



QUICKSILVER
SCIENTIFIC®



30 DAY *Reset*
PROGRAM GUIDEBOOK



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30 DAY Reset

Who couldn't use a reboot right about now? It's a great time to think about resetting your body, restarting your routines - and reinvigorating your health goals. Quicksilver Scientific is here to support you with our powerful 30 Day Reset program - helping you align with your goals to start fresh from the inside out.



Never has it been more important or felt so good to know you're in control of something that can last a lifetime: wellness. This is it: an inspiring 4 week program designed to pair our groundbreaking detox, energy, and longevity formulas with the nutrition education and lifestyle tools you need to take back your wellness.

The Quicksilver Scientific 30 Day Reset program starts whenever you're ready. Whether you already use our industry-leading liposomal products and want to continue the good work, or you're new to the Quicksilver community and are interested in a science-based wellness protocol, everybody can appreciate this foundational reset.

We're here to give you everything you need, from the proper dosing and intent behind the six supplements arriving at your doorstep, to awesome, effective lifestyle supports like easy exercise ideas, self-care tips, and a holistic approach for driving your health forward.

Welcome to your 30 Day Reset. The progress — and the fun — starts now!

30 Day Reset Program Products and Dosing Chart

Follow a pulse dosing schedule of 5 days on, 2 days off. Repeat 4 times for a total of 28 days. Take all morning doses at the same time, preferably on an empty stomach. Wait 30 minutes before taking the Ultra Binder, and another 30 minutes before eating or taking medications. H2 Elite is best taken before exercise.

Product	A.M.	30 minutes later	P.M.	30 minutes later
AMPK Charge+™	1/2 tsp		1/2 tsp	
NAD+ Gold™	2 pumps		2 pumps	
Methyl Charge+™	1 pump		1 pump	
Ultra Binder®		1/2 tsp		1/2 tsp
QuintEssential® Hypertonic Elixir	1 sachet post-exercise			
H2 Elite®	1 tablet pre-exercise			

AMPK Charge+™

AMPK is present in all complex life forms, from mice to humans. AMPK is a central regulator of metabolism and energy production that detects when cellular energy (in the form of ATP) is low. When low levels are detected, AMPK activates processes that generate ATP, restoring energetic balance to cells.



AMPK activation helps promote metabolic health, accelerated fat burning, and a healthy inflammatory balance. It also boosts autophagy, our bodies' cellular "housekeeping" system that breaks down old, damaged cellular components. AMPK is activated when our body is in a fasted state. On the other hand, AMPK is blocked when we are in a fed state. In modern-day society, it is typical to be in a chronically fed state, which can be problematic as this prevents the body from realizing the health benefits of AMPK, compromising metabolic health and promoting body fat storage.

Nature offers an abundance of plant-based compounds that support AMPK activation. AMPK Charge+ combines these ingredients into one powerhouse package, providing strong support for AMPK activity, cellular detox, and metabolic health.

- **Quercetin** is an AMPK activator found in various plant foods, including onions, apples, and tea. It aids blood sugar balance and supports a healthy inflammatory response.

- **Berberine** magnifies AMPK activity to support autophagy, healthy blood sugar balance, and healthy blood lipid levels.
- **Resveratrol** provides support for metabolic health and may improve cellular energy production.
- **DIM (Diindolylmethane)** is a nutrient found in cruciferous vegetables that aids AMPK activation to promote a healthy inflammatory response. It also supports the metabolism of estrogen to optimize hormonal balance.
- **Milk Thistle** supports healthy liver function, a prerequisite for successful detoxification and metabolic health.
- **Cinnamon Bark Oil** also heightens AMPK activation and supports blood sugar balance by efficiently ushering glucose into cells.

NAD+ Gold™

NAD+ is the body's premier longevity molecule, naturally present in every cell of the body and critical for DNA repair, energy production, and cell survival. By middle age, our NAD+ levels plummet to half that of our youth, impairing our bodies' abilities to repair and regenerate. Exposure to environmental stressors, including an unhealthy diet and physical inactivity, may also deplete NAD+ levels.

NAD+ Gold provides highly-bioavailable NMN, the most direct precursor to NAD+. By supporting NAD+ production with NMN, we can enhance our energy and regenerative capacity, building a healthy body from the inside out.

- **NMN (Nicotinamide Mononucleotide)** is directly transported into your cells to produce vital NAD+. NAD+ drives crucial cellular processes, including metabolism, immune function, and the body's response to exercise. It also activates sirtuins or "longevity genes", a family of proteins that when turned on, supports cellular function ranging from inflammatory balance to energy metabolism and stress resistance.
- **TMG (Trimethylglycine)** is a methyl donor that facilitates the activity of NAD+. By providing methyl groups, it supports and balances the interconnected NAD+ and methylation cycles.

Methyl Charge+™

Methylation is a biochemical process by which methyl groups are added to substances in the body, regulating metabolism and detoxification, among many other functions. A variety of nutrients are required for methylation, including B vitamins. Optimal methylation is also required for regenerating NAD+ in our bodies. Methyl Charge+ provides the vital nutrients needed to maintain robust cellular NAD+ levels, keeping metabolism and detox chugging along.

Methyl Charge+ is a blend of four key B vitamins – **folate, B2, B6, and methyl B12** – along with **TMG**. It keeps the wheels of the methylation cycle turning efficiently, supporting detoxification and metabolic health.

Ultra Binder®

Our broad-spectrum binder "mops up" toxins that have been excreted into the gut, helping to prevent 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, including **zeolite, bentonite clay, activated charcoal, chitosan, gum Arabic, aloe vera** and our proprietary **IMD® Intestinal Cleanse**.

QuintEssential® Hypertonic Elixir

Many aspects of modern-day life deplete our mineral levels, including stress and unhealthy diet and lifestyle habits. This depletion compromises hydration and our ability to effectively detoxify and produce energy.

QuintEssential Hypertonic Elixir provides a concentrated solution of **micro-filtered seawater** designed to rapidly replenish mineral balance. This concentrated formula allows minerals to readily move from your blood into your cells, helping to support the detox process. The spike in essential minerals also aids energy production, helping to revitalize the body and support alertness and stamina.

H2 Elite®

Our advanced **molecular hydrogen** tablets quickly dissolve in water, producing millions of tiny hydrogen bubbles that provide nature's purest antioxidant – H2. These small but mighty hydrogen molecules support metabolism, energy, detoxification, and a balanced inflammatory response, helping to reset whole-body health.

As part of the 30 Day Reset, we recommend that you take H2 Elite before workouts. Supplemental hydrogen has the unique ability to mimic the effects of exercise and can be taken before your workout to help maximize the benefits.

H2 Elite can also be used in a less conventional way - in your bath! Hydrogen absorbs quickly through the skin, which can support both skin health and increase hydrogen levels throughout the body. Your bottle will have 10 extra tablets that can be added to your bath to fortify your favorite relaxation ritual.

Nutrition Recommendations

Nutrition is one of the most effective tools for rebooting your body. Optimizing your diet can do wonders to support detoxification, metabolic health, and energy. Over the next 30 days, we recommend trying one of the following nutrition approaches to complement the health transformation you'll experience with the supplements included in our 30 Day Reset Program.

Option 1: Eating Low-Carb

A high-carbohydrate diet is a norm in the Western world, where processed foods and refined sugars are abundant. However, high-carb intake doesn't do our metabolic health any favors and can cause our energy levels to nosedive.

Alternatively, a low-carbohydrate diet fine-tunes your body's metabolic machinery, supporting AMPK activation, healthy blood sugar control, enhanced fat-burning, and balanced energy levels. These beneficial health effects make a low-carb diet an excellent nutrition plan during the 30 Day Reset Program.

Ideally, each meal you eat on a low-carb diet should be comprised of:

- **55-70% healthy fats**
- **20-30% protein**
- **10-15% carbohydrates**

Check out the [Low-Carb Meal Plan](#) for foods to include, foods to limit, and delicious recipes that you can prepare and eat throughout the month.



Option 2: Consider Keto

A ketogenic or “keto” diet is a low-carb, moderate-protein, high-fat diet that trains your metabolism to use stored fat, dietary fat, and ketone bodies for energy production. Ketone bodies, also known as “ketones,” are small, water-soluble compounds that are metabolized like fats and can be used for energy by every cell type.

The metabolic adaptations and ketones produced when eating a ketogenic diet support detoxification, a clean-burning metabolism, and enhanced energy production. The common macronutrient breakdown per meal when practicing a keto diet looks like:

- **60-80% healthy fats**
- **15-30% protein**
- **5-10% carbohydrates**

Check out the [Keto Meal Plan](#) for delicious recipes that you can prepare and enjoy throughout the month.



Always consult your healthcare professional before starting this or any other wellness program.

Intermittent Fasting

Fasting is a perfect companion to a low-carb or ketogenic diet. Fasting is one of the most powerful ways to enhance the AMPK pathway. It also activates autophagy, your body's cellular “housecleaning” system, which promotes healthy cell cycles and deep cellular detoxification.

There are several intermittent fasting (IF) approaches. However, many people find the 16:8 approach the most realistic and achievable for their lifestyle. This approach to IF involves fasting for 16 hours (overnight) and eating within an 8 hour time window each day. Because much of the fasting time occurs while you sleep, the 16:8 approach is a great way to start — and sustain — this valuable longevity practice.

Another benefit of IF is that it pairs perfectly with AMPK Charge+. Taking AMPK Charge+ while fasting will help amplify the benefits of IF, including fat burning, autophagy, detox and more! You can find guidelines on how to practice IF on the program landing page.

Exercise Recommendations

Physical activity is essential for optimal metabolic health and will up-level your health transformation on the 30 Day Reset. To make it easy, we've taken a deep dive into the research and narrowed down the most ideal routines for supporting metabolic health during this program. The best combo is a mix of moderate and intense cardio, plus strength training each week. Feel free to try any (or all!) of our recommendations - or follow your favorite exercise routines throughout the program.

Morning “Fasted Cardio”

WHAT: Try some gentle fasted cardio — cardiovascular activity performed in a fasted state, in which no food has been consumed for at least 10 hours. This can shift metabolism in a positive direction, supporting healthy blood-sugar levels and helping you burn body fat for fuel.

HOW: Three times a week, try taking a 30 minute walk, light run, or bike ride before eating breakfast.

Post-Meal Walks

WHAT: Research shows that taking a walk 30-45 minutes after a meal can support blood-sugar balance by directing circulating blood sugar to working muscles, reducing glucose in the bloodstream.

HOW: Many people find that it is convenient to fit in a moderate walk after lunch during the work week, but do try walking twice a week after any meal whenever it fits your schedule.

HIIT

WHAT: No discussion of metabolic health and exercise would be complete without high-intensity interval training, or alternating short periods of intense

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anaerobic activity with less intense recovery periods.
HOW: Start with one 30-minute session the first week building up to 4-5 30 minute sessions weekly if this is your preferred form of exercise. You can find sample HIIT workouts on our program landing page for options.

Strength Training

WHAT: Strength training builds muscle, creating a “vacuum” for taking up glucose from the blood supporting healthy blood sugar levels. Having a higher proportion of muscle to fat mass ratio on your frame can also boost your metabolism.
HOW: Begin incorporating 2-3 20 minute strength training sessions into your physical activity routine each week. Body weight exercises (i.e. push-ups), resistance bands, and handheld weights work well. Alternate days between upper and lower body workouts.

WEEKLY GOAL CHART

MODERATE CARDIO	INTENSIVE WORKOUT	STRENGTH TRAINING
(Fasted and after meals) Try for 2.5 hours a week	(HIIT) Aim for 2-2.5 hours a week	3 times a week for 20 min (this can be combined with HIIT training)

Keep in mind that you can gradually work up to this physical activity level and continue building momentum beyond the end of this program. Optimizing your exercise routine takes time and consistency, but it will be well worth the effort and help you achieve the fullest expression of your metabolic health on the 30 Day Reset!

Keeping you Accountable and on Track

One of the toughest aspects of staying with any new routine is maintaining accountability. That’s why we’re providing you with a handy Accountability Tracker to keep your motivation — and spirits — high during the 30 Day Reset. **Each week, just download and digitally update or print out the tracker and make an effort to fill in what you can throughout each week.**

Over the next 30 days, as you try new supplements, experience their effects, and incorporate lifestyle shifts to make it all stick, this is your journal — a simple place to record your numbers, thoughts, and, we hope, plenty of ah-ha moments.



As always, we’re here for you. Feel free to reach out to our dedicated team at any time - for any reason at **resetsupport@quicksilverscientific.com**.

Let’s get started!

** 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. Always consult your healthcare professional before starting this or any other wellness program.*

