



**NUTRIBULLET®**  
CARE AND INSTRUCTIONS

**NUTRIBULLET®**

**magic  
BULLET**

**THE SUPERFOOD NUTRITION EXTRACTOR**

# IMPORTANT SAFEGUARDS & CAUTIONARY INFORMATION

## SAVE THESE INSTRUCTIONS

**FOR YOUR SAFETY, CAREFULLY READ ALL INSTRUCTIONS BEFORE OPERATING YOUR NUTRIBULLET.**

### MEDICAL WARNING!

- IF YOU ARE TAKING ANY MEDICATION, ESPECIALLY CHOLESTEROL-LOWERING MEDICATION, BLOOD THINNERS, BLOOD PRESSURE DRUGS, TRANQUILIZERS, OR ANTIDEPRESSANTS, PLEASE CHECK WITH YOUR DOCTOR BEFORE CONSUMING ANY OF THE NUTRIBLAST RECIPES.
- THE FOLLOWING LIST OF SEEDS AND PITS CONTAIN CHEMICALS THAT RELEASE CYANIDE INTO THE BODY WHEN INGESTED. DO NOT USE THE FOLLOWING SEEDS AND PITS IN THE NUTRIBULLET: APPLE SEEDS, APRICOT PITS, CHERRY PITS, PLUM PITS, PEACH PITS.

### ELECTRICAL SAFETY

When using any electrical appliance, basic safety precautions should always be observed, including the following:

- CAUTION! TO AVOID RISK OF ELECTRIC SHOCK, NEVER IMMERSE THE CORD, PLUG, OR POWER BASE OF BLENDER IN WATER OR OTHER LIQUIDS.
- DO NOT USE THIS PRODUCT WITH ANY TYPE OF ADAPTER OR VOLTAGE CONVERTER DEVICE.
- USE OF ADAPTERS AND CONVERTERS IS CONSIDERED AN UNAUTHORIZED MODIFICATION OF THE PRODUCT AND AS SUCH WILL VOID THE WARRANTY. USE OF THIS PRODUCT IN LOCATIONS WITH DIFFERENT ELECTRICAL SPECIFICATIONS MAY RESULT IN DAMAGE TO THE PRODUCT.
- THE USE OF ATTACHMENTS, INCLUDING CANNING JARS, NOT RECOMMENDED OR SOLD BY MANUFACTURER MAY CAUSE FIRE, ELECTRIC SHOCK, OR INJURY AND WILL VOID THE WARRANTY.
- UNPLUG THE NUTRIBULLET WHEN IT IS NOT IN USE. MAKE SURE THE POWER BASE IS UNPLUGGED BEFORE ASSEMBLING, DISASSEMBLING, ADDING ADDITIONAL PARTS, OR CLEANING.

- This appliance has important markings on the plug and is not suitable for replacement. If damaged, please call Customer Service for a replacement.
- Do not pull, twist, or damage the power cord.
- Do not allow the cord to hang over the side of the counter or table.
- Do not allow cord to touch hot surfaces, including the stove.
- Periodically inspect the cord and plug for damage. Do not operate any appliance with a damaged cord or plug. If the appliance malfunctions or is dropped or damaged in any manner, discontinue use and contact Customer Service for assistance in obtaining a replacement.
- To clean the inside of the power base, unplug the unit and wipe with a sponge moistened with warm water.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Always disconnect the appliance from the supply if it is left unattended and before assembling, disassembling or cleaning.
- Switch off the appliance and disconnect from supply before changing accessories or approaching parts that move in use.

- THIS APPLIANCE CAN BE USED BY CHILDREN AGED 8 YEARS AND ABOVE AND BY PERSONS WITH REDUCED PHYSICAL, SENSORY OR MENTAL CAPABILITIES OR LACK OF EXPERIENCE AND KNOWLEDGE IF THEY HAVE BEEN GIVEN INSTRUCTION OR ARE SUPERVISED CONCERNING THE USE OF THE APPLIANCE IN A SAFE MANNER AND UNDERSTAND THE HAZARDS AND RISKS INVOLVED.
- DISCONNECT FROM POWER SOURCE BEFORE CHANGING ACCESSORIES AND DO NOT ATTEMPT TO HANDLE UNTIL ALL PARTS HAVE STOPPED MOVING.
- THERE IS A POTENTIAL FOR PERSONAL INJURY FROM THE MISUSE OF THE NUTRIBULLET. TAKE CARE WHEN HANDLING THE SHARP PRECISION EXTRACTION BLADES.
- UNPLUG THE UNIT AND USE CAUTION DURING CLEANING.
- THE NUTRIBULLET IS NOT A TOY, AND CHILDREN SHOULD NOT PLAY WITH IT.

### WARNING: VENTILATION CAUTION

Always operate the NUTRIBULLET on a level surface, leaving unobstructed space beneath and around the power base to permit proper air circulation. Slots and openings on the bottom of the product are provided for ventilation to ensure reliable motor operation and to prevent over-heating. **Warning:** To prevent fire hazard, power base openings should be free of dust or lint and never obstructed with flammable materials such as newspapers, tablecloths, napkins, dishtowels, place mats or other similar type materials.

## EXTRACTION SAFETY PRECAUTIONS

Carefully read and follow all safety precautions, particularly when operating the **NutriBullet**.

- **NEVER LEAVE THE NUTRIBULLET UNATTENDED WHILE IN USE!**
- **NEVER USE THE PRECISION EXTRACTOR BLADE TO BLEND WITHOUT LIQUID AS DOING SO MAY DAMAGE IT.**
- **THIS APPLIANCE SHALL NOT BE USED BY CHILDREN. KEEP THE APPLIANCE AND ITS CORD OUT OF REACH OF CHILDREN.**
- **CHILDREN SHALL NOT PLAY WITH THE APPLIANCE.**
- **CLOSE SUPERVISION IS NECESSARY WHEN ANY APPLIANCE IS USED BY OR NEAR CHILDREN.**
- **APPLIANCES CAN BE USED BY PERSONS WITH REDUCED PHYSICAL, SENSORY OR MENTAL CAPABILITIES OR LACK OF EXPERIENCE AND KNOWLEDGE IF THEY HAVE BEEN GIVEN SUPERVISION OR INSTRUCTION CONCERNING USE OF THE APPLIANCE IN A SAFE WAY AND IF THEY UNDERSTAND THE HAZARDS INVOLVED.**

- **NEVER PUT YOUR HANDS OR UTENSILS NEAR THE MOVING PRECISION EXTRACTOR BLADE AND NEVER USE YOUR HANDS OR UTENSILS TO PRESS THE ACTIVATOR BUTTONS DOWN WHILE THE NUTRIBULLET IS PLUGGED IN.**
- **THE PRECISION EXTRACTOR BLADE IS SHARP! HANDLE CAREFULLY. USE CARE WHILE HANDLING THE PRECISION EXTRACTOR BLADE. DO NOT TOUCH THE PRECISION EXTRACTOR BLADE EDGES TO AVOID INJURY.**
- **CHECK GASKET TO MAKE SURE IT IS COMPLETELY SEATED IN THE PRECISION EXTRACTOR BLADE UNIT BEFORE EACH USE. CONTACT CUSTOMER SERVICE FOR ASSISTANCE IF THE GASKET IS NOT COMPLETELY SEATED.**
- **WE RECOMMEND REPLACING YOUR PRECISION EXTRACTOR BLADE EVERY 6 MONTHS OR AS NEEDED FOR OPTIMAL PERFORMANCE. TO ORDER A REPLACEMENT PRECISION EXTRACTOR BLADE, SIMPLY VISIT: [WWW.NUTRILIVING.COM](http://WWW.NUTRILIVING.COM)**
- **THE NUTRIBULLET IS NOT INTENDED FOR USE IN MICROWAVE OVENS. DO NOT PLACE THE NUTRIBULLET CUPS, POWER BASE OR ANY NUTRIBULLET ACCESSORY IN A MICROWAVE OVEN AS THIS MAY RESULT IN DAMAGE TO THE ACCESSORY. TO HEAT SOUPS AFTER BLENDING COOL OR ROOM TEMPERATURE INGREDIENTS, TRANSFER MIXTURE TO A MICROWAVE SAFE CONTAINER OR TO A STOVE-TOP POT PRIOR TO HEATING.**
- **NEVER MICROWAVE ANY UNVENTED, SEALED CONTAINERS AS THEIR CONTENTS MAY EXPAND WITH HEAT PRESSURE AND EXPLODE, RESULTING IN POSSIBLE INJURY OR PROPERTY DAMAGE.**
- **NEVER BLEND CARBONATED INGREDIENTS OR LIQUIDS. BUILT-UP PRESSURE FROM RELEASED GASES CAN CAUSE CONTAINER TO BURST, RESULTING IN POSSIBLE INJURY.**

- **DO NOT PUT HOT INGREDIENTS IN ANY OF THE BLENDING VESSELS BEFORE BLENDING. THE HEAT FROM THE INGREDIENTS CAN CAUSE PRESSURE TO BUILD IN THE SEALED VESSEL CAUSING POSSIBLE EXPULSION OF THE INGREDIENTS AND CAUSING PERSONAL INJURY OR PROPERTY DAMAGE. START WITH COOL OR ROOM TEMPERATURE INGREDIENTS. (21°C/70°F OR LESS).**
- **DO NOT RUN THE NUTRIBULLET WITH EMPTY CUPS AS THIS CAN DAMAGE THE UNIT.**
- **AFTER BLENDING INGREDIENTS, ALLOW THE CONTENTS TO SETTLE AND RELEASE ANY PRESSURE THAT MAY HAVE BUILT UP DURING THE EXTRACTION PROCESS. ALWAYS UNSCREW THE PRECISION EXTRACTOR BLADE ASSEMBLY FROM THE VESSEL SLOWLY AND POINTED AWAY FROM YOU IN CASE THERE IS ANY BUILT UP PRESSURE.**
- **IF YOU WILL NOT CONSUME YOUR BLAST IMMEDIATELY, USE THE STAY FRESH LID TO CLOSE THE CONTAINER. REMEMBER TO UNSCREW THE LID AND RELEASE PRESSURE PERIODICALLY AS THIS WILL RELEASE ANY ADDED PRESSURE THAT MAY HAVE BUILT UP DUE TO FERMENTATION. THE SUGARS IN THE FRUIT AND VEGETABLES CAN FERMENT, CAUSING PRESSURE TO BUILD UP AND EXPAND IN THE VESSEL, WHICH CAN CAUSE INGREDIENTS TO BURST AND SPRAY OUT WHEN MOVED OR OPENED.**
- **NEVER PERMIT ANY BLENDED MIXTURE TO SIT INSIDE A SEALED CUP WITH A PRECISION EXTRACTOR BLADE WITHOUT FIRST RELEASING THE PRESSURE. BY UNSCREWING THE LID AND OPENING THE CUP FOR A FEW MOMENTS, THE PRESSURE WILL DISSIPATE.**

- Avoid contact with moving parts.
- **NEVER STORE THE PRECISION EXTRACTOR BLADE ON THE POWER BASE! NEVER LEAVE THE PRECISION EXTRACTOR BLADE ON THE POWER BASE WITHOUT A CUP OR VESSEL ATTACHED.**
- Keep hands and utensils away from the precision extractor blade while chopping or blending food to reduce the risk of severe personal injury or damage to the device. A scraper may be used, but only when the blender/food chopper is not running and is unplugged.
- Do not use the precision extractor blade for grinding dry materials such as grains, cereal, or coffee.
- Do not use the **NutriBullet** outdoors or in inclement weather.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety
- Children should be supervised to ensure that they do not play with the appliance.
- Be careful if hot liquid is poured into the food processor or blender as it can be ejected out of the appliance due to a sudden steaming
- **NEVER BLEND HOT LIQUIDS.**

## SAFETY WARNINGS: EXTRACTING FOR NUTRIBLASTS

- TO TURN OFF THE NUTRIBULLET AT ANY TIME DURING BLENDING, LIFT THE CUP OFF THE POWER BASE. ALWAYS ALLOW THE MOTOR TO STOP COMPLETELY BEFORE REMOVING THE CUP/ PRECISION EXTRACTOR BLADE. ALWAYS UNPLUG THE POWER BASE UPON COMPLETION OF USE.
- DO NOT TOUCH COUPLING GEAR DIRECTLY WITH HANDS AFTER USE! THE COUPLING GEAR IN PRECISION EXTRACTOR BLADE BASE AND POWER BASE WILL BE HOT!
- DO NOT RUN FOR MORE THAN 1 MINUTE INTERVALS.
- DO NOT RUN FOR MORE THAN 3 CONSECUTIVE 1 MINUTE INTERVALS WITHOUT ALLOWING THE POWER BASE TO COOL TO PREVENT OVERHEATING AND ALLOW INGREDIENTS TO SETTLE FOR 2-3 MINUTES AFTER THE 3RD EXTRACTION CYCLE.
- POWER BASE IS EQUIPPED WITH AN INTERNAL THERMAL BREAKER THAT SHUTS OFF THE POWER BASE IF THE UNIT OVERHEATS.
- IF THE POWER BASE OVERHEATS AND SHUTS OFF, UNPLUG THE POWER BASE AND LET IT COOL FOR AN HOUR OR MORE BEFORE ATTEMPTING TO USE IT AGAIN. POWER BASE WILL RESET WHEN THE UNIT IS POWERED OFF AND THE THERMAL BREAKER HAS COOLED DOWN SUFFICIENTLY.
- ALLOW THE NUTRIBULLET TO COOL DOWN FOR 10 MIN AFTER 4-5 CYCLES TO PREVENT OVERHEATING AND DAMAGING THE UNIT.

- To prevent leakage, always align and hand-tighten the precision extractor blade to the vessel or cup prior to inverting it and placing the assembly on to the motor base.

## CAPACITIES:

TASK	ITEM	WEIGHT	TIME
Ice Crushing	Ice	100g	10 seconds
Grinding	Coffee Beans	180g	30 seconds
Grinding	Grain	340g	30 seconds
Chopping	Tomatoes, onions, garlic	100g	5-10 seconds

**SAVE THESE INSTRUCTIONS  
FOR HOUSEHOLD USE ONLY**

## POLARIZED PLUG INFORMATION

This appliance has a polarized plug (one prong is wider than the other) to reduce the risk of electric shock. This plug will correctly fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way, as doing so will void the warranty.

## CLEANING SAFEGUARDS

- THE PRECISION EXTRACTOR BLADE MUST BE CLEANED IMMEDIATELY AFTER EACH USE.
- ALWAYS UNPLUG THE POWER BASE PRIOR TO CLEANING, ASSEMBLING OR DISASSEMBLING.
- NEVER SUBMERGE THE POWER BASE IN WATER OR PLACE IT IN THE DISHWASHER. WIPE OFF ANY DEBRIS INSIDE THE POWER BASE IMMEDIATELY WITH WARM WATER TO KEEP IT IN GOOD WORKING ORDER.
- DO NOT WASH THE PRECISION EXTRACTOR BLADE IN THE DISHWASHER AS ELEVATED TEMPERATURES CAN DAMAGE GASKET SEALS.
- THE NUTRIBULLET CUPS AND PRECISION EXTRACTOR BLADES SHOULD NOT BE IMMERSSED IN BOILING WATER FOR ANY REASON AS THIS WILL WARP THE PLASTIC AND DAMAGE THE GASKETS.
- THE PRECISION EXTRACTOR BLADE IS SHARP! USE CARE WHEN CLEANING THE PRECISION EXTRACTOR BLADES TO AVOID INJURY! RINSE PRECISION EXTRACTOR BLADES IMMEDIATELY AFTER EACH USE TO PREVENT DEBRIS FROM DRYING AND STICKING TO IT. IF NECESSARY, USE A DISH BRUSH TO LOOSEN ANY DEBRIS AROUND BLADE, GASKETS AND BLADE HOUSING THREADS WITH CARE. DO NOT USE YOUR FINGERS.
- HAND WASH ONLY WITH MILD DISH SOAP AND WARM WATER (NOT HOT).
- ALLOW TO AIR DRY PRIOR TO PROPER STORAGE.
- FOR TOUGH DEBRIS, FILL THE CUP ½ FULL WITH WARM (NOT HOT), MILD SOAPY WATER. THEN, SIMPLY TWIST ON THE PRECISION EXTRACTOR BLADE, POP IT ON THE BASE AND GIVE IT A RUN FOR 30-45 SECONDS. FOLLOW UP WITH A QUICK BRUSH.
- WHEN WASHING PRECISION EXTRACTOR BLADE, DO NOT ATTEMPT TO REMOVE THE GASKET RING. SIMPLY HAND WASH THE PRECISION EXTRACTOR BLADE IN WARM, MILD SOAPY WATER. ATTEMPTED REMOVAL OF THE GASKET MAY PERMANENTLY DAMAGE THE PRECISION EXTRACTOR BLADE CONFIGURATION AND CAUSE LEAKAGE. IF IN TIME A GASKET BECOMES LOOSE OR DAMAGED, PLEASE CONTACT CUSTOMER SERVICE FOR A REPLACEMENT NUTRIBULLET PRECISION EXTRACTOR BLADE HOLDER AT: 1-855-346-8874.



## STUBBORN CLEANUP

If ingredients dry inside the **NutriBullet** Cups, make your cleanup a snap by filling the cup about  $\frac{2}{3}$  full with warm soapy water (not hot) and screw on the **Precision Extractor Blade**. Place the cup assembly on the **NutriBullet** Power Base for about 20-30 seconds. This will loosen the stuck ingredients, and with a light scrub and rinse, you'll be all done.

## CLEANING THE NUTRIBULLET POWER BASE

For the most part, the Power Base doesn't really get dirty, but if you neglect to twist the precision extractor blade on to the cup tightly, liquids can leak out and get into the base and stick to the activator buttons.

### HERE'S HOW TO CLEAN IT UP:

- Step 1:** The most important thing — UNPLUG the Power Base before cleaning!
- Step 2:** Use a damp rag to wipe down the inside and outside of the Power Base.
- **NEVER SUBMERGE THE POWER BASE IN WATER OR PLACE IT IN THE DISHWASHER.**
  - **BLADES ARE SHARP!** Never put your hands or utensils near the precision extractor blade and never use your hands or utensils to press the activator buttons down while the Power Base is plugged in.

### HEAVY CLEANING:

- Should the inside of the base become sticky due to spillage you may follow these additional cleaning instructions:
- **UNPLUG** the Power Base and make sure the unit is off **BEFORE** cleaning.
- Place the Power Base on a dish towel to catch any liquid or debris.
- Pour a Tablespoon of a diluted solution of distilled vinegar and warm (not hot) water (1 part vinegar to 2 parts water) in to the Power Base where the precision extractor blade assembly would sit during normal use.
- Immediately use a damp dish brush to dislodge any debris and wipe it out with a damp cloth.
- The Power Base is constructed with a drain tube that will drain any liquid debris safely through to the dish towel without damaging the inside components.

**SAVE THESE INSTRUCTIONS  
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# WHAT IS A NUTRIBLAST?

The **NutriBlast** is a nutrient-extracted drink designed to feed your system as many servings of fruits and vegetables as possible. All variations follow a very simple basic formula: 50% leafy greens, **50% fruit, and ¼ cup of seeds, nuts, or “super boosts.”** Add enough water to cover ingredients, twist on the blade, and blend.

The **NutriBlast** makes an ideal breakfast beverage, but you can enjoy extracted nutrition any time of the day! You will be amazed by how energetic and healthy you feel from enjoying this satisfying raw **NUTRITION-EXTRACTED** goodness every day!

Start with one **NutriBlast** a day. As you begin to feel the amazing rewards that accompany a diet rich in **NUTRITION-EXTRACTED** foods, feel free to enjoy **two NutriBlasts** a day. Boundless energy, restful sleep, mental clarity, and the overall feeling of well being that comes from true nourishment await! The more you blast, the better you'll feel!

For more information on healthy living, be sure to visit **NutriLiving.com**. Register to talk to our staff dietitians, take our health assessment, sign up for our weekly newsletters, and more. Healthy living is just a click away, so get started today!



**NOTE:** The information contained in our guide is not a substitute for regular health care. Always consult your physician regarding health and nutrition.

## WARNING!

**BAD SEEDS:** While nutrition extraction can be amazingly beneficial, not all fruit seeds and rinds are created equal. The following seeds and pits contain a chemical that releases cyanide into the body when ingested. **DO NOT USE** the following seeds and pits in the NutriBullet: **Apple Seeds, Cherry Pits, Plum Pits, Peach Pits and Apricot Pits.**

**NOTE:** The cyclonic action of your **NutriBullet** requires the use of liquids to make NutriBlasts and other nutritious beverages. It is not intended to be used as an ice crusher, and not without liquids. To make a delicious cold **NutriBlast**, we suggest that you use frozen fruit and chilled liquids. Alternatively, you may add crushed ice, up to 25% of the total cup volume, with water or other liquid filled up to the “MAX” line. **Do not crush ice or other hard items without liquid, as such prolonged use may dull or damage your blades.** Always inspect your blades before each use.

# BUILDING A BLAST

You can't make a Blast without ingredients! NutriBlasts are super simple to assemble, but it is important to incorporate a variety of vegetables, fruits, nuts, seeds, and other superfoods to ensure you're getting a wide array of nutrients, especially if you plan to drink one every day. In general, especially when starting out, we recommend using the following formula to build your Blast:

## LEAFY GREENS - 50%

- Spinach
- Kale
- Swiss Chard
- Collard Greens
- Romaine Lettuce

## 1-2 SERVINGS OF FRUIT

- 1 Banana
- 1 Medium Apple
- 1 Medium Pear
- 1 Medium Peach
- 1 Medium Plum
- 1 Cup Berries
- 1 Cup Mango Chunks
- 1 Cup Pineapple Chunks
- ¾ Cup Pitted Cherries
- 1 Orange
- 2 mandarin or clementine oranges

## LIQUID TO THE MAX LINE

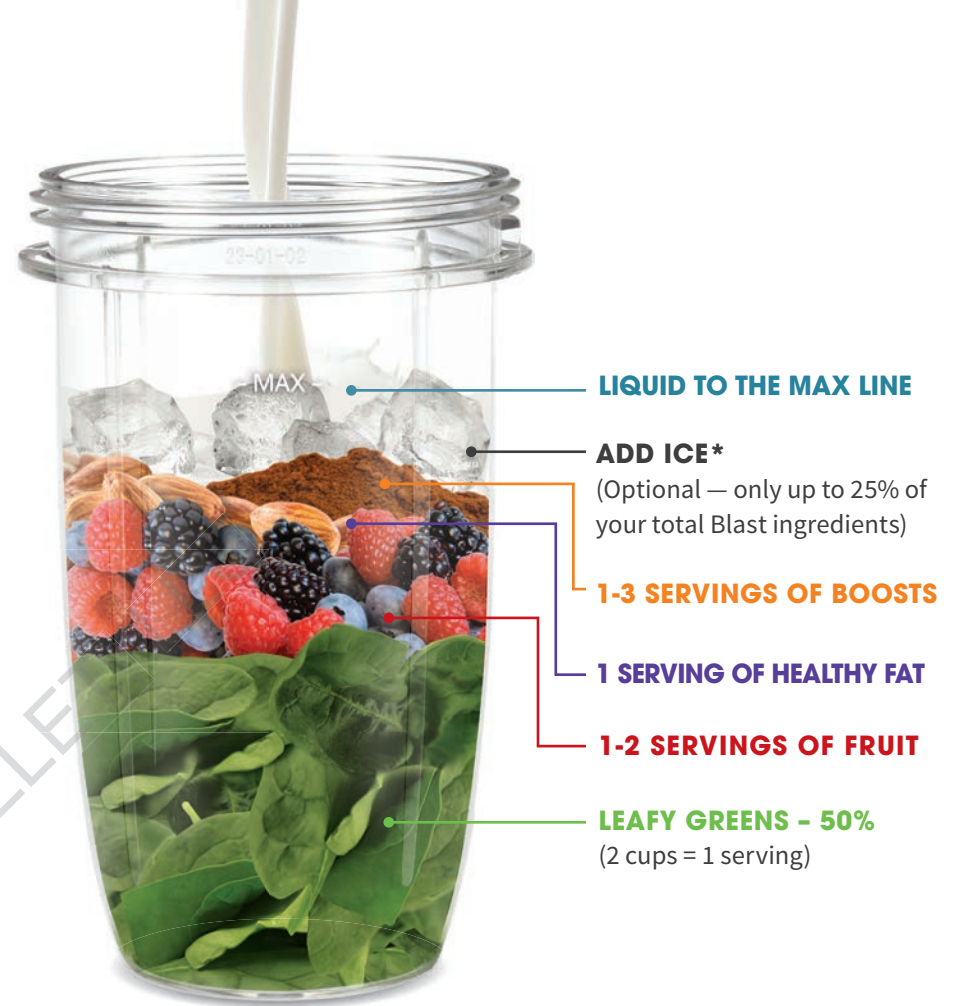
- Water
- Coconut Water
- Unsweetened Almond Milk
- Unsweetened Cashew Milk
- Chilled Unsweetened Tea

## 1 SERVING OF HEALTHY FAT

- 1-2 Tbsp. Nut Butter
- 1-2 Tbsp. Chia Seeds
- 1-2 Tbsp. Flax Seeds
- 1-2 Tbsp. Pumpkin
- 1-2 Tbsp. Sunflower Seeds
- ¼ to ½ Avocado, pitted
- 2 Tbsp. Shredded Coconut
- 1 Tbsp. Coconut Oil
- 1 Tbsp. Flax
- 1 Tbsp. Olive Oil
- ¼ Cup Nuts

## 1-3 SERVINGS OF BOOSTS

- SuperFood SuperBoosts
- Lemon or lime juice
- Herbs and spices (cinnamon, fresh mint, fresh basil, fresh cilantro, ground ginger or turmeric, fresh ginger or turmeric root)
- Other superfood powders like cacao, maca, chlorella, or spirulina
- High quality protein powder



LIQUID TO THE MAX LINE

ADD ICE\*

(Optional — only up to 25% of your total Blast ingredients)

1-3 SERVINGS OF BOOSTS

1 SERVING OF HEALTHY FAT

1-2 SERVINGS OF FRUIT

LEAFY GREENS - 50%

(2 cups = 1 serving)

## NOTE!

- 1 You must always add a liquid before you blend a NutriBlast.
- 2 Don't overfill your cup! Make sure your ingredients and liquid reach no higher than the **MAX** line.
- 3 For a cooler blast, you can add ice but **DON'T EXCEED 25% OF YOUR TOTAL BLAST INGREDIENTS.** \*For the most nutritious, frosty blasts we recommend using frozen fruit and/or veggies.

*NOTE: The information contained in our guide is not a substitute for regular health care. Always consult your physician regarding health and nutrition.*

# GETTING STARTED

Getting started couldn't be easier! Get your NutriBullet unit out and give the cups and blades a quick rinse with warm soapy water.

## 4 EASY STEPS

### STEP 1: ADD 50% LEAFY GREENS & 50% FRUIT TO THE TALL CUP

Two cups makes up a full serving of leafy greens, so that's the amount you want to work up to in the first few weeks. That's about two good-sized handfuls.

A serving of fruit is generally a cup. We suggest adding a banana or ½ of an avocado to every Blast for the “creamy” factor. Then add three more fruits (or more if you can fit it!) to your Tall Cup.

### STEP 2: FILL ONLY UP TO THE MAX LINE WITH LIQUID

To make a NutriBlast, you must add liquid. We suggest you use a liquid of your choice (such as water, coconut water or almond milk) up to but never beyond the Max Line. For a thicker Blast, use a little bit less liquid. **Add ice if you want, but do not exceed 25% of the total volume of ingredients. For the most nutritious, frosty blasts we recommend using frozen fruit and/or veggies.**

### STEP 3: ADD YOUR BOOST

*(optional, add 1/8 – 1/4 nuts and/or seeds, if desired.)*

Add a handful of nuts, seeds or goji berries to pack in some essential fatty acids, fiber and nutrition to every sip. Boosts make for a more nutritious and filling NutriBlast.



### STEP 4: TWIST ON THE NUTRIBULLET BLADE, EXTRACT, ENJOY!

**TO TURN OFF THE NUTRIBULLET**, simply twist in the opposite direction (to the right) to release the tabs and stop pressing down on the cup. Once the power base stops completely, remove the cup from the power base.

## NOW IT'S TIME TO MAKE YOUR FIRST NUTRIBLAST!

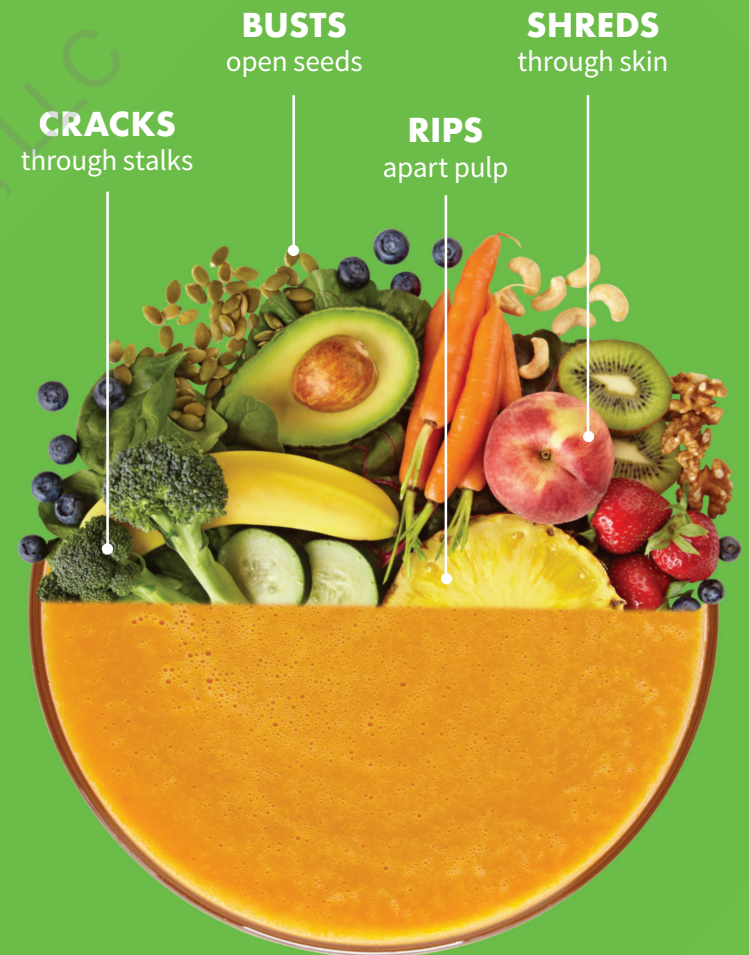


# WHAT IS NUTRIENT EXTRACTION?

Unlike blenders and juicers, **NUTRIBULLET NUTRIENT EXTRACTORS** are specifically engineered to break down the cell walls of food to create the most nutrient-dense smoothies possible. With extraction, you get the health benefits of eating the whole fruit and vegetable — the fiber, the pulp, the seeds and skins — nothing is left behind.



# TRANSFORM WHOLE FOODS INTO A NUTRIBLAST!



# HOW IT WORKS

## EXTRACTING



**1** Fill ingredients into the **Tall** or **Short Cup**.

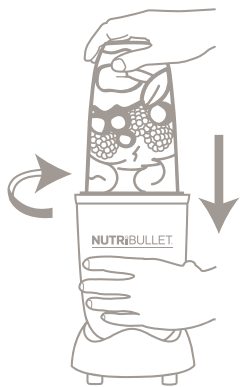
**2** Add the liquid of your choice up to the MAX line. (Liquid is required!).



**3** Twist the **Extractor Blade** onto the **Tall Cup** and hand tighten to make sure the vessel has been sealed.



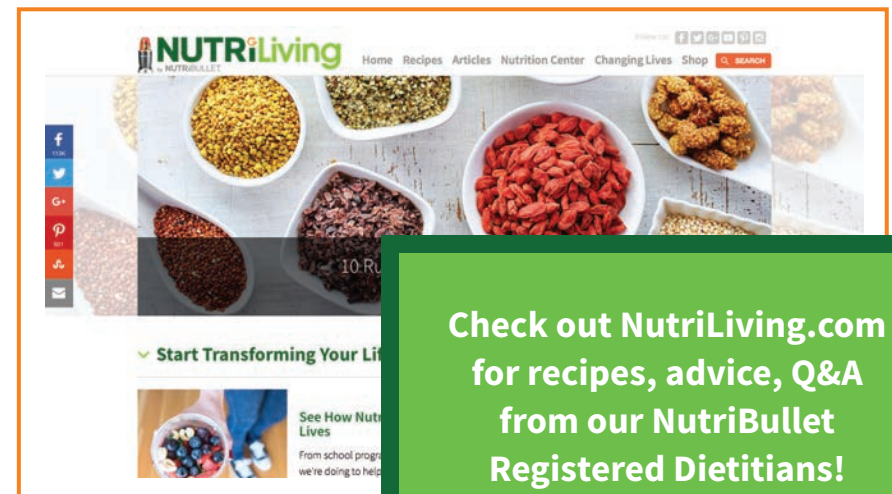
**4** Press the vessel blade side-down onto the **Power Base**. Press down and twist to extract for no longer than 1 minute. If more extraction is needed, wait 1 minute, then repeat the extraction process in 1 minute intervals up to 3 times as needed to achieve the desired consistency. If more than three 1-minute extractions are needed, allow the power base to cool for 2-3 minutes after the third extraction before beginning the next round. You can see the extraction process happening. Keep an eye on the consistency. Your NutriBlast is ready when it looks smooth and creamy!



**5** To turn off the NutriBullet — simply twist in the opposite direction (to the right) to release the tabs and stop pressing down on the **Cup**. Once the **Power Base** stops completely, remove the **Cup** from the **Power Base**.

### CAUTION:

- Do not run the Power Base in excess of 1 minute per interval. Do not run the Power Base for more than three 1-minute intervals without allowing it to cool for 2-3 minutes after the third extraction. Running the motor for more than 1 minute consecutively in any interval may result in permanent damage to the Power Base.
- Friction from the rotating blade when extracting can cause ingredients to heat and generate internal pressure in the sealed vessel. If the vessel is warm to touch, allow to cool before carefully opening pointed away from your body.



Check out [NutriLiving.com](http://NutriLiving.com) for recipes, advice, Q&A from our NutriBullet Registered Dietitians!

## PULSE TECHNIQUE

Because the NutriBullet's motor is so powerful, it emulsifies the ingredients when you extract. That is why when you want to make foods such as chunky salsa, or coarse chopped onions, the **Pulse technique** is key. **Pulsing** takes a tiny bit of getting used to, but once you get a feel for it, you'll be a Pro in no time!

To **Pulse**, you simply press down on the cup very quickly and immediately release. For foods that you want coarsely chopped, a quick tap on the top of the **Cup** is all you need. Then let the **Blades** come to a complete stop and tap again until you get the consistency you desire.

**THE SECRET:** The trick to successful **Pulsing** is to make sure that the machine doesn't accidentally slip into Lock On mode. To avoid this, simply use your other hand to apply counter-clockwise pressure on the **Cup** as you **Pulse**.



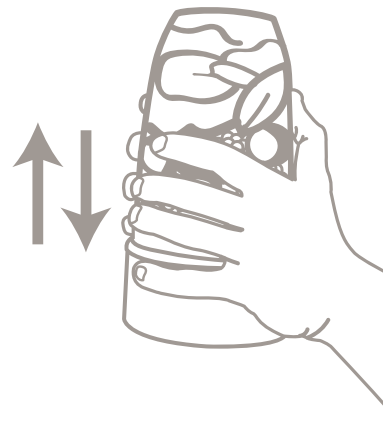
**1** To start, hold the cup at the base and **apply counter-clockwise pressure to it, to keep it from locking on.**

**2** With your other hand, tap the top of the **Cup** and immediately release. Continue **Pulsing** until you get the consistency you want.

**CAUTION:** Do not run the Power Base in excess of 1 minute per interval. Do not run the Power Base for more than three 1-minute intervals without allowing it to cool for 2-3 minutes after the third extraction. Running the motor for more than 1 minute consecutively in any interval may result in permanent damage to the Power Base.

## SHAKE TECHNIQUE

Sometimes, if you pack down the ingredients in the **Cup** or don't put in enough water, the results can increase the density of the mixture. This makes it hard for the ingredients toward the top of the **Cup** to make it down to the **Blade**. If some of your ingredients are having a hard time making it down to the **Blade**, simply use the **Shake technique**.



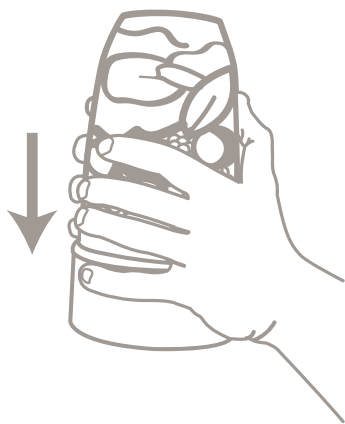
**1** Remove the **Cup** and **Blade** assembly from the **Power Base**.

**2** With the **Cup** and **Blade** assembly in hand, shake it like a cocktail shaker. Then put it back on the **Power Base**.

**3** To turn off the NutriBullet — simply twist in the opposite direction (to the right) to release the tabs and stop pressing down on the **Cup**. Once the **Power Base** stops completely, remove the **Cup** from the **Power Base**.

## TAP TECHNIQUE

For really stubborn ingredients that are clinging to the side of the **Cup**, simply use the **Tap technique**.



**1** Remove the **Cup** and **Blade** assembly from the **Power Base**.

**2** Tap the **Blade** side of the **Cup/blade** assembly on the counter with enough force to dislodge ingredients from the sides of the **Cup**. Be careful not to tap too hard to avoid damaging the unit.

**3** Return the **Cup** and **Blade** assembly to the **Power Base** and resume blending. Repeat if necessary.

**CAUTION:** Do not run the Power Base in excess of 1 minute per interval. Do not run the Power Base for more than three 1-minute intervals without allowing it to cool for 2-3 minutes after the third extraction. Running the motor for more than 1 minute consecutively in any interval may result in permanent damage to the Power Base.



# NUTRIBULLET'S ONE-YEAR LIMITED WARRANTY

## LIMITED WARRANTY FOR NUTRIBULLET

NutriBullet's limited warranty obligations are confined to the terms set forth below:

NutriBullet, LLC, ("NutriBullet") warrants our NutriBullet against defects in materials and workmanship for a period of one year from the date of original retail purchase. This limited warranty is valid only in the country in which the product is purchased and comes with the product at no extra charge (an additional four year extended warranty can be purchased separately, please see details below), however shipping and processing fees will be incurred for returns, replacements and or refunds.

If a defect exists, and NutriBullet is obligated under this limited warranty, at its option NutriBullet will (1) repair the product at no charge, using new or refurbished replacement parts, (2) exchange the product with a product that is new or that has been manufactured from new or serviceable used parts and is at least functionally equivalent to the original product, or (3) refund the purchase price of the product. A replacement product assumes the remaining warranty of the original product. A repaired product has a one-year warranty from the date of repair. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes NutriBullet's property. When a refund is given, your product becomes NutriBullet's property.

## OBTAINING WARRANTY SERVICE

For limited warranty service, simply call our customer service department @1-855-346-8874 or contact us via email from our website at [www.NutriLiving.com](http://www.NutriLiving.com), simply click the Contact Us link, fill out and submit the customer contact form and we will be glad to help you. When you contact our customer service department you will be asked to furnish your name, address, telephone number and to provide proof of the original purchase (receipt) containing a description of the product(s), purchase date, and the appropriate NutriBullet bar code(s). Before you send your product for limited warranty service please make sure to keep a copy of all relevant documents for your files (receipt, etc.). It is always recommended to purchase product insurance and tracking services when sending your product for service. Remember, shipping and processing fees will be incurred and are not covered by the one-year limited warranty.

## EXCLUSIONS AND LIMITATIONS

This NutriBullet One-Year Limited Warranty applies only to NutriBullet products distributed by or for NutriBullet that can be identified by the "NutriBullet" trademark, trade name, logo affixed to it and bar code. NutriBullet's One-Year Limited Warranty does not apply to any other products that may appear to be authentic, but were not distributed/sold by [www.NutriLiving.com](http://www.NutriLiving.com).

Normal wear and tear is not covered by this limited warranty. This limited warranty applies to consumer use only, and is void when the product is used in a commercial or institutional setting.

This limited warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated.

Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this limited warranty. NutriBullet, LLC shall not be liable for any incidental or consequential damages for breach of this limited warranty or any implied warranty on this product.

This limited warranty gives you specific legal rights, and you may also have other rights which vary from state to state. NutriBullet is not liable for any damage to products not covered by this warranty (e.g., cups, book, User Guide).

This limited warranty does not apply: (a) to damage caused by accident, abuse, misuse, or misapplication; (b) to damage caused by improper maintenance (including unauthorized parts service); (c) to a product or a part that has been modified in any way; (d) if any NutriBullet bar code or trademark has been removed or defaced; and or (e) if the product has been used with an adapter/converter.

THIS LIMITED WARRANTY AND THE REMEDIES SET FORTH ABOVE ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, REMEDIES AND CONDITIONS, WHETHER ORAL OR WRITTEN, EXPRESS OR

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Some states and provinces do not allow the exclusion or limitation of incidental or consequential damages or exclusions or limitations on the duration of implied warranties or conditions, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights that vary by state or province.

# NUTRIBULLET'S FOUR (4) YEAR EXTENDED WARRANTY

## EXTENDED WARRANTY FOR NUTRIBULLET

NutriBullet's extended warranty obligations are limited to the terms set forth below:

For a fee of \$14.99 you may purchase an extended four (4) year limited warranty for your NutriBullet. The four (4) year extended warranty must be purchased within the original one-year limited warranty period (e.g., within one year of the date of the purchase) and does not cover shipping and processing fees for returns, replacements and or refunds.

NutriBullet, LLC, ("NutriBullet") warrants our NutriBullet product against defects in materials and workmanship for a period of four (4) years from the date of the expiration of the one-year limited warranty that comes with the NutriBullet free of charge. That means, when you purchase the four (4) year extended warranty service you are getting 51 months of coverage from the date of the original purchase. This extended warranty is valid only in the country in which the product is purchased and must be registered at MyNutriLiving.com to be valid.

If a defect exists, and NutriBullet is obligated under this extended warranty, at its option NutriBullet will (1) repair the product at no charge, using new or refurbished replacement parts, (2) exchange the product with a product that is new or that has been manufactured from new or serviceable used parts and is at least functionally equivalent to the original product, or (3) refund the purchase price

of the product. A replacement product assumes the remaining extended warranty of the original product. A repaired product has a two (2) year warranty from the date of repair. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes NutriBullet's property. When a refund is given, your product becomes NutriBullet's property.

## OBTAINING WARRANTY SERVICE

For extended warranty service, you must first register with NutriBullet at MyNutriLiving.com. Then, if you experience any issue with your NutriBullet, simply call our customer service department @1-855-346-8874 or contact us via email from our website at www.NutriLiving.com, click the Contact Us link, fill out and submit the customer contact form and we will be glad to help you. When you contact our customer service department you will be asked to furnish your name, address, telephone number and to provide proof of the original purchase (receipt) containing a description of the product(s), purchase date, and the appropriate NutriBullet bar code(s). Before you send your product for extended warranty service please make sure to keep a copy of all relevant documents for your files (receipt, etc.). It is always recommended to purchase product insurance and tracking services when sending your product for service. Remember, shipping and processing fees will be incurred and are not covered by the four year extended warranty.

## EXCLUSIONS AND LIMITATIONS

This NutriBullet Four Year Extended Warranty applies only to products distributed by or for NutriBullet that can be identified by the "NutriBullet" trademark, trade name, logo affixed to it and bar code. The NutriBullet Four Year Extended Warranty cannot be purchased for a product that may appear to be authentic, but was not distributed by www.NutriLiving.com.

Normal wear and tear is not covered by this extended warranty. This extended warranty applies to consumer use only, and is void when the product is used in a commercial or institutional setting.

This extended warranty applies only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated.

Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this extended warranty.

NutriBullet, LLC shall not be liable for any incidental or consequential damages for breach of this extended warranty or any implied warranty on this product.

This extended warranty gives you specific legal rights, and you may also have other rights which vary from state to state. NutriBullet is not liable for any damage to products not covered by this warranty (e.g., cups).

This extended warranty does not apply: (a) to damage caused by accident, abuse, misuse, or misapplication; (b) to damage caused by improper maintenance (including unauthorized parts service); (c) to a product or a part that has been modified in any way; (d) if any NutriBullet bar code or trademark has been removed or defaced; (e) and or if the product has been used with an adapter or converter.

THIS EXTENDED WARRANTY AND THE REMEDIES SET FORTH ABOVE ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES,

REMEDIES AND CONDITIONS, WHETHER ORAL OR WRITTEN, EXPRESS OR IMPLIED. NUTRIBULLET SPECIFICALLY DISCLAIMS ANY AND ALL IMPLIED WARRANTIES, INCLUDING, WITHOUT LIMITATION, WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IF NUTRIBULLET CANNOT LAWFULLY DISCLAIM IMPLIED WARRANTIES UNDER THIS LIMITED WARRANTY, ALL SUCH WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY. No NutriBullet reseller, agent, or employee is authorized to make any modifications to this extended warranty.

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# NUTRIBULLET®

## CARE AND INSTRUCTIONS

The NutriBullet started a health revolution that has transformed millions of lives. Drink one delicious NutriBlast smoothie a day - packed with fruits and vegetables - and feel the tremendous effects that real, unprocessed, nutrient-extracted whole food can have on your health and well-being.



**1** | LOAD



**2** | EXTRACT



**3** | TWIST



**4** | NOURISH