



ADVANCED

PUSH | CATCH<sup>®</sup>

DETOX SYSTEM



## WELCOME TO A BETTER WAY TO DETOX

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The body's natural detoxification system supports the clearing of accumulated toxins throughout our lifetime and is one of the most critical systems for maintaining whole-body wellness.\*

Unfortunately, in today's industrialized world, the persistent exposure to toxicants has resulted in an increase to our body's toxin levels. This growing toxic burden has negative impacts to the health and function of multiple body systems drawing down our vitality over time.

That is why it is critical to engage in a formal detoxification program like this one. Our **Advanced Push Catch® Detox System** works with your body's natural detox processes to help effectively reduce your toxic burden by efficiently '**pushing**' stored toxins from cells and safely '**catching**' them in the GI tract for excretion.\*

Less toxins equals better working systems and a better you.

~Dr. Chris Shade



## WHY DETOX?

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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]
- Hormones
- 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 repetitive, opens the door to chronic health issues and accelerated aging.

\* 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.

## 7 SIGNS YOUR TOXIC BURDEN IS HIGH

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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 ADVANCED PUSHCATCH® IS EFFECTIVE

## 1. THE “PUSH CATCH” SYSTEM

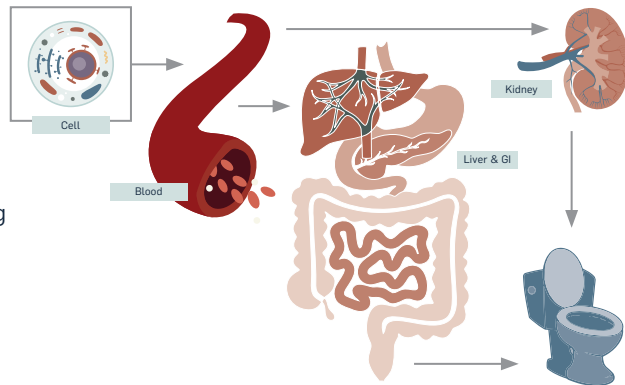
Improperly designed detox protocols can result in recirculation of toxins throughout the body.

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, and filtration and binding of toxins in the GI tract.

**PHASE I & II, “PUSH”:** 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 intestine for removal, minimizing recirculation.\*

THE “PUSH CATCH” MODEL OF DETOXIFICATION



## 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 efficient 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, our Liver Sauce® combines the powerful detoxification compounds R-lipoic acid, milk thistle, DIM, quercetin, luteolin, and the bitter herbs, dandelion, solidago, gentian, and myrrh in a nanoparticle for rapid and simultaneous cellular absorption of all ingredients.\* This sets the stage for a safe, dependable cycle of detox.

Traditional detoxification programs that use capsules or powders 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.

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# ADVANCED PUSHCATCH® DETOX SYSTEM

The Advanced PushCatch® Detox System is a comprehensive and streamlined toxin removal program designed to support the efficient removal of multiple toxins by supporting the body's natural detoxification capabilities.\*

**Liver Sauce®** supports the movement and excretion of stored toxins using powerful nutraceuticals, bitter herbs, and plant compounds. **Liposomal Glutathione** offers additional antioxidant defense and immune stabilization, while high dose phosphatidylcholine in **Membrane Mend™** aids toxin export and cell membrane function. Targeted kidney-centric phytonutrients found in **Kidney Care** help nourish kidneys and help stimulate lymphatic drainage to eliminate toxins via urinary excretion.\*

None of our detoxification protocols are complete without including binding agents. Within the Advanced PushCatch® system is our broad-spectrum **Ultra Binder®** formula, bringing a combination of binding agents together to effectively "catch" toxins in the GI tract for safe removal.\*



LIPOSOMAL  
**GLUTATHIONE**

QTY 2 - 50 mL Bottles

DR. SHADE'S  
**LIVER SAUCE®**

QTY 2 - 100 mL Bottles

QUICKSILVER  
**ULTRA BINDER®**

QTY 2 - Box of 20 Stick Packs

DR. SHADE'S  
**KIDNEY CARE**

QTY 2 - 100 mL Bottles

NANOFORMULATED  
**MEMBRANE MEND™**

QTY 2 - 100 mL Bottles

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# BASE PROTOCOL INSTRUCTIONS

**PRODUCT CYCLING:** 5 days on, 2 days off or 10 days on, 4 days off

**PROTOCOL LENGTH:** 1 month

BASE PROTOCOL*				
PRODUCT	A.M.	30 MIN. LATER	P.M.	30 MIN. LATER
Dr. Shade's Liver Sauce®	1 tsp		1 tsp	
Liposomal Glutathione	5 pumps		5 pumps	
Kidney Care	1 tsp		1 tsp	
Membrane Mend™	1 tsp		1 tsp	
Ultra Binder® Stick Packs*		1 pack mixed in water		1 pack mixed in water

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

**INSTRUCTIONS:** Take 1 tsp each of Dr. Shade's Liver Sauce®, Kidney Care, and Membrane Mend™, and 5 pumps of Liposomal Glutathione twice daily. Hold each dose in the mouth for 30-90 seconds before swallowing. Taking on an empty stomach is recommended. Mix 1 Ultra Binder® stick pack 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 substances which may affect the absorption of medications, it should be taken at least two hours before or after prescription medications.

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



# INTENSIVE PROTOCOL INSTRUCTIONS

**PRODUCT CYCLING:** 5 days on, 2 days off or 10 days on, 4 days off

**PROTOCOL LENGTH:** 1 month

**NUMBER OF KITS NEEDED:** 2

INTENSIVE PROTOCOL*				
PRODUCT	A.M.	30 MIN. LATER	P.M.	30 MIN. LATER
Dr. Shade's Liver Sauce®	2 tsp		2 tsp	
Liposomal Glutathione	10 pumps		10 pumps	
Kidney Care	2 tsp		2 tsp	
Membrane Mend™	2 tsp		2 tsp	
Ultra Binder® Stick Packs*		2 pack mixed in water		2 pack mixed in water
*Make sure to drink adequate water when taking charcoal-containing supplements				

**INSTRUCTIONS:** Take 2 tsp each of Dr. Shade's Liver Sauce®, Kidney Care, and Membrane Mend™, and 10 pumps of Liposomal Glutathione twice daily. Hold each dose in the mouth for 30-90 seconds before swallowing. Taking on an empty stomach is recommended. Mix 2 Ultra Binder® stick packs in 8-12 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 substances which may affect the absorption of medications, it should be taken at least two hours before or after prescription medications.

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# RESULTS OF AN EFFECTIVE DETOX PROGRAM

## 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. You may notice a change in urination frequency due to the lymphatic drainage aspect of the program. Don't be alarmed, the kidneys are vital toxin removal organs and increased urination supports the removal of excess fluid and waste.

Because of this, mineral replenishment can be beneficial while on the program. We recommend QuintEssential® 0.9 raw sea minerals which can be found on our website.

Occasionally, people will experience changes in their bowel habits when they're detoxing. 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. WHAT IF I NEED TO SKIP A DAY OR A FEW DAYS?

A. Not to worry! The protocol has a built-in pulse dosing schedule where you automatically get a few days off from the protocol. The body responds better to the program when it has a few days of rest. If you forget a day or two, the body won't mind, and it's okay if you extend the program past 4 weeks to make up for missed days.

## 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.

## Q. CAN I USE OTHER QUICKSILVER SCIENTIFIC PRODUCTS WHILE DOING ADVANCED PUSHCATCH®?

A. Of course. We suggest working with a qualified practitioner for more complex cases, but many of our products are great compliments to your detoxification program.

### SOME OF OUR FAVORITE PAIRINGS INCLUDE:

**QuintEssential® 0.9 or 3.3:** Mineralization and hydration support\*

**Methyl B Complex:** Additional detoxification nutrients\*

**NAD+ Platinum®:** Cellular energy and function\*

**Full Spectrum Hemp Extract:** Supports parasympathetic activity to aid detox\*

**Cat's Claw Elite®:** Immune support to help remove barriers to detox\*

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# ADVANCED PUSHCATCH® DETOX SYSTEM

## PRODUCT DESCRIPTIONS

### LIPOSOMAL GLUTATHIONE

Liposomal Glutathione is a powerful partner to Dr. Shade's Liver Sauce® for advanced detoxification. Known as our body's master antioxidant, Liposomal Glutathione supports all three phases of detoxification. It is also a crucial ally in healthy aging and immunity.

#### IN THIS FORMULA:

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



### DR. SHADE'S LIVER SAUCE®

Liver Sauce® is a premier liver formula that supports bile flow and detoxification pathways to aid toxin removal while balancing immune function and antioxidant activity.+

#### IN THIS FORMULA:

**R-Lipoic Acid:** R-lipoic acid (as sodium R-lipoate) is a potent antioxidant that is a strong activator of Nrf2 and helps upregulate the glutathione system.+

**Dandelion and Gentian Root:** Dandelion and gentian roots are bitter herbs that help activate bile production by stimulating bitter taste receptors in the GI tract. They are also known to have powerful hepatoprotective effects supporting antioxidant activity in the liver.+

**Solidago:** Solidago supports excretion of toxins through the kidneys. It also helps increase glutathione levels, supporting phase II detoxification processes.+

**Myrrh Oleo-gum Resin:** Myrrh helps activate bile flow and offers antioxidant and microbial-balancing effects.+

**DIM:** Diindolylmethane is a phytonutrient found in cruciferous vegetables that supports the activity of Nrf2. It also has immune-modulating properties.+

**Milk Thistle:** Milk thistle supports healthy liver function, a prerequisite for successful detoxification.+

**Quercetin and Luteolin:** The flavonoids quercetin and luteolin help balance the body's immune response making detoxification easier.+



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## MEMBRANE MEND™

Every cell and organelle in the human body is encapsulated by a lipid membrane that serves as the initiation point for intracellular signaling pathways. A number of modern-day factors including toxins can disrupt the integrity and health of the cell's membranes. Membrane Mend™ is designed to support the health and resilience of cell and organelle membranes.\*

### IN THIS FORMULA:

**Phosphatidylcholine:** Phosphatidylcholine is the cornerstone of membrane lipid therapy and has been shown to support optimal energy production by fortifying mitochondrial composition. PC also supports healthy bile flow, and healthy liver and brain function.\*

**Astaxanthin:** Astaxanthin is a pink-colored carotenoid found in marine life like krill, shrimp and salmon. This carotenoid provides potent antioxidant benefits that support membrane integrity.\*

**DeltaGold® Tocotrienols:** DeltaGold® Tocotrienols are compounds within the vitamin E family with powerful antioxidant properties. Delta tocotrienol is a highly bioavailable form that aids in membrane protection from oxidative damage.\*

**Ahiflower®:** Ahiflower® is a plant-based omega-3 fatty acid derived from Buglossoides arvensis seeds. Along with PC, essential fatty acids play a vital role in membrane health and function.\*



## KIDNEY CARE

Drainage is a vital aspect of safe and effective detoxification and the kidneys play a large role in this process. Kidney Care is effectively the drainage or 'release' aspect to the Advanced PushCatch® system.

Kidney Care is a proprietary blend of botanicals and nutraceuticals that includes Astragaloside IV extract, Zhu Ling, Goldenrod, Dandelion Leaf, He Shou Wu root, Fu Ling, and Ferulic Acid to support healthy kidney function, drainage, and improved detoxification.\*

### IN THIS FORMULA:

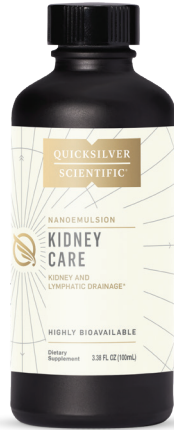
**Dandelion Leaf and Goldenrod:** The classic bitter herbs dandelion leaf extract and goldenrod support healthy drainage and filtration capabilities of the kidneys for enhanced detoxification.\*

**Fu Ling and Zhu Ling:** Fu Ling is a fungus that grows around the roots of pine trees. It has been found to support kidney tissue integrity. Zhu Ling is an edible mushroom species and has been shown to support healthy kidney function by influencing normal genetic expression.\*

**Astragaloside IV:** Astragaloside IV is a phytochemical derived from Astragalus that offers a vast array of benefits from safeguarding delicate kidney tissue to supporting the KLOTHO pathway, which is critical for longevity.\*

**Ferulic Acid:** This phytochemical is found in fruits and vegetables and helps fortify the body's natural antioxidant defenses supporting a healthy inflammatory response.\*

**He Shou Wu (Polygonum multiflorum):** He Shou Wu is a Chinese herb with a rich history of use in supporting healthy kidney function and is a tonifying component of the formula.\*



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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 for health optimization.

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

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