

BIO-AGE



ACTIVATE



A BIO-AGE REVERSAL PROTOCOL
GUIDEBOOK



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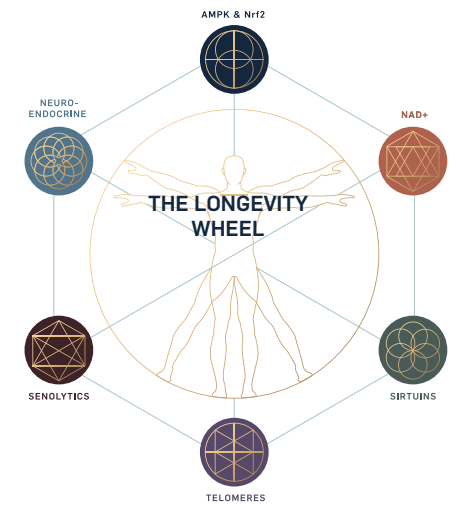
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WELCOME! LET'S ACTIVATE YOU!

I hand-picked the products in the Bio-Age Activate protocol to support the activation of the AMPK pathway, a cellular trigger that helps regulate metabolism and the use of stored energy. When the body perceives itself to be in a low energy state, this ancient pathway kicks into gear supporting energy production through the breakdown of excess body fat and tissue. What does this mean to you? More metabolic flexibility, burning both carbohydrates and fats for fuel, healthy blood sugar levels, inflammatory balance, and a deeper level of cellular detoxification where old cells are cleared to make room for new, more vibrant functioning cells. Bio-Age Activate supports a cleaner, more youthful metabolism which translates into a stronger, brighter you.*

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.



* 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.



ABOUT BIO-AGE ACTIVATE

WHAT IS BIO-AGE ACTIVATE?

Longevity research tells us that biological aging starts at the cellular level, long before you see visible signs of aging in the mirror. The products and formulations that make up this protocol were carefully curated to support and target the many mechanisms, pathways, and molecules that play a role in cellular health and function to support you from the inside out.*

This protocol supports:

- ◇ Activation of the AMPK pathway for a healthier, more flexible metabolism*
- ◇ Increased cellular levels of the foundational longevity molecule, NAD+*
- ◇ Nourishment of cellular and organelle membranes*
- ◇ A deeper level of cellular detoxification called autophagy*
- ◇ The activation of longevity genes called sirtuins*
- ◇ Healthy telomeres*

WHAT'S INCLUDED

- ◇ 2 BOTTLES AMPK CHARGE™
- ◇ 1 BOTTLE NAD+ PLATINUM™
- ◇ 2 BOTTLES LIPOSOMAL GLUTATHIONE
- ◇ 2 BOTTLES MEMBRANE MEND™
- ◇ 2 BOXES UTLRA BINDER® STICK PACKS



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WHAT YOU CAN EXPECT AND EXPERIENCE

Changes are coming! Over the course of the month, as your body begins to recalibrate, you may experience a variety of positive health changes. Journaling throughout the month is a great way to track some of the subtle and not-so-subtle shifts taking place.

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 ACTIVATE PRODUCTS	A.M.	30 MINUTES LATER	P.M.	30 MINUTES LATER
AMPK Charge+™	1 tsp		1 tsp	
NAD+ Platinum™	1/2 tsp		1/2 tsp	
Liposomal Glutathione	5 pumps		5 pumps	
Membrane Mend™	1 tsp		1 tsp	
Ultra Binder®		1 sachet mixed in 8 oz water		1 sachet mixed in 8 oz water

Tip: Take all liposomes on an empty stomach and hold in the mouth 30-90 seconds before swallowing. Ultra Binder should be taken 30 minutes after liposomes. Wait another 30 minutes after taking Ultra Binder before eating or taking medications.

ADDITIONAL PRODUCT CONSIDERATIONS

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

BENEFITS	PRODUCT	SUGGESTED DOSING AM/PM	
Bile flow and production*	Bitter X	1 tsp, 1-2 x daily	
Mineral supplement supporting a healthy parasympathetic response (rest, digest, repair)*	QuintEssential® 0.9	1 sachet	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

ENHANCE YOUR PROGRAM

To enhance your experience on the Bio-Age Activate 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 may feel like your metabolism is rebooted and functioning well 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 NEED MORE METABOLIC SUPPORT.*

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

I AM READY FOR THE NEXT LEVEL OF OPTIMIZATION.

Excellent! We have other protocols within our Bio-Age Reversal Program. You may be ready to consider:

◇ BIO-AGE ELEVATE PROTOCOL

The Bio-Age Elevate module is designed to support your mitochondrial function to further optimize metabolism and energy levels, increase the foundational longevity molecule, NAD+, and provide an abundance of membrane lipids and micronutrients to support the body at a foundational level.*

SHARE YOUR JOURNEY WITH US USING #QUICKSILVERSCIENTIFIC



BIO-AGE ACTIVATE PRODUCT DESCRIPTIONS



AMPK CHARGE+™:

A healthy regulator of metabolism, AMPK Charge+ supports the activation of the AMPK energy pathway supporting healthy blood sugar levels, fat burning and utilization, and autophagy, the body's cellular "housekeeping" system.*

- ◆ **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 ACTIVATE PRODUCT DESCRIPTIONS



LIPOSOMAL GLUTATHIONE:

Glutathione is the body's master antioxidant and a crucial detoxification molecule. It assists detox through the GI tract, while also supporting the clearing of cellular waste through AMPK activation. Glutathione has also been shown to support telomere health.*

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 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.*

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.*



ADDITIONAL PRODUCT CONSIDERATION DESCRIPTIONS



BITTER X:

BitterX features a quartet of bitter herbs that maintains healthy bile flow and supports liver health for optimal detoxification.*

- ◆ **Dandelion** - Supports toxin elimination and increases bile flow.+
- ◆ **Gentian** - An intensely bitter botanical that supports GI health and antioxidant activity.+
- ◆ **Solidago** - A flowering plant with tiny yellow blossoms, it supports toxin removal and supports the activity of glutathione-S-transferase, an enzyme involved in detoxification.+
- ◆ **Myrrh** - An essential oil that supports healthy bile flow and microbial balance in the gut.+

QUINTESSENTIAL® 0.9:

This isotonic blend of alpine spring water and micro-filtered seawater supports cellular and whole body mineralization. QE 0.9 engages the parasympathetic arm of the autonomic nervous system to support relaxation and repair processes.*



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.*





ADDITIONAL PRODUCT CONSIDERATION DESCRIPTIONS



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.†

NOTES



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