



PUSH | CATCH®
LIVER DETOX



WELCOME TO A BETTER WAY TO DETOX

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.

I developed the 'push-catch' model for proper and effective detoxification to help reduce toxic burden by working with the body's natural detoxification system. The PushCatch® Liver Detox system is an easy and versatile two-step protocol that can be modified based on your detox goals.

Whether you choose level one for a quick clean up or increase your intensity levels over a longer period for a deeper experience; 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 repetitive, opens the door to chronic health issues and accelerated aging.

7 SIGNS YOUR TOXIC BURDEN IS HIGH

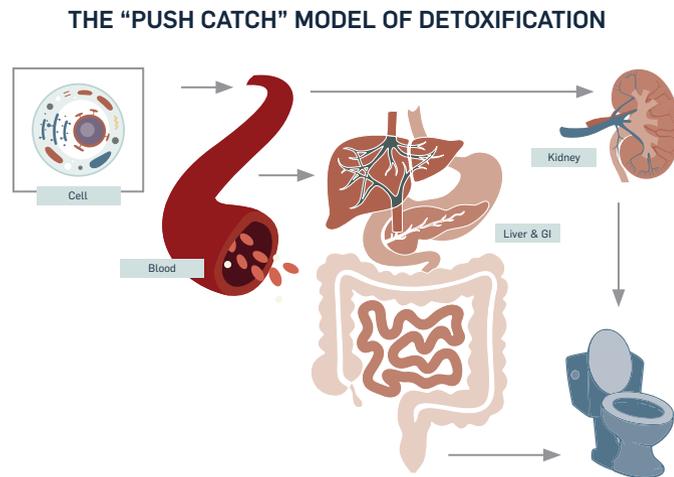
01. Excessive fatigue
02. Poor sleep
03. GI symptoms such as bloat and gas
04. Food sensitivities
05. Hyper-sensitive to smells such as perfumes, candles, and cleaning products
06. Brain fog and concentration issues
07. Mood swings and irritability

HOW DOES PUSH CATCH WORK?

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 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® formula 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 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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INSIDE THE PUSH CATCH® LIVER DETOX



DR. SHADE'S
LIVER SAUCE®
1 - 100 mL Bottle

POWDER
ULTRA BINDER®
1 - Box of 20 - Stick Packs

PROTOCOL INSTRUCTIONS*

FLEXIBLE AND SCALABLE: The body has built-in, highly evolved defense mechanisms that include adaptation, habituation, and a constant recalibration towards homeostasis. Botanicals and phytonutrients that facilitate detoxification, drainage, and elimination can be highly effective, but over time, the body may become less responsive to these compounds.

The PushCatch® Liver Detox protocol includes four protocol options of varying intensity levels making this system flexible, scalable, and adaptable to individual needs. As well, cycled dosing is recommended in each of the protocols. This cycled dosing provides breaks or rest periods to allow the body to reset each week.

PRODUCT CYCLING: Choose between 5 days on, 2 days off or 10 days on, 4 days off.

PROTOCOL LENGTH: Each level is 4 weeks in length. Choose a starting level that best fits your health goals. You may choose to complete your detox after 4 weeks, or continue on to the next level(s) for a longer, deeper detox experience.

Alternatively, PushCatch® Liver Detox is so flexible that you can even do a 2 or 3 day weekend detox and feel the benefits.

INSTRUCTIONS: Use the dosage chart for the protocol level you are following. Take the Liver Sauce® on an empty stomach. Hold in the mouth for 30-90 seconds before swallowing.

30 minutes later, mix the Ultra Binder® in 8 ounces of filtered water and drink. 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 medications.

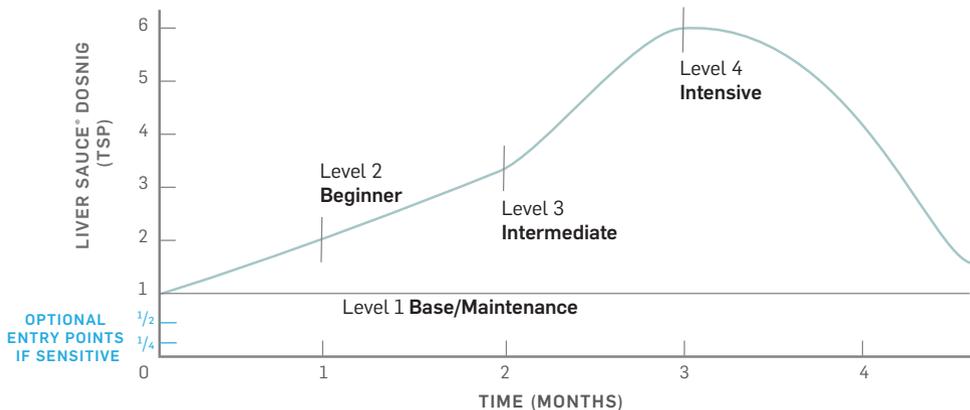
*We recommend working with a qualified practitioner for guidance.



HOW TO TITRATE DOSING

A thorough detoxification protocol often builds in intensity over several weeks to months. This is accomplished by starting at lower doses and increasing or titrating up slowly over time.

PUSHCATCH® LIVER DETOX TITRATION CHART



As a scalable system, you have the option to start at varying levels of intensity. For those that may have sensitive systems, it may benefit to start at a very low dose - ¼ to ½ tsp of Dr. Shade's Liver Sauce® for a few days or weeks before titrating up to the recommended dose of 1 tsp.

Depending on your goals, you may also choose to stay at the same sensitive dose throughout the initial 4 weeks.

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LEVEL 1 - BASE/MAINTENANCE PROTOCOL

PRODUCT LENGTH: 4 weeks

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

NUMBER OF KITS REQUIRED: 1

PRODUCT	ON AN EMPTY STOMACH	30 MIN. LATER
Dr. Shade's Liver Sauce®	1 tsp	
Ultra Binder®		1 stick pack in water
*Make sure to drink adequate water when taking charcoal-containing supplements		

MAINTENANCE: PushCatch® products can be utilized outside of a formal detox. Engaging in occasional 'push catch' cycling can help enhance alternative therapies and maintain optimal detoxification functions.

EXAMPLE APPLICATIONS: Occasional toxin exposure, massage, sauna, or red light therapies, traveling.

LEVEL 2 - BEGINNER PROTOCOL

PRODUCT LENGTH: 4 weeks

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

NUMBER OF KITS REQUIRED: 2

PRODUCT	A.M.	30 MIN. LATER	P.M.	30 MIN. LATER
Dr. Shade's Liver Sauce®	1 tsp		1 tsp	
Ultra Binder®		1 stick pack in water		1 stick pack in water
*Make sure to drink adequate water when taking charcoal-containing supplements				



LEVEL 3 - INTERMEDIATE PROTOCOL

PRODUCT LENGTH: 4 weeks

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

NUMBER OF KITS REQUIRED: 3

PRODUCT	A.M.	30 MIN. LATER	MID-DAY	30 MIN. LATER	P.M.	30 MIN. LATER
Dr. Shade's Liver Sauce®	1 tsp		1 tsp		1 tsp	
Ultra Binder®		1 stick pack in water		1 stick pack in water		1 stick pack in water

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

LEVEL 4 - INTENSIVE PROTOCOL

PRODUCT LENGTH: 4 weeks

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

NUMBER OF KITS REQUIRED: 6

PRODUCT	A.M.	30 MIN. LATER	MID-DAY	30 MIN. LATER	P.M.	30 MIN. LATER
Dr. Shade's Liver Sauce®	2 tsp		2 tsp		2 tsp	
Ultra Binder®		2 stick packs in water		2 stick packs in water		2 stick packs in water

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

OPTIONAL PRODUCT CONSIDERATIONS + DOSING

PRODUCT	DOSING Take at the same time as the Liver Sauce *	BENEFITS
Glutathione Complex	1 tsp	Additional antioxidant and detoxification support
Kidney Care	1 tsp	Bile flow, lymph, and drainage support
Membrane Mend™	1 tsp	Cell membrane support
Full Spectrum Hemp Extract	5 pumps	Inflammatory balance and calming
Cat's Claw Elite®	5 pumps	Microbial balance
QuintEssential® 0.9	1-2 sachets	Sea minerals supporting the extracellular matrix and lymphatic drainage



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. 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.



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.*



ULTRA BINDER® STICK PACKS

Ultra Binder® is our broad-spectrum binder blend that 'catches' excreted toxins in the GI tract for safe and effective 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 bifidobacterial 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.*

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 and Acacia 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.*



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OPTIONAL PRODUCT DESCRIPTIONS

GLUTATHIONE COMPLEX

Glutathione Complex, an all-in-one detoxification formula, delivers a targeted blend of nutrients that support daily energy, immune health and detoxing. This product features glutathione, the body's master antioxidant and critical detoxification molecule. The phytonutrients and B vitamins are added for optimal antioxidant and methylation support.*



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 Qube 2.0 Professional Detoxification 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.*



OPTIONAL PRODUCT DESCRIPTIONS

MEMBRANE MEND™

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.*



FULL SPECTRUM HEMP EXTRACT

When going through a detoxification protocol, it is common to need additional calming and neurological support. Nanoemulsified full spectrum hemp extract contains an array of highly-bioavailable phytocannabinoids, including cannabidiol (CBD), a Farm Bill-compliant level of THC and terpenoids. Included among the terpenoids is betacaryophyllene, a unique terpene in cannabis to directly support the activation of CB2 receptors.



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OPTIONAL PRODUCT DESCRIPTIONS

CAT'S CLAW ELITE®

Cat's Claw Elite® is an immune-supportive blend of cat's claw bark extract, vitamin D, monolaurin and essential oils designed to assist the body with healthy inflammatory response, microbial balance and optimal immune function.*



QUINTESSENTIAL® 0.9

QuintEssential® 0.9 contains a nutrient-rich, raw marine fluid harvested from the depths of protected, plankton-rich ocean blooms and offers up to 78 essential minerals and rare trace elements. It is designed to replenish the cells and support the parasympathetic 'rest, digest, repair, and regenerate response.*



Notes

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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.

quicksilverscientific.com

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