PROFESSIONAL

Metabolic *Activation:*

Optimizing Weight Management Protocol Guidebook

A 30-Day System to Align Your Biology for Metabolic Recalibration



WHY THIS PROTOCOL WAS CREATED

The **Professional Metabolic Activation: Optimizing Weight Management Protocol** was designed for people who feel stuck in their metabolism — people who sense that their hunger cues are unpredictable, their cravings feel louder than their willpower, their energy doesn't match their intentions, or their progress stalls no matter how much effort they put in.

This is not a diet.
This is not a restriction plan.
This is not about pushing harder.

This protocol works with your biology to restore the internal systems that regulate appetite, energy, digestion, inflammation, and detoxification — the systems that modern life disrupts through stress, poor sleep, processed foods, endocrine disruptors, sedentary time, irritants, and gut imbalance.

The formulas in this protocol target five core pillars of metabolic health:

1. Appetite & satiety signaling
2. Cellular energy production (NAD+, mitochondria, AMPK)
3. Gut–brain communication & inflammation
4. Inflammatory tone & metabolic flexibility
5. Detoxification & toxin clearance

By supporting these foundational systems in a coordinated way, your metabolism becomes more responsive, your appetite becomes more predictable, your cravings soften, your energy stabilizes, and your body can become more efficient at repairing, digesting, detoxifying, and burning fuel.

This is a blueprint for metabolic recalibration — steady, sustainable, biologically aligned.

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THE SCIENCE: How This Program Works With Your Biology

Your metabolism is shaped by interconnected systems. When one system becomes stressed or inflamed, others compensate — often leading to the "stuck" feeling so many people experience.

THIS PROTOCOL SUPPORTS ALL FIVE SYSTEMS SIMULTANEOUSLY.

1. APPETITE & SATIETY SIGNALS

Hunger and fullness are regulated by hormones such as:

- GLP-1 (fullness & slowed digestion)
- Ghrelin (hunger)
- CCK (early satiety)
- Leptin (long-term satiety)

This protocol helps restore clearer, more predictable appetite signaling so eating feels more intuitive and grounded.

2. CELLULAR ENERGY: NAD+, AMPK & MITOCHONDRIA

Low cellular energy is one of the fastest ways metabolism becomes sluggish.

Declining cellular NAD+, mitochondrial stress, & suppressed AMPK lead to:

- Low energy
- Increased fat storage
- Poor detox capacity
- Slow repair
- Inflammation

Supporting these pathways helps your cells produce cleaner energy, burn fuel more effectively, and stay metabolically flexible.

3. GUT–BRAIN AXIS

Your gut and brain communicate constantly. Gut irritation or inflammation can disrupt:

- Appetite cues
- Cravings
- Mood
- Energy
- Digestion
- Metabolic signaling

Repairing gut lining integrity and calming gut-driven inflammation strengthens the entire metabolic network.

4. INFLAMMATORY TONE

Inflammation acts like a metabolic brake pedal. It suppresses AMPK, interferes with insulin, increases cravings, slows digestion, and causes water retention. Lowering inflammatory burden helps your metabolism become more responsive and efficient.

5. DETOXIFICATION & TOXIN RECIRCULATION

When fat cells break down, they release stored toxins into circulation. Without support, many toxins recirculate, increasing inflammation, cravings, and metabolic slowdown. Supporting toxin binding and elimination reduces internal metabolic stress and allows fat-loss signals to work more effectively.

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WHAT'S INCLUDED:



GLP-1 AMPLIFIER

1 - 300 ML BOTTLE

Supports healthy appetite regulation and metabolic signaling by enhancing GLP-1, activating AMPK, stabilizing digestion, and improving metabolic switching.



LIPOTONE™

1 - 450 ML BOTTLE

A peptide-based formula that supports early fullness, reduced ghrelin activity, calmer reward-driven eating, healthier lipid metabolism, and more efficient digestion. Phosphatidylcholine supports fat metabolism and cellular membrane signaling.



NAD+ PLATINUM®

2 - 100 ML BOTTLES

Helps replenish cellular NAD+, the molecule required for mitochondrial energy, DNA repair, detoxification, and healthy aging. Supports sirtuin activation, clean energy, and metabolic resilience.
Refrigerate upon receipt.



LIPOSOMAL BPC + KPV

1 - 30 ML BOTTLE

A combination oral peptide formula that supports gut lining repair, helps reduce gut-driven inflammation, calms the gut–brain axis, and promotes healthy digestion, nutrient absorption, and metabolic flow.
Refrigerate upon receipt.



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.

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PROFESSIONAL METABOLIC ACTIVATION: *Optimizing Weight Management*

30-DAY PROTOCOL			
PRODUCT	A.M. (BEFORE BREAKFAST)	P.M. (BEFORE DINNER)	BEFORE BED
GLP-1 Amplifier	5mL	5mL	
LipoTone™	7.5mL	7.5mL	
NAD+ Platinum®	5mL		
BPC + KPV	1 pump	1 pump	
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.

INSTRUCTIONS:

1. Hold each liquid dose in the mouth for 30-90 seconds before swallowing. Taking on an empty stomach is recommended.
2. LipoTone™ should be taken 30-60 minutes before meals.
3. Take 4 binder capsules at bedtime to support mobilized toxin removal.
4. For best results, repeat protocol for a minimum of 3 months.
5. Once you've reached your desired goals, consider moving to the **Metabolic Maintenance Protocol**. QR code below.

METABOLIC MAINTENANCE PROTOCOL

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SUPPORTIVE LIFESTYLE PRACTICES

1. MEAL COMPOSITION

Support GLP-1, CCK, and fullness signaling

- Start meals with protein or fiber
- Include colorful vegetables and healthy fats

2. MEAL PACE

This helps your fullness hormones activate before overeating

- Eat more slowly
- Take pauses between bites
- Avoid distracted eating

3. GUT-SUPPORTIVE HABITS

Daily behaviors that enhance digestion, nutrient signaling, and comfortable satiety

- Avoid eating to 100% fullness; aim for ~80%
- Gentle post-meal walks or twists
- Support hydration throughout the day

4. MOVEMENT FOR METABOLISM

Movement activates AMPK and improves insulin sensitivity

- Take a 10–15-minute walk after meals
- If sitting for long periods, take breaks to stand
- Strength train 2–3x/week

5. SLEEP & STRESS RHYTHM

Support gut function, appetite regulation, and inflammation reduction

- Aim for 7–9 hours of sleep
- Try to be consistent with your wake/sleep times
- Simple deep breathing transitions between tasks

6. DETOX-FRIENDLY SUPPORT

Support natural detoxification, lymphatic flow, and metabolic clearance

- Hydrate steadily
- Sweat through sauna, exercise, or warm baths
- Gentle breathing for lymphatic flow
- Eat supportive foods like leafy greens, crucifers, berries, & citrus



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WHAT TO EXPECT: BENEFITS OVER TIME

BASED ON FOLLOWING THE PROFESSIONAL METABOLIC ACTIVATION PROTOCOL FOR THREE MONTHS

Weeks 1–2: Awareness Shifts & Signal Clarity

- Calmer cravings
- Earlier fullness
- More stable appetite
- More consistent energy
- May notice bloating ease
- Better digestive comfort

Weeks 3–4: Metabolic Activation

- Improved metabolic flexibility
- Increased energy availability
- Decreased water retention
- Inflammation support
- More predictable hunger cycles

Months 2–3: Body Composition & Rhythm Changes

- Improved fat-burning efficiency
- Shift in midsection comfort and lightness
- Stronger metabolic rhythm
- More stable mood and mental clarity
- Easier adherence to healthy habits

Long-Term: Restored Appetite Signaling

- Stronger gut function
- Sustained energy
- Improved metabolic resilience
- Long-term weight and wellness support

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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® (ingredient in LipoTone™) shows no associated lean muscle loss, unlike what has been observed with aggressive appetite suppression[1]
- 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.

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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.[2]

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. HOW QUICKLY WILL I NOTICE CHANGES?

A. Many people notice changes within the first 1–2 weeks, such as:

- Reduced food noise or constant thinking about food
- Easier portion awareness
- More stable energy between meals

That said, metabolic balance is cumulative. The most meaningful results often appear with consistent use over 30 days or longer, especially when paired with supportive lifestyle habits.

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.

Once you've reached your desired goals, you might consider transitioning to the Metabolic Maintenance Protocol (see page 9 for QR code).

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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