



**Metabolic**

*Maintenance:*

**WEIGHT STABILITY SUPPORT  
PROTOCOL GUIDEBOOK**

# PURPOSE OF THIS PROTOCOL

The **Metabolic Maintenance: Weight Stability Support Protocol** is designed to support healthy appetite regulation, metabolic signaling, and digestive clearance as part of an ongoing weight-management and metabolic balance routine.

**This protocol focuses on three core goals:**

- Supporting natural appetite and satiety signaling
- Helping maintain steady metabolic rhythms around meals
- Assisting the body's normal detoxification and elimination pathways

Used consistently, this protocol is intended to help reinforce metabolic stability, reduce "food noise," and support long-term maintenance following Quicksilver Scientific's **Metabolic Activation: Optimizing Weight Management Protocol** or targeted lifestyle modifications.



# WHAT'S INCLUDED:



## GLP-1 AMPLIFIER

1 - 300 ML BOTTLE

Supports the body's natural GLP-1 signaling pathways, which play a role in appetite awareness, digestion pacing, and metabolic switching. GLP-1 Amplifier is designed to help promote feelings of fullness, support balanced blood sugar signaling, and encourage a calmer relationship with food.



## LIPOTONE™

1 - 450 ML BOTTLE

Formulated to support appetite control and early satiety cues. LipoTone™ is taken before meals to help reduce excessive hunger, support portion awareness, and assist with meal-to-meal metabolic consistency.



## ULTRA BINDER® CAPSULES

1 - 120 CAPSULES

Provides broad-spectrum binding support in the digestive tract to help capture and eliminate unwanted compounds that are released during normal metabolic activity. This can help reduce metabolic "friction" and support the body's natural detoxification processes.

Adequate hydration is important when using binder products.

# METABOLIC MAINTENANCE: *Weight Stability Support Protocol*

30-DAY PROTOCOL			
PRODUCT	A.M. (BEFORE BREAKFAST)	P.M. (BEFORE DINNER)	BEFORE BED
GLP-1 Amplifier	5mL	5mL	
LipoTone™	7.5mL	7.5mL	
Ultra Binder® Capsules			4 capsules with filtered water

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.

## IMPORTANT INSTRUCTIONS

1. Hold each liquid dose in the mouth for 30–90 seconds before swallowing to support optimal absorption.
2. Taking liquid products on an empty stomach is recommended.
3. LipoTone™ should be taken 30–60 minutes before meals.
4. Take Ultra Binder® Capsules at bedtime to support overnight elimination of mobilized compounds.
5. Drink adequate water, especially when using charcoal-containing products.

This protocol is intended for metabolic maintenance and support. It works best when paired with mindful nutrition, regular movement, adequate sleep, and stress management. Always consult your healthcare provider if you have questions about integrating this protocol into your personal care plan.



## FREQUENTLY ASKED QUESTIONS

### **Q. CAN I USE THIS PROTOCOL WHILE TAKING PHARMACEUTICAL GLP-1 MEDICATIONS?**

**A.** In general, we do not recommend using this protocol at the same time as pharmaceutical GLP-1 medications unless you are working closely with a qualified healthcare practitioner.

Both approaches influence appetite, satiety, and metabolic signaling. Using them together may over-stimulate certain biological pathways, which can increase the likelihood of unwanted side effects or interfere with your body's ability to self-regulate.

If you are currently using a prescription GLP-1 medication and are interested in transitioning to this protocol, we recommend speaking with your healthcare provider about timing, tapering, and individualized guidance.

### **Q. HOW DOES THIS PROTOCOL COMPARE TO PHARMACEUTICAL GLP-1 MEDICATIONS?**

**A.** This protocol supports the same general metabolic pathways as pharmaceutical GLP-1 medications, but it does so in a much gentler, more physiologically supportive way.

#### **Key differences include:**

- Supports natural appetite signaling rather than overriding it
- Preserves normal hunger cues, helping you stay connected to your body
- Designed to support metabolic flexibility, not appetite suppression alone
- Research on DNF-10<sup>®</sup> (ingredient in LipoTone<sup>™</sup>) shows no associated lean muscle loss, unlike what has been observed with aggressive appetite suppression<sup>1</sup>
- Encourages a healthy, sustainable relationship with food, rather than fear or aversion

Rather than forcing the system into one metabolic state, this protocol helps the body restore balance and responsiveness over time.

### Q. WILL I FEEL HUNGRY ON THIS PROTOCOL?

A. You may still feel hunger — and that's intentional.

This protocol is designed to help normalize hunger and fullness signals, not eliminate them. Many people notice that hunger becomes calmer, more predictable, and easier to respond to appropriately, rather than intense or distracting.

**Maintaining healthy hunger cues is important for:**

- Long-term metabolic health
- Lean mass preservation
- Sustainable weight maintenance
- A positive relationship with food

### Q. DOES THIS PROTOCOL CAUSE MUSCLE LOSS?

A. Research on DNF-10® indicates that weight changes associated with its use do not involve loss of lean muscle mass.<sup>2</sup>

Because this protocol works by improving appetite regulation and metabolic signaling — rather than severe calorie restriction — it supports a more favorable body composition outcome when paired with adequate protein intake and regular movement.

### Q. IS THIS A STIMULANT OR APPETITE SUPPRESSANT?

A. No. This protocol does not rely on stimulants or harsh appetite suppressants.

**Instead, it works by supporting:**

- Gut–brain communication
- Satiety hormone signaling
- Metabolic rhythm and timing

The goal is not to “shut down” appetite, but to bring it back into balance.

### Q. DO I NEED TO CHANGE MY DIET WHILE USING THIS PROTOCOL?

A. No specific diet is required, but most people do best when they:

- Eat whole, minimally processed foods
- Include adequate protein
- Avoid constant snacking
- Practice mindful meal timing

The protocol is designed to work with real life, not strict food rules.

### Q. CAN THIS BE USED LONG-TERM?

A. Yes. This protocol is intended for long term metabolic support, not short-term intervention.

Some individuals choose to use it continuously, while others cycle it based on goals, seasons, or lifestyle demands. Your healthcare practitioner can help determine what is most appropriate for you.

### Q. WHAT MAKES THIS APPROACH DIFFERENT FROM DIETING?

A. Dieting focuses on control and restriction.

This protocol focuses on communication and regulation.

By supporting the biology that governs hunger, fullness, and energy use, it helps your body do what it was designed to do — without fighting it.

1. Jung EY, Cho MK, Hong YH, et al. Yeast hydrolysate can reduce body weight and abdominal fat accumulation in obese adults. *Nutr Burbank Los Angel Cty Calif.* 2014;30(1):25-32. doi:10.1016/j.nut.2013.02.009
2. Jung EY, Lee JW, Hong YH, Chang UJ, Suh HJ. Low Dose Yeast Hydrolysate in Treatment of Obesity and Weight Loss. *Prev Nutr Food Sci.* 2017;22(1):45-49. doi:10.3746/pnf.2017.22.1.45





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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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