

Activated Charcoal: How to Use It for Effective Detox

Activated charcoal is a powerful binder that can support your detox process—**but only when taken correctly**. While it may seem trendy to sprinkle it into smoothies or baked goods, doing so reduces its effectiveness.

How Activated Charcoal Works:

- Binds to toxins, chemicals, and gases in the **GI tract**
- Prevents absorption of harmful substances
- Works best when your stomach is **empty**
(Take it **1–2 hours before or after** meals, medications, or supplements)

Why Adding It to Food Reduces Its Effectiveness:

- **Binds to nutrients** in your food—like vitamins, fats, and proteins—instead of toxins
- **Interferes with nutrient absorption** from your meal
- **Wastes its binding capacity** on food instead of biotoxins or environmental chemicals

Best Practices for Taking Activated Charcoal:

- **Take on an empty stomach** (at least 1–2 hours apart from meals or meds)
- **Drink with plenty of water** to stay hydrated and prevent constipation
- **Use short-term only**, or as directed by your healthcare provider

Recommended Products:

Ultra Binder® is a comprehensive combination of binding agents including activated charcoal, bentonite clay, chitosan, zeolite, and Quicksilver's proprietary mercury-binding complex, IMD®. This broad-spectrum formulation binds to many toxins such as heavy metals, pesticides, herbicides, hormone mimics, food additives, mold, and microbes for removal from the body.

Ultra Binder® Capsules are ideal for on-the-go detoxification support, providing powerful binding action to help eliminate toxins. Ultra Binder® is also available in: [Ultra Binder® bulk powder](#), [Ultra Binder® Sensitive Formula](#), and [Ultra Binder® Stick Packs](#).

Ultra Binder contains Chitosan, which is derived from shellfish.



**Quicksilver Scientific
Ultra Binder
Powder**



**Quicksilver Scientific
Ultra Binder
Capsules**



**Quicksilver Scientific
Ultra Binder
Stick Packets**

Reminder:

Activated charcoal is not a daily supplement. It should be used with intention and guidance—especially if you're supporting detox or recovering from environmental exposure.