



QUICKSILVER
SCIENTIFIC

QUARANTINE RECOVERY PROGRAM MONTH 3

Frequently Asked Questions

How is Month 3 different from the other months?

Month 1 was all about detoxification and kickstarting the elimination of stubborn toxins from your body. Month 2 supported a deeper, cellular-level detox, along with the activation of key biochemical pathways to support metabolism and immune function. Moving into month 3, we'll focus on mitochondrial production and function as you elevate overall cellular energy. You'll also be providing your body with foundational vitamins, minerals, and nutrients — the raw materials to build stronger, better functioning cells. We'll also work on activating your parasympathetic nervous system to support stress resilience and calm, something we still need desperately these days.

How should I dose QRP Month 3 products?

Dosing for month 3 is easy. Please read the QRP Month 3 Guidebook thoroughly and check out the handy dosing chart within the book for more details.

Why is NAD+ Platinum included in month 3?

NAD+ Platinum is included in month 3 as it has many essential benefits, including support for cellular energy production, proper cell signaling, and sirtuin activation. The formula includes NMN (nicotinamide mononucleotide), a direct precursor to NAD+, B vitamins to support methylation, and resveratrol and quercetin to support sirtuin activation.

What is NAD+?

Found in every cell, NAD+ is a coenzyme responsible for over 500 chemical and biological reactions in the body. Without NAD+, we would die. NAD+ is known as a longevity molecule because it supports healthy cell signaling, DNA repair, chromosome stability, energy production, and brain health, among other foundational actions. Without enough NAD+, degenerative processes take over, fast-forwarding the aging process.

What are the benefits of NAD+ Platinum's quercetin and resveratrol?

Quercetin and resveratrol are both strong antioxidants that help activate sirtuins and promote longevity. Resveratrol blocks important pathways while activating AMPK, which is necessary for energy production, reducing oxidative stress, and maintaining cardiovascular health. Quercetin is

a powerful senolytic and mast-cell stabilizer, which supports immunity; it also activates lipolysis for energy production.

What are sirtuins?

Sirtuins are a class of proteins that regulate cellular health and homeostasis while also optimizing genetic expression. Sirtuins influence cellular processes such as aging, transcription, apoptosis, inflammation, and stress resistance. They also play a role in metabolic regulation. It's important to note that sirtuins can only function in the presence of enough cellular NAD+.

Do I need to take Ultra Vitamin if I'm already taking a multivitamin?

Ultra Vitamin is included in the program to provide your body with added nutrition. Our Ultra Vitamin includes C, A, D3, E and K2, as well as active forms of B vitamins and carotenoids. These are all foundational, raw materials the body needs when building new, healthy cells and tissues, and work well in conjunction with NAD+ Platinum. If you are currently taking a multivitamin, we recommend you take Ultra Vitamin for the month and add your regular multi back in afterwards. This is because the liposomal delivery system used with Ultra Vitamin and all of our liposomal and nanoemulsion products enhances the bioavailability of these ingredients over other delivery methods (like capsules or powders).

Why do I need a multivitamin if I am already eating a healthy diet?

Whether you have always eaten healthy or recently adopted a new diet protocol, research shows that nutrient deficiencies are still possible. This is due to depleted nutrient content in soil; the way foods are harvested and transported before consumption, modern-day environmental factors, and added stressors that can block proper nutrient absorption. Adding a multivitamin such as Ultra Vitamin to an already healthy diet further supports your brain and body, providing the added nutrients it needs to stay healthy.

Why did you include Broad Spectrum Hemp Extract?

The ongoing stress of quarantine life and recovery are real and haven't stopped in the months that you've been doing QRP. We are all still navigating change, uncertainty, and disappointments. Because of this, we wanted to include a couple of calming supplements this month. Broad Spectrum Hemp Extract helps ease the body and promote parasympathetic tone, supporting stress resilience and sleep. The QuintEssential Isotonic ampoules/sachets also support calm and relaxation.

Does Broad Spectrum Hemp Extract include THC?

No, our nanoemulsified hemp extract is a broad spectrum product meaning that the THC or psychoactive component of the plant has been removed.

How do the QuintEssential Isotonic minerals support me in month 3?

QuintEssential Isotonic is made up of seawater that has been extracted and cold filtered from an ancient, protected phytoplankton bloom off the coast of France. There are over 78 minerals and trace elements in each serving, mixed with spring water, with the consistency of blood plasma.

Isotonic supports parasympathetic states — rest, digest, regenerate, and detoxify — providing a yin/yang balance between calming effects and the elevation and energy actions of NAD+ Platinum and Ultra Vitamin.

Are there any lifestyle modifications I should be doing in month 3?

We are focusing on increasing total power throughout the body for elevated vitality this month. Supplementing with the NAD+ precursor NMN supports this effort. Lifestyle activities including exercise, hot and cold therapies like saunas and ice baths, and intermittent fasting also support cellular NAD+ production.

What products require refrigeration in month 3?

NAD+ Platinum is the only product that needs to be refrigerated this month.



QUICKSILVER
SCIENTIFIC

www.quicksilverscientific.com

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