



QUICKSILVER
SCIENTIFIC

QUARANTINE RECOVERY PROGRAM MONTH 2

Frequently Asked Questions

How is month 2 different than month 1 QRP protocol?

Month 1 of the program was all about kickstarting detoxification to help remove accumulated toxins; month 2 will continue to focus on detoxification with a focus on supporting a healthy metabolism by activating biochemical pathways to support fat burning, energy production, and autophagy, your body's way of cleaning out old cell parts to make room for new healthy cells.

Month 2 will include new products: AMPK Charge+™, Ultra Binder® Stick Packs, Liposomal Glutathione, and QuintEssential Hypertonic Sachets. Combined with the hard work you did in month 1, this month you may notice some improvements in energy, mental clarity, bowel movements, and weight.

What support or education will I receive in month 2?

Throughout the program, you have the option to receive two emails weekly with helpful tips, education, and videos. We highly recommend you sign up to receive these emails each month. Visit the dedicated month 2 resource page to [sign up](#).

What if I still have supplements left over from month 1?

If you followed the protocol in the month 1 guidebook, you shouldn't have much left of your month 1 supplements. However, if you were taking a reduced dose of the products you can either save the remaining products for later use or finish up the products and begin month 2 when you're ready.

Will I feel any detox reactions during month 2?

As you move through month 2, the product, AMPK Charge+ may activate pathways that support the burning of fat for fuel. This will breakdown fat stores in the body and may release fat soluble toxins, leading to additional detoxification. This is a good thing! We've included the Ultra Binder Stick Packs to support the mopping up of any released toxins so you avoid uncomfortable detox reactions.

What dietary modifications should I do this month?

If you are looking to accelerate the benefits of month 2, dietary modifications can be very useful. Intermittent fasting, carb restriction, or a ketogenic diet are all nutritional enhancements you can do to support the activation of AMPK — the biochemical pathway that enhances metabolic flexibility and supports energy production.

Fasting and carb elimination/reduction pushes your body toward ketosis, a state in which your body is breaking down fat stores, turning them into ketones and using them as a source of fuel. Drinking plenty of water during month 2 will also be beneficial, supporting optimal hydration and toxin elimination.

Will I still benefit from month 2 if I make no dietary changes?

Yes. Although we encourage some dietary modifications to increase the metabolic activity that this month supports, eating a clean whole foods diet throughout the 3-month QRP is the next best practice. You will continue detoxing, supporting important metabolic pathways, and creating a healthy environment for immune resilience.

Why do I need to take Ultra Binder this month?

The list of potentially harmful substances we encounter in daily life is long: heavy metals, pesticides, herbicides, hormone mimics, drug residues, food additives, and the metabolites of mold and bacteria. Ultra Binder is a comprehensive blend of natural compounds that can effectively “catch” an array of environmental contaminants for safe removal out of the body. We are still detoxing in month 2, so it’s important to support this phase of detox.

How should I take Ultra Binder?

Make sure to read the [month 2 guidebook](#) for all product information and dosing. Mix 1 tsp or 1 stick pack of Ultra Binder into 8 ounces of filtered water and stir. It should be taken 30 minutes before or 2 hours after meals or medications. If you are experiencing detox reactions, you may decide to use a shaker bottle to mix the binder, drinking half in the morning and the other half later in the afternoon.

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 have no relief, consider adding a magnesium supplement to your routine.

How is month 2 supporting my immune system?

AMPK Charge+ activates a “housekeeping” process in the body called autophagy, which breaks down and recycles dysfunctional cellular components. This process supports all cells of the body, including supporting and maintaining healthy populations of immune cells to support whole body health and resilience.

What products require refrigeration in month 2?

Liposomal Glutathione is the only product in month 2 that needs to be refrigerated.

Why are we pulsing the products for 10 days on and 4 days off?

There are very few nutraceuticals that we recommend taking every day. The 10 days on allows the body to get deep into metabolic clean-up and detoxification, while the four days off support the body’s ability to catch up and/or rest from the work it has been doing.

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, we advise you work with your practitioner to determine whether QRP is right for you.



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