

BIO-AGE



ELEVATE



A BIO-AGE REVERSAL PROTOCOL
GUIDEBOOK



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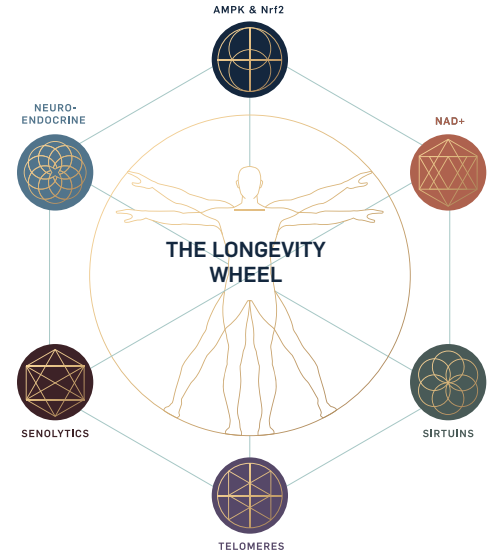
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WELCOME! LET'S ELEVATE YOU!

When crafting this protocol, it was important for me to consider who my target audience would be. As I iterated through the ideal product pairings, it became clear that the elevate protocol is for the high-achievers and biohackers among us who have already been taking the steps necessary to change the way they are aging. This protocol will take your efforts to the next level by further optimizing high energy levels and an efficient burning metabolism, increasing NAD+ levels, and fortifying your body with an abundance of membrane lipids and micronutrients to elevate the body at a foundational level.* See you on the moutain top!

In good health,

Dr. Christopher Shade



Designed by Quicksilver Scientific's founder, Dr. Chris Shade, the Bio-Age Reversal Program and its protocols are based on Dr. Shade's Longevity Wheel - an all-inclusive system for strategic dietary supplementation to address multiple underlying age mechanisms at a biological level.



ABOUT BIO-AGE ELEVATE

WHAT IS BIO-AGE ELEVATE?

A clean-burning metabolism supports much more than weight- it also supports healthy blood sugar levels, energy, and brain function. The Bio-Age Elevate protocol nurtures these aspects of wellness by supporting the AMPK pathway, a central regulator of metabolism, energy production, and the body's natural cellular "housekeeping" system.*

This protocol will also help ramp up mitochondrial health and energy by supporting cellular levels of NAD+, arguably one of the most important molecules in longevity.*

Biohacking your age wouldn't be complete without supporting healthy methylation, sirtuin activation, cellular senescence, and nourishing cells and their membranes with foundational, building block lipids and nutrients.*

You already take great care of your health and Bio-Age Elevate will only up level your age management game.

WHAT'S INCLUDED

- ◆ 2 BOTTLES AMPK CHARGE™
- ◆ 1 BOTTLE NAD+ PLATINUM™
- ◆ 2 BOTTLES MEMBRANE MEND™
- ◆ 1 BOTTLE ULTRA VITAMIN®





WHAT YOU CAN EXPECT AND EXPERIENCE

Get ready to elevate! This protocol helps take your mitochondria and energy levels to new heights.* Defying your age never felt so good.

EXAMPLES INCLUDE:

- ◇ **BETTER ENERGY**
- ◇ **HEALTHIER METABOLISM**
- ◇ **CLARITY OF MIND**
- ◇ **CELLULAR DETOXIFICATION**
- ◇ **WEIGHT MANAGEMENT**
- ◇ **IMMUNE STRENGTH AND RESILIENCE**

THINGS TO KNOW:

Over the next 28-days, you may experience a variety of changes that may look something like:

◇ **BODY COMPOSITION CHANGES**

Through the activation of AMPK and autophagy, your body may begin to shed toxins and excess body fat. As a result, you may notice some weight loss during this month.* To track improvements in your body composition, consider using a scale that measures body fat percentage.+

◇ **INCREASED ENERGY**

As your cells eliminate toxins and ramp up AMPK activity, your mitochondria, the “energy powerhouses” of your cells, may begin to function more effectively. Consequently, you may notice an increase in your energy level.* Take this opportunity to incorporate more physical activity into your routine, while making sure to still set aside plenty of time for sleep and relaxation.+

◇ **INCREASED HYDRATION NEEDS**

Deep, cellular detoxification coupled with mobilization of fat stores may increase your hydration needs. Drinking plenty of clean, purified water to help flush toxins and rehydrate will support you throughout the month.+

◇ **CHANGES IN BOWEL HABITS**

Occasionally, people will experience changes in their bowel habits when their making significant changes to their health. Some may have loose stools, while others experience difficult elimination. Either way, 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.+



GET STARTED

Follow a pulse dosing schedule of 10 days on, 4 days off. Repeat protocol twice for a total of 28 days.

BIO-AGE ELEVATE PRODUCTS	A.M.	P.M.
NAD+ Platinum™	1/2 tsp	1/2 tsp
AMPK Charge™	1 tsp	1 tsp
Ultra Vitamin®	1 tsp	
Membrane Mend™	1 tsp	1 tsp

Tip: Take all liposomes on and empty stomach and hold in the mouth for 30-90 seconds before swallowing.

ADDITIONAL PRODUCT CONSIDERATIONS

There may be a need to include additional products to your core Bio-Age Elevate protocol. Our recommendations are below.

BENEFITS	PRODUCT	SUGGESTED DOSING AM/PM	
Energizing mineral supplement for electrolyte balance*	QuintEssential® 3.3	1 sachet	
Calming mineral supplement supporting a healthy parasympathetic response (rest, digest, repair)*	QuintEssential® 0.9		1 sachet
Vitamin D status, immune support, telomere health*	Nanoemulsified D3K2	Dose according to vitamin D levels	
Support for an overactive immune response and associated discomforts*	CBD Synergies-PN	1-2 capsules	1-2 capsules
Supports catching of mobilized toxins for safe removal*	Ultra Binder®	1-2 tsp mixed in filtered water as needed during the day	



ENHANCE YOUR PROGRAM

To enhance your experience on the Bio-Age Elevate Protocol, consider the following:

- ◇ **INTERMITTENT FASTING**
- ◇ **REMOVE OR LIMIT PROCESSED FOODS, SUGAR, GLUTEN, DAIRY, & ALCOHOL**
- ◇ **AVOID TOXIC CONTAMINANTS AS MUCH AS POSSIBLE**
- ◇ **INCREASE WATER INTAKE**
- ◇ **EXERCISE TO SUPPORT METABOLIC FLEXIBILITY. CONSIDER HIIT, TABATA, OR STRENGTH TRAINING**
- ◇ **MEDITATION OR OTHER MINDFULNESS PRACTICES**
- ◇ **JOURNALING**





I'VE COMPLETED MY 28 DAYS, WHAT'S NEXT?

Congratulations! At this point, you're probably buzzing with newfound energy and stamina and you're ready for the next level of biological change to support age optimization and longevity.*

Let's look at next step options for you:

I WANT TO CONTINUE FEEDING MY MITOCHONDRIA AND ELEVATING MY ENERGY.*

Not quite ready to move on? We suggest repeating the Bio-Age Elevate module to further clarify your metabolism for overall wellness.

I AM FEELING GREAT AND WANT A COMPREHENSIVE PROTOCOL THAT CONTINUES TO NURTURE BIOLOGICAL AGING AND SUPPORT MY HEALTHSPAN.*

Excellent! A great next step for you is the Longevity Triplicity protocol. This protocol continues to support healthy NAD+ levels, mitochondrial function and metabolic efficiency, while also powering the HPA axis with a hormone precursor and premium adaptogen extracts and isolates for infinite age optimization.*

◇ **LONGEVITY TRIPPLICITY PROTOCOL**

The Longevity Triplicity protocol was developed to support the "run and maintain" aspect of age optimization. With only three products, you'll continue to support each spoke of the Longevity Wheel with special attention paid to neuroendocrine health, NAD+ levels, and cell membranes.*

Products included:

- ◇ **1 BOTTLE LONGEVITY ELITE™**
- ◇ **1 BOTTLE NAD+ PLATINUM™**
- ◇ **2 BOTTLES MEMBRANE MEND™**

SHARE YOUR JOURNEY WITH US USING #QUICKSILVERSCIENTIFIC



BIO-AGE ELEVATE PRODUCT DESCRIPTIONS



AMPK CHARGE+™:

Nature offers an abundance of plant-based compounds that support AMPK activation and block mTOR. AMPK Charge+ bundles these ingredients into one powerhouse package, providing strong support for AMPK activity, cellular detox, and metabolic health.*

- ◆ **Berberine** - Supports AMPK signaling, autophagy, healthy blood sugar balance, and healthy blood lipid levels.+
- ◆ **DIM** – Diindolylmethane is found in cruciferous vegetables and supports AMPK activation and a healthy inflammatory response.+
- ◆ **Milk Thistle** - Milk thistle supports healthy liver function, a prerequisite for successful detoxification and metabolic health.+
- ◆ **Resveratrol** - Resveratrol is a polyphenol that provides powerful support for sirtuins, reinforcing healthy gene expression, brain function, and metabolism.+
- ◆ **Quercetin** - Quercetin is an AMPK activator and senolytic, found in an array of plant foods.+
- ◆ **Cinnamon Bark Oil** - Cinnamon also heightens AMPK signaling and supports blood sugar balance by efficiently ushering glucose into cells.+

NAD+ PLATINUM®:

An all-in-one longevity formula, NAD+ Platinum, targets three vital aging pathways: NAD+ generation, sirtuin activation, and methylation.*

- ◆ **NMN** – NMN is a stable, direct precursor to NAD+, a critical molecule found in every cell of the body. NAD+ is essential for cellular energy generation, sirtuin activation, and the regulation of numerous other processes involved in healthy aging.+
- ◆ **Quercetin** – Quercetin supports sirtuin activation and the body's senescent cell burden.+
- ◆ **Resveratrol** – Resveratrol is a polyphenol that provides powerful support for sirtuins, reinforcing healthy gene expression, brain function, and metabolism.+
- ◆ **TMG** – Trimethylglycine supports methylation by supplying methyl groups that drive the NAD+ cycle to help maintain healthy levels of cellular NAD+.
- ◆ **Vitamin B2 (riboflavin) and vitamin B12** – These two B vitamins are intrinsic components of the methylation cycle. Together, they support TMG in maintaining the NAD+ cycle.+





BIO-AGE ELEVATE PRODUCT DESCRIPTIONS



ULTRA VITAMIN:

The ultimate multi-vitamin blend designed to support whole-body health. Our formula combines B vitamins with vitamins A, C, D3, E, and K2 and carotenoids, providing your body with the spectrum of nutrients it needs to maintain a healthy metabolism and immune function.*

- ◆ **Vitamin A** – Pre-formed vitamin A (as palmitate) is essential for robust gut health, immunity, vision, and skin. Beta-carotene can be converted into true vitamin A and also helps provide antioxidant protection.+
- ◆ **Vitamin C** – Vitamin C (as sodium ascorbate) is a water-soluble vitamin that enhances the body’s antioxidant status and supports healthy immune function.+
- ◆ **Vitamin D3** – Vitamin D3 has long been appreciated for its role in supporting bone growth and maintenance. However, it also supports the cardiovascular system, the brain, and tooth and gum health.+
- ◆ **Vitamin E** – Vitamin E (as tocopherols and tocopherols) is a fat-soluble antioxidant that promotes healthy lipid homeostasis and brain function.+
- ◆ **Vitamin K** – Vitamin K1 (as phytonadione) and vitamin K2 (as MK-7) play essential roles in maintaining healthy blood clotting and in carboxylation reactions that support bone and cardiovascular health, respectively.+
- ◆ **Folate** – Folate (as calcium folinate) is a central nutrient in the methylation

cycle, which is crucial for supporting a healthy inflammatory response, brain function, and cardiovascular health.+

- ◆ **Vitamin B12** – Vitamin B12 (as methylcobalamin) helps convert homocysteine to methionine. B12 is also essential for healthy neurological function and supporting energy production.+
- ◆ **B complex** – Riboflavin (as riboflavin-5-phosphate) is a crucial cofactor MTHFR, an enzyme that converts precursor molecules into active 5-methyl THF. Vitamin B6 (as pyridoxine HCL) supports the creation of 5-MTHF precursors and aids neurotransmitter synthesis, while thiamin and pantothenic acid (as Thiamine HCL and calcium-d-pantothenate) serve as cofactors for enzymes that convert food into usable energy. Niacin (as niacin and niacinamide) is a dietary precursor of NAD+, a critical coenzyme involved in cellular energy production and the activation of sirtuins, vital longevity-regulating proteins. Biotin is essential for healthy hair, skin, and nails. It may also improve glucose and lipid homeostasis.+
- ◆ **Trimethylglycine** – Trimethylglycine (TMG) donates methyl groups to unmethylated molecules in the body, facilitating the entire methylation cycle.+
- ◆ **Lycopene, zeaxanthin, and lutein** – These carotenoid nutrients enhance our formula's antioxidant properties by activating Nrf2, a cellular regulator of antioxidant production.+



BIO-AGE ELEVATE PRODUCT DESCRIPTIONS



MEMBRANE MEND™:

A cell membrane supplement that encourages resilient and well-functioning cell membranes, a prerequisite for healthy metabolism—and longevity.*

- ◆ **Phosphatidylcholine** - Phosphatidylcholine (PC) provides the building blocks for cell membranes to support healthy cellular and organelle function.*
- ◆ **Astaxanthin** - Astaxanthin is a premium antioxidant that works to safeguard delicate membrane lipids from oxidative stress, to help preserve membrane integrity.*
- ◆ **Ahiflower®** - A blend of plant-based essential fatty acids, Ahiflower supports the health and function of cell membranes. This omega-3-rich blend maintains healthy inflammation and supports membrane fluidity and integrity.*
- ◆ **Delta-Tocotrienols** - Helps quench membrane-damaging free radicals.*

ADDITIONAL PRODUCT CONSIDERATION DESCRIPTIONS

QUINTESENTIAL 3.3:

Each dose of QuintEssential 3.3 is 100% seawater harvested from phytoplankton blooms deep within the ocean and micro-filtered for purity. It supports the rapid and restorative electrolyte balance to your cells after intense physical and mental exertion while also supporting anabolic processes such as energy production, protein synthesis, and bone formation. The rehydrating properties of QuintEssential 3.3 are especially beneficial if your activity level increases during the protocol, increasing sweat output and mineral loss.*



QUINTESENTIAL 0.9:

This isotonic blend of pristine alpine spring water and micro-filtered seawater replenishes the mineral bath surrounding cells. By regulating concentrations of minerals inside and outside of cells, QuintEssential 0.9 supports neuronal activity in the autonomic nervous system, promoting relaxation and repair processes. The mineral-balancing properties of this product also supports detoxification via the lymphatic system.*





ADDITIONAL PRODUCT CONSIDERATION DESCRIPTIONS



NANOEMULSIFIED D3K2:

This formula is a potent combination of the fat-soluble vitamins D3 and K2, for optimal immune function. The addition of vitamin K2 also helps bind calcium to bone where it's needed most.*

CBD SYNERGIES-PN:

This elegant blend of nutraceuticals and botanicals provides systemic support for an overactive immune response and associated discomforts.*



- ◆ **Full Spectrum Hemp Extract** - A combination of CBD and a Farm Bill compliant level of THC. Full spectrum hemp extract interacts with signaling pathways throughout the body to ease discomfort from head to toe.+
- ◆ **Curcuminoid Complex and Boswellia Extract** – Work synergistically to support a healthy inflammatory response and ease associated bodily irritations.+
- ◆ **Boswellia Extract** – Boswellia has long been used in Indian Ayurvedic medicine to ease bodily discomforts and support a healthy inflammatory response.
- ◆ **β-caryophyllene** – A hemp-based terpene, bolsters the soothing effects of full spectrum hemp extract.+

ULTRA BINDER®:

Improved metabolism can encourage autophagy, the body's cellular "housekeeping" system that breaks down dysfunctional cellular components to make room for new, healthy cells. Ultra Binder is a universal binding formula that supports the clean up of this unwanted cellular debris.*

- ◆ **Activated Charcoal:** Charcoal is shown to support the removal of metals, endotoxin, plant toxins, gasses, and vapors, among other substances.+
- ◆ **Bentonite Clay:** 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 organophosphate pesticides.+
- ◆ **IMD Intestinal Cleanse:** Intestinal Metals Detox (IMD) is proprietary thiol-functionalized silica that delivers insoluble thiol groups to bind and eliminate mercury and other heavy metals accumulated in the intestines.+





Quicksilver Scientific® is a leading manufacturer of advanced dietary supplement systems with a focus on detoxification. We specialize in superior liposomal delivery systems and heavy metals testing to support optimal health. Our liposomal supplements are highly absorbable and support the body in the elimination of the broad range of toxins we're exposed to daily.*

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

quicksilverscientific.com

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+References found at quicksilverscientific.com/references

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