 1 tsp of **Ultra Binder®** powder in 8 ounces of filtered water 30 minutes after taking the liquid products. Wait another 30 minutes before eating.

IF TAKING MEDICATIONS, PLEASE READ: Because Ultra Binder® contains activated charcoal and other compounds which may affect the absorption of medications, it should be taken at least two hours before or after medications.

**We recommend working with a qualified practitioner for guidance.



* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



PROTOCOL INSTRUCTIONS

WEEK 1 (DAYS 1-7)				
PRODUCT	A.M.	30 MIN. LATER	P.M.	30 MIN. LATER
Pure PC®	1/2 tsp		1/2 tsp	
Nanoemulsified DIM	2 pumps		2 pumps	
Methyl B-Complex	1 pump		1 pump	
Liposomal Glutathione	2 pumps		2 pumps	
Dr. Shade's Bitter X	2 pumps		2 pumps	
Ultra Binder®*		1 tsp with water		1 tsp with water

*Make sure to drink adequate water when taking charcoal-containing supplements.

WEEK 2 (DAYS 8-14)				
PRODUCT	A.M.	30 MIN. LATER	P.M.	30 MIN. LATER
Pure PC®	1 tsp		1 tsp	
Nanoemulsified DIM	4 pumps		4 pumps	
Methyl B-Complex	2 pumps		2 pumps	
Liposomal Glutathione	4 pumps		4 pumps	
Dr. Shade's Bitter X	4 pumps		4 pumps	
Ultra Binder®*		1 tsp with water		1 tsp with water

*Make sure to drink adequate water when taking charcoal-containing supplements.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

WEEK 3 (DAYS 15-21)				
PRODUCT	A.M.	30 MIN. LATER	P.M.	30 MIN. LATER
Pure PC®	1 tsp		1 tsp	
Nanoemulsified DIM	6 pumps		6 pumps	
Methyl B-Complex	2 pumps		2 pumps	
Liposomal Glutathione	4 pumps		4 pumps	
Dr. Shade's Bitter X	4 pumps		4 pumps	
Ultra Binder®*		1 tsp with water		1 tsp with water

*Make sure to drink adequate water when taking charcoal-containing supplements.

WEEK 4 (DAYS 22-28)				
PRODUCT	A.M.	30 MIN. LATER	P.M.	30 MIN. LATER
Pure PC®	1/2 tsp		1/2 tsp	
Nanoemulsified DIM	6 pumps		6 pumps	
Methyl B-Complex	2 pumps		2 pumps	
Liposomal Glutathione	4 pumps		4 pumps	
Dr. Shade's Bitter X	4 pumps		4 pumps	
Ultra Binder®*		1 tsp with water		1 tsp with water

*Make sure to drink adequate water when taking charcoal-containing supplements.



OPTIONAL PRODUCT CONSIDERATIONS + DOSING

PRODUCT	DOSING TAKE AT THE SAME TIME AS OTHER LIQUIDS	BENEFITS
Kidney Care	1 tsp	Additional antioxidant and detoxification support
Dr. Shade's The One	1 tsp	Mitochondria and healthy stress response support
Quinton® Isotonic	1 ampoule	Sea minerals supporting the extracellular matrix and lymphatic drainage
Cat's Claw Elite®	5 pumps	Microbial balance

WHAT YOU MIGHT EXPECT

1-3 DAYS

During the first few days of detox, you may feel a bit fatigued. This is normal! This can be due to changes in your metabolism as your body shifts its energies towards mobilizing and eliminating toxins. If you're feeling sluggish during your detox, drink plenty of water and give yourself time to relax and recharge – you may need to be gentler on your body for the first few days. If hydration and rest do not offer relief, it may be beneficial to start at a lower dosage entry point.*

AFTER 1 WEEK

Your body has most likely acclimated to your new detoxification regime after one week. You can expect a lift in energy, mood, sleep quality, and cognitive clarity.*

AFTER 4 WEEKS

You will continue to experience a shift in energy and stamina, sleep quality, balanced mood, and a clearer mind.*

You may also notice that certain ongoing symptoms you'd been experiencing before your detox have dissipated. Removing toxic barriers support better working body systems that can have a positive impact on immune and hormone balance, GI health, cognition, and much more.*



YOUR QUESTIONS, ANSWERED

Q. DO I NEED TO FOLLOW A SPECIFIC DIET WHILE I'M ON THE PROGRAM?

A. No. However, it can be beneficial to reduce overly processed foods, excess sugar, and alcohol while detoxing as these things are inflammatory in nature and can create blockages to detoxification and unwanted symptoms. Eating whole foods that are high in fiber during your detox can provide additional detoxification support.

Q. WILL I EXPERIENCE CHANGES IN REMOVAL HABITS?

A. Occasionally, people will experience changes in their bowel habits when doing this program. Some may have loose stools, while others experience difficult removal. It is essential to have at least one bowel movement daily. If it's difficult, try increasing your water intake, moving your body with yoga or a vigorous walk, or increasing the fiber in your diet by eating more fruits and vegetables. Supplemental magnesium may also support bowel regularity.

Q. CAN I TAKE ALL OF MY LIPOSOMAL PRODUCTS AT THE SAME TIME?

A. Yes! The liposomal products can be taken together, holding in the mouth for 30-90 seconds.

Q. SHOULD I DRINK EXTRA WATER WHILE DETOXING?

A. Drinking plenty of clean, purified water is vital to help flush toxins from the body. Keep a glass water bottle on hand and aim to drink half your body weight in ounces of water per day. For example, if you weigh 140 lbs., aim to drink 70 ounces of water daily.

Q. CAN I EXERCISE WHILE I'M ON THE PROGRAM?

A. Yes! During the first few days, you may want to take it easy, but exercise is a great compliment to your detoxification program as toxins are also excreted through skin via sweat.

Q. WHY DO QUICKSILVER SCIENTIFIC PRODUCTS HAVE SUCH A STRONG TASTE?

A. We use many bitter-tasting plant compounds in our products. Bitter herbs are classic detoxifying compounds that promote bile production and flow to support the movement and removal of toxins.



BLACK BOX® II PRODUCT DESCRIPTIONS

LIPOSOMAL GLUTATHIONE

Liposomal Glutathione is a powerful partner to Dr. Shade's Bitter X. This cornerstone detox tool delivers the body's core antioxidant and detoxification compound and is one of the anchors of the system.

IN THIS FORMULA:

Opitac™ Glutathione: Reduced L-Glutathione, a tripeptide consisting of glutamic acid, cysteine and glycine.

NANOEMULSIFIED DIM

Nanoemulsified DIM has diverse roles in a detoxification protocol. DIM acts to open up the body's endogenous antioxidant and detoxification systems, calm immune system reactivity, and support healthy hormone metabolism.*

IN THIS FORMULA:

Diindolylmethane, a natural compound derived from indole-3- carbinol, found in cruciferous vegetables such as broccoli, brussel sprouts, cabbage, and kale.



DR SHADE'S BITTER X

Dr. Shade's Bitter X, a proprietary blend of four bitter herbs is Quicksilver Scientific's, detox-focused bitter blend. This whole-body tonic places a stronger emphasis on bile flow to support the filtration of toxins through the liver and GI tract. The potent bitters include: dandelion, gentian, solidago, and myrrh. Sweet orange essential oil is added for flavor and for its calming, uplifting effect.*

MICELLIZED PURE PC®

Micellized Pure PC® delivers phosphatidylcholine (PC), a vital component of cellular membranes and necessary for membrane integrity, structure, and function. Phosphatidylcholine is considered a cornerstone of membrane lipid therapy and has been shown to support optimal energy production by fortifying mitochondrial composition. PC is the primary constituent of bile, supporting bile flow and healthy liver and brain function during active detoxification.*

IN THIS FORMULA:

Phosphatidylcholine: highly purified phospholipids.



* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



BLACK BOX® II PRODUCT DESCRIPTIONS

LIPOSOMAL METHYL B-COMPLEX

Liposomal Methyl B-Complex provides a suite of essential B vitamins for cellular energy production and carrying out methylation. B vitamins are known to support detoxification, methylation, metabolism, gene expression, cardiovascular, mitochondrial and neurological health.

IN THIS FORMULA:

Vitamin B1 (Thiamin): is critical for maintaining healthy neuronal function and inflammatory response.

Vitamin B2 (riboflavin) and vitamin B12 (methylcobalamin): These two B vitamins are intrinsic components of the methylation cycle.

Vitamin B5 (Pantothenic Acid) and B6 (Pyridoxine HCL): are both critical for healthy brain and nerve function as well as maintaining normal mood levels.

Vitamin B9 (Calcium Folate): Metabolically active folinic acid is vital for brain health and may be better tolerated than the final active form, methylfolate.

TMG: Trimethylglycine supports methylation by supplying methyl groups.



ULTRA BINDER®

Ultra Binder® is our broad-spectrum binder blend that 'catches' excreted toxins in the GI tract for removal from the body. Since no single binder has an affinity for all toxins, our formula contains an array of binding agents to support a more complete detox.*

IN THIS FORMULA:

Activated Charcoal: Charcoal is shown to support the removal of metals, endotoxin, plant toxins, gasses, and vapors, among other substances.*

Bentonite Clay: Bentonite clay is a broad-spectrum microbial binder shown to catch mold toxins, heavy metals, microbes, and various chemicals.*

Chitosan: Chitosan is polyfunctional and been shown to support the binding of metals and microbes. It also supports friendly flora such as bifidobacteria and lactobacilli.*

Zeolite: The unique molecular structure of zeolite makes it a powerful "cation exchanger," or a substance capable of binding small molecules, including toxins such as heavy metals and organo-phosphate pesticides.*

Intestinal Metals Detox (IMD®): Quicksilver's proprietary thiol-functionalized silica product delivers insoluble thiol groups to bind and help eliminate mercury and other heavy metals.*

Aloe Vera Leaf and Fibre Gum™: Aloe vera is a soothing prebiotic supporting healthy gastric flora. It also supports bowel regularity. Fiber Gum™ is a soluble fiber that supports beneficial gut bacteria and GI motility and function.*



* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Quicksilver Scientific® is a leading manufacturer of advanced dietary supplement formulations with a focus on detoxification. Our proprietary liposomal delivery technology supports the bioavailability of ingredients and unsurpassed absorption.

At Quicksilver Scientific®, we are passionate about health and well-being and are committed to improving the lives of everyone we touch.

quicksilverscientific.com

Quicksilver Scientific®, Inc. • 1960 Cherry St. • Louisville, CO 80027