

BIO-AGE



RESET



A BIO-AGE REVERSAL PROTOCOL
GUIDEBOOK



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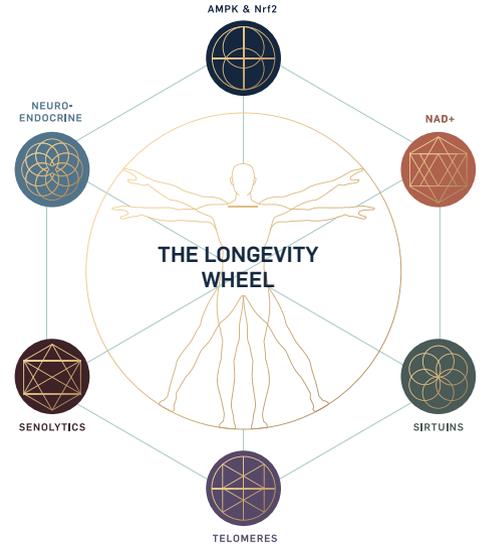
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WELCOME TO YOUR RESET!

The goal of this protocol is to support your body's detoxification pathways, reducing your body's burden of toxins and preparing it for resilient health. Our comprehensive detox protocol is designed to reset your body by gently flushing away toxins and creating a healthier internal environment, setting the stage to support a more flexible metabolism, robust energy, and improved immune function - all core aspects of healthy aging and burning bright.

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 THE BIO-AGE RESET

WHAT IS THE BIO-AGE RESET?

The Reset Protocol is a detoxification protocol that is part of our larger Bio-Age Reversal Program - a comprehensive 3-month system 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.* For more information and resources on our age optimization products and our revolutionary Longevity Wheel, visit: www.quicksilverscientific.com/longevity-wheel.

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.



WHAT YOU CAN EXPECT AND EXPERIENCE

Changes are coming! Over the course of the month, as your body begins to shed toxins and 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**
- ◇ **RESTFUL SLEEP**
- ◇ **HEALTHY INFLAMMATORY RESPONSE**
- ◇ **ELEVATED MOOD**
- ◇ **CLARITY OF MIND**
- ◇ **FEELING LIGHTER AND BRIGHTER**

THINGS TO KNOW:

The detoxification process supports the clearing and resetting of your body at a cellular level. This process can sometimes result in temporary detox symptoms that can easily be addressed.*

◇ **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 they're detoxing. 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.*

◇ **FATIGUE**

During the first few days of detox, you may feel a bit fatigued. This can be due to changes in your metabolism as your body shifts its energies towards mobilizing and eliminating toxins. If you're dragging during your detox, drink plenty of water and give yourself some time to relax and recharge – you may need to be gentler on your body for the first few days.*



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	
Push Catch® Liver Detox, Ultra Binder®		1 sachet mixed in 8 oz water
Glutathione Complex	1 tsp	
Cat's Claw Elite®	5 pumps	

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



ENHANCE YOUR PROGRAM

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

- ◇ REMOVE OR LIMIT PROCESSED FOODS, SUGAR, GLUTEN, DAIRY, & ALCOHOL
- ◇ INTERMITTENT FASTING
- ◇ INCREASE WATER INTAKE
- ◇ AVOID TOXIC CONTAMINANTS AS MUCH AS POSSIBLE
- ◇ GIVE YOURSELF TIME TO REST
- ◇ DRY BRUSH & LIGHT EXERCISE FOR ADDITIONAL CLEANSING SUPPORT
- ◇ MEDITATION OR OTHER MINDFULNESS PRACTICES
- ◇ JOURNALING





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

Congratulations! At this point, your body may feel reset - unwanted toxins have been cleared 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 DETOXIFICATION SUPPORT.

You may intuitively know that you need to clear more toxins from your body, or you may be working with a practitioner that is actively testing your toxin levels, determining this need. Either way, we suggest repeating this module for another 28 days.

I FEEL RESTORED, MY TOXIN LOAD IS DOWN, AND 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 ACTIVATE PROTOCOL

The Bio-Age Activate module is designed to activate biochemical pathways to support a healthy metabolism, increase the foundational longevity molecule, NAD+, and support the healthy function of cellular and organelle membranes, all essential aspects of healthy aging.*

◇ 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.*

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BIO-AGE RESET PRODUCT DESCRIPTIONS



DR. SHADE'S LIVER SAUCE®:

Liver Sauce is a premier liver formula that supports bile flow and detoxification pathways, supporting toxin elimination while balancing healthy inflammation and antioxidant activity.*

- ◆ **Dandelion and gentian root** – Dandelion and gentian roots are quintessential “bitters,” herbs that help activate bile production by stimulating bitter taste receptors in the GI tract. Both herbs also support powerful hepatoprotective effects and support antioxidant activity in the liver.+
- ◆ **Solidago** – Solidago helps promote urination and excretion of toxins through the kidneys. It also helps increase glutathione levels, supporting phase II detoxification processes.+
- ◆ **Myrrh oleo-gum resin** – Myrrh also helps activate bile flow and offers antioxidant and microbial-balancing effects.+
- ◆ **DIM** – DIM is a phytonutrient found in cruciferous vegetables helps boost the activity of Nrf2, a detoxification mechanism in the body that supports the activation of detoxifying enzymes and glutathione production.+
- ◆ **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®:

Ultra Binder is our broad-spectrum binder that “mops up” toxins that have been excreted into the gut, preventing them from being recirculated throughout 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.*

- ◆ **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.+





BIO-AGE RESET PRODUCT DESCRIPTIONS



GLUTATHIONE COMPLEX:

This foundational product provides an array of nutrients that support detoxification pathways and cellular energy production, a critical element of successful detox. In this blend:*

- ◆ **Glutathione** - Glutathione is the body's premier antioxidant. It is essential for maintaining healthy immune function.+
- ◆ **B Complex** – This formula contains a spectrum of B vitamins that support the immune system and detoxification. Vitamin B2 aids in the recycling of glutathione. Folate, B6, and B12 support methylation, a key element of detoxification and healthy immune function.+
- ◆ **Trimethylglycine (TMG)** - TMG is a methyl donor molecule that helps keep the entire methylation cycle chugging along, aiding in detox and immune function.+
- ◆ **Milk Thistle** - Supports healthy liver function, a prerequisite for successful detoxification.+

CAT'S CLAW ELITE®:

This innovative immune support formula provides a medley of ingredients that help support the immune system.*

- ◆ **Cat's Claw** - Cat's claw is an Amazonian herb traditionally used for immune support. It is a rich source of potent plant compounds that support immune defenses and help promote a healthy microbial environment.+
- ◆ **Vitamin D3** – D3 offers multifaceted immune support. It specifically works to bolster Cat's Claw's effects by helping to produce immune molecules that can clear unwanted microbes from the body.+
- ◆ **Monolaurin** - Monolaurin is a fatty acid found in coconut milk and breast milk that helps shield cells from harmful invaders.+
- ◆ **Spearmint, rose, and lemon balm essential oils** - They support a healthy microbial balance while also imparting our formula with a delicate, pleasant flavor.+



ADDITIONAL PRODUCT CONSIDERATION DESCRIPTIONS



MICROB MANAGER™:

Microbial imbalances inside the body put a constant strain on detoxification pathways. Microb Manager is an immune support formula offering a healthy microbial balance in the body.*

- ◆ **Artemisinin** – A plant compound found in *Artemisia annua*. Artemisinin has been used for millennia in Traditional Chinese Medicine to target microbial imbalance.*
- ◆ **Broad Spectrum Hemp Extract** - Offers microbial balancing properties and helps attenuate the inflammatory damage caused by immune stressors.*
- ◆ **Curcumin and Boswellia** – Are both essential botanicals in Indian Ayurvedic medicine, commonly used to soothe irritations caused by microbial triggers.*
- ◆ **Andrographis** - A botanical that supports the body's immune defenses.*

ARTEMISININ EMULSION: *(professional only product)*

This formula is a concentrated emulsified extract of the microbial-balancing botanical *Artemisia annua*. The emulsion targets microbes in the GI tract and has a potent bitter flavor that supports bile flow, an essential element of detoxification and digestive function.*



QUINTESSENTIAL® 0.9:

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





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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