



30 DAY *Reset*
FREQUENTLY ASKED QUESTIONS



Can anyone do this program?

We recommend that you consult with your healthcare professional before beginning this program. If you are pregnant, nursing, have other health conditions or concerns, or are taking medications, it is advised to assess this program with your practitioner to determine whether it is right for you.

What if I forget to take my supplements?

If you forget to take any of the supplements or a daily dose, do not worry, it happens to all of us! Take the dose as soon as you remember or simply wait until the next day and jump back in.

How will I know what products to take and when?

You will find product information and dosing guidelines in your 30 Day Reset Guidebook, which you should have received with your products.

I received my products but want to wait to start the program. Is that OK?

Absolutely! The program can be started at your convenience. The only recommendation we have is that you sign up for email support the day you start the program to receive perfectly timed resources and tips directly to your inbox each week. Go to quicksilverscientific.com/30-day-reset to opt-in for the weekly emails.

I am constipated. What should I do?

Constipation can occur when taking binders or when entering ketosis. If you are not having regular bowel movements, try increasing your water and dietary fiber intake as well as light movement such as stretching or walking. If still struggling, consider adding a magnesium supplement to your routine.

Do I have to follow one of the recommended meal plans?

No. You can still benefit from the supplement protocol even if you do not follow one of the meal plans. The reason for the meal plan options is to support the AMPK pathway, which is activated through our AMPK Charge+ product and encouraged further on a low-carb or keto diet.

I am unable to follow the exercise recommendations, is that OK?

Yes. Daily exercise will further support the metabolic changes being made throughout the 30 days but you don't have to follow the exercise recommendations provided in the guidebook. If you already engage in other activities or have your own routines, that is perfectly fine. Or, if you can only do minimal movements throughout the week, that is acceptable as well.

What if I have a question while doing the program?

Email resetsupport@quicksilverscientific.com; we have a dedicated team to answer your questions.

Can I do this program multiple months in a row?

We recommend consulting your healthcare professional to assess your individual situation and needs, but in general, the program can be done for multiple months in a row.

The dosing schedule recommends taking the supplements 5 days on and 2 days off — why is this?

This sort of dosing schedule is called pulsing. We recommend pulsing the products to give your body a few days off each week to recalibrate as the supplements are engaging multiple biochemical pathways in the body.

How do I sign up for support emails?

Once you're ready to start the program, go to the 30 Day Reset web page at quicksilverscientific.com/30-day-reset and click on the Opt In button to begin receiving your weekly email support.

I'm a practitioner and would like to start a group program using the 30 Day Reset protocol. What do I do?

You can log in to your practitioner PRO page of our website, purchase the program and have it drop shipped to your patient(s). You can access all resource materials on the dedicated 30 Day Reset web page. Once you've ordered the program for your patient(s), you'll receive a welcome email. This email includes an Opt In for weekly email support. We suggest forwarding this email to your patient(s) so they can sign up to receive these emails as well.

What is AMPK Charge+ designed for?

AMPK Charge+ is a phytonutrient blend designed to support the AMPK pathway, a critical metabolic pathway that is responsible for healthy glucose and lipid metabolism, cellular clarity, mitochondrial biogenesis, and healthy body weight.

What is AMPK?

The AMP-activated protein kinase pathway, AMPK for short, is a central regulator of metabolism, growth, and energy. AMPK flips the body's metabolic switch from burning primarily glucose for fuel to burning fat (as ketones) for fuel. AMPK is essential for autophagy, the body's cellular housekeeping system that clears out damaged and dysfunctional cell components for the body to recycle or eliminate.

What activates the AMPK pathway?

It is activated whenever intracellular energy (in the form of ATP) is low. Fasting, low blood insulin levels, and exercise activate the AMPK pathway.

What are ketones?

Ketones are water-soluble energy molecules that are made by mitochondria in the liver from dietary or stored fats and are used as an alternative fuel source to glucose.

What is Ultra Binder?

This 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, this formula contains an array of binding agents, including zeolite, bentonite clay, activated charcoal, chitosan, gum Arabic, aloe vera and our proprietary IMD® Intestinal Cleanse.

What does Ultra Binder taste like?

The Ultra Binder is tasteless; it has no taste or smell.

Is the Ultra Binder vegetarian?

It is not, it contains Chitosan, which is derived from shellfish

Why should I take Ultra Binder away from food or medications?

Binders not only catch toxins but can catch other vitamins, nutrients and medications that are in circulation in the GI tract at the time of consumption. To avoid this, it is best to take the binder 30 minutes before or 2 hours after meals and medications.

Why does the label say it could cause cancer or reproductive harm?

Ultra Binder contains clay and charcoal as active ingredients, which are known to contain naturally occurring chemicals that can be dangerous in high amounts. Since prop 65 has been enacted, we are required by law to make our customers aware of this.

What is NMN?

NMN, or nicotinamide mononucleotide, is a molecule derived from vitamin B3 and a direct precursor to NAD+.

Why would I take this NAD+ product?

Cellular NAD+ and NMN levels fall with age. NAD+ is important for cellular health and repair, DNA function, and mitochondrial health among other things. Many aging symptoms like low energy can be attributed to these falling levels. By boosting NAD+ levels, longevity genes called sirtuins become activated protecting our cells and support healthy aging.

Why can't I just supplement with NAD+?

NAD+ is a large molecule and is unable to get through the cell membrane and into the cell where it is needed. Because of this, precursors to NAD+ are a better choice for supplementation. NMN is a direct precursor to NAD+ and has its own dedicated transporter, which shuttles this small molecule into cells where it is converted to NAD+.

What does the ingredient trimethylglycine (TMG) do?

TMG as betaine is a methyl donor that supports the action of NMN and the liver. NMN ramps up methylation and consumes a significant amount of TMG. This can cause a drain in energy. Because of this, we added trimethylglycine, which is a methyl donor compound that contains 3 (tri) methyl groups and a glycine amino acid. This balances the metabolic actions of NMN and supports the coinciding methylation activities.

What exactly does Methyl Charge+ do?

This formula offers methylation support for undermethylators and MTHFR gene variants, providing key cofactors and methyl donors to keep the methylation cycle turning to support multiple biochemical processes and the production of important molecules. It also supports the NAD+ cycle to boost NAD+ and supports SAME production.

Can I use Methyl Charge+ in place of B Complex?

The formulas are a little different. Methyl charge+ does not contain niacin, and is more targeted for methylation support versus being a comprehensive B-complex.

Why is methylation important?

Balanced methylation supports and maintains healthy energy, detoxification, inflammatory response, and neurotransmitter production. Methylation drives multiple biochemical processes in the body and is important for the production of important molecules.

Why does NAD+ Gold pair well with Methyl Charge+?

Methyl charge+ supports methylation pathways, which are also part of the NAD+ cycles. Taking these together provides balanced support for both the NAD+ and methylation pathways.

What makes Quinton seawater more than just an electrolyte rebalancing supplement?

The human body is made up of 60-70% water — and this water composition originated billions of years ago from the earth's first body of water, the primordial ocean, which gave rise to every

living thing on earth. The body's water content is an isotonic solution of the elemental periodic table similar to the original ocean's makeup. Through years of study and research, Quinton's founder, Rene Quinton, utilized this ionic compound (then called Quinton Plasma) for deep cellular healing and rebalancing of the body's "biological terrain" — with great results.

Quinton® contains 78 minerals and trace elements. What are those?

The ocean is a solution of the entire periodic table of elements (all the minerals and trace elements), minus the inert gases and several elements that either no longer exist on Earth (i.e., they have decayed out of existence in their original form) or they are below the detection level of analytical instruments. The result: the 78 minerals and trace elements that have been measured in Quinton.

What is an ionic mineral?

An ion is a mineral or element that has a positive or negative charge. On the molecular level, that means the element has either too many or too few electrons. This unstable ionic state allows the element to bond readily with water, making it possible for the body to absorb it.

How do I take H2 Elite?

Dissolve 1 tablet into 8-12 oz of cold or room temperature liquid, ideally quality filtered water. Allow the tablet to dissolve completely before drinking. Ingest immediately for optimal hydrogen intake.



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