

BIO-AGE



REVERSAL



AN AGE OPTIMIZATION PROGRAM

GUIDEBOOK



CONTENTS

- THE LONGEVITY WHEEL.....4**
- MONTH 1: BIO-AGE RESET PROTOCOL6**
- GET STARTED.....8**
- MONTH 2: BIO-AGE ACTIVATE PROTOCOL.....10**
- GET STARTED.....11**
- MONTH 3: BIO-AGE ELEVATE PROTOCOL14**
- GET STARTED.....16**
- WHAT YOU CAN EXPECT AND EXPERIENCE18**
- ENHANCE YOUR PROGRAM20**

WELCOME TO YOUR PROGRAM!

From the moment we are born we are aging. Statistics may show that we are living longer, but they also indicate that we aren't growing old in good health. Ongoing stress, poor diets, sedentary lifestyles, nutrient deficiencies, and toxicity all play a role in the rate and way in which we age.

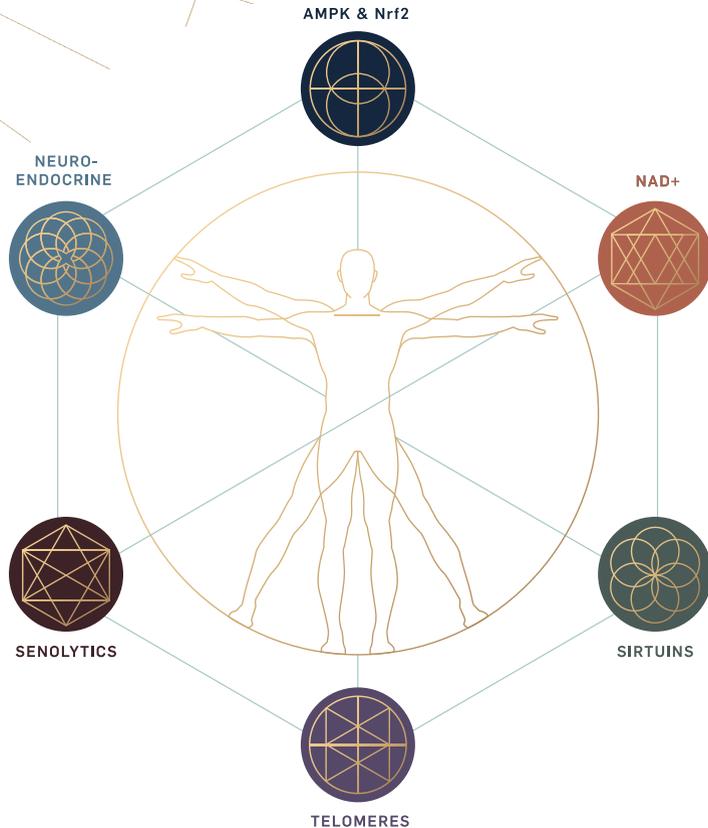
With this in mind, I developed this comprehensive, 3-part age optimization supplement program. Each protocol builds on the other to systematically support longevity.* Month one resets and clears the body of unwanted contaminants; month two activates and recalibrates the most youthful aspect of our biology – metabolism; and month three elevates cellular and mitochondrial function to take your energy and vitality to new heights.*

It is our birthright to live in wellness throughout our lifespan and the purpose of this program is to not only empower you in your health journey but to help you shine your brightest at any age.

In good health,

Chris

Christopher Shade Ph.D
CEO & Founder, Quicksilver Scientific



DR. SHADE'S LONGEVITY WHEEL

The Bio-Age Reversal program and its protocols are based on Dr. Shade's Longevity Wheel, a comprehensive system for strategic dietary supplementation to address multiple underlying age mechanisms at a biological level. The spokes of the wheel are interconnected and support age optimization in a dynamic way.*

PROTECTION + REPAIR*

AMPK | Nrf2 | Telomeres | Senolytics

- ◇ Metabolic health and function
- ◇ Detoxification
- ◇ Antioxidant activity
- ◇ DNA integrity
- ◇ Address cellular senescence

POWER + ELEVATE*

NAD+ | Sirtuins | Neuroendocrine

- ◇ Enhance energy output
- ◇ Support for regenerative programs
- ◇ Mitochondrial biogenesis
- ◇ Hormonal balance
- ◇ Stress resilience
- ◇ Vitality



MONTH 1: BIO-AGE RESET PROTOCOL

WHAT IS THE BIO-AGE RESET?

The Reset protocol is a detoxification protocol that dives deeply into cell health, metabolism, and age management.*

Bio-Age Reset sets the stage for resilient health and graceful aging by activating Nrf2, a transcription factor that engages the body's natural detoxification and antioxidant capabilities. The purpose of this protocol is to support whole-body, cellular-level removal of accumulated toxins, help improve antioxidant activity, and aid in the clearing of microbial imbalances that can impede detoxification.*

Using our patent-pending Quicksilver Delivery System technology, the most well-researched compounds and nutraceuticals are delivered to your cells to kick off your longevity journey to support lifelong health.*

WHAT'S INCLUDED

- ◆ 2 BOXES PUSH CATCH® LIVER DETOX
- ◆ 2 BOTTLES GLUTATHIONE COMPLEX
- ◆ 2 BOTTLES CAT'S CLAW ELITE®



*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.



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 RESET PRODUCTS	A.M. & P.M.	30 MINUTES LATER
Push Catch® Liver Detox, Liver Sauce®	1 tsp	
Glutathione Complex	1 tsp	
Cat's Claw Elite®	5 pumps	
Push Catch® Liver Detox, Ultra Binder®		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

To enhance your experience on the Bio-Age Reset Protocol, consider the following additional products:

BENEFITS	PRODUCT	SUGGESTED DOSING AM/PM	
Systemic microbial balance and immune support*	Microb-Manager™*	1-2 capsules	1-2 capsules
Localized GI microbial balance and support*	Artemisinin Emulsion*	1 tsp, 1-2 x daily	
Mineral supplement supporting a healthy parasympathetic (rest, digest, repair) response*	QuintEssential® 0.9	1 sachet	1 sachet
Vitamin D status and immune support*	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

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MONTH 2: BIO-AGE ACTIVATE PROTOCOL

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 GLUTATHIONE
- ◇ 2 BOTTLES MEMBRANE MEND™
- ◇ 2 BOXES UTLRA BINDER® STICK PACKS





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

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MONTH 3: BIO-AGE ELEVATE PROTOCOL

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 level up your age management game.

WHAT'S INCLUDED

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





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	

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WHAT YOU CAN EXPECT AND EXPERIENCE

Changes are coming! Over the next three months, as your body begins to shed toxins, recalibrate, and energize, you may experience a variety of positive health changes.* Journaling throughout the program is a great way to track some of the subtle and not-so-subtle shifts taking place.

EXAMPLES INCLUDE:

- ◇ BETTER ENERGY
- ◇ HEALTHIER METABOLISM
- ◇ ELEVATED MOOD
- ◇ CLARITY OF MIND
- ◇ RESTFUL SLEEP
- ◇ IMMUNE STRENGTH + RESILIENCE
- ◇ WEIGHT MANAGEMENT
- ◇ IMPROVED VITALITY

THINGS TO KNOW:

Over the next 90-days, you may experience a variety of changes that may look something like:

◇ 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.+

◇ 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 HYDRATION NEEDS

Drinking plenty of clean, purified water is vital to help flush toxins from the body. Keep a glass or stainless-steel 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.*

◇ 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.+



ENHANCE YOUR PROGRAM

To enhance your experience on the Bio-Age Reversal program, consider the following:

- ◇ **INTERMITTENT FASTING**
- ◇ **REMOVE OR LIMIT PROCESSED FOODS, SUGAR, GLUTEN, DAIRY, & ALCOHOL**
- ◇ **AVOID TOXIC CONTAMINANTS AS MUCH AS POSSIBLE**
- ◇ **INCREASE WATER INTAKE**
- ◇ **LIGHT EXERCISE IN MONTH ONE, AND INCREASE EFFORT DURING MONTHS 2 & 3 TO SUPPORT METABOLISM. CONSIDER HIIT, TABATA, OR STRENGTH TRAINING.**
- ◇ **MEDITATION OR OTHER MINDFULNESS PRACTICES**
- ◇ **JOURNALING**





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

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

+References found at quicksilverscientific.com/references

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