

NUTRiBULLET®

CARE AND INSTRUCTIONS



To get the **MOST** out of life...
you need to get the **MOST** out of your food!™

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.

- 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!**
- **CLOSE SUPERVISION IS NECESSARY WHEN ANY APPLIANCE IS USED BY OR NEAR CHILDREN.**
- **NEVER USE THE PRECISION EXTRACTOR BLADE TO BLEND WITHOUT LIQUID AS DOING SO MAY DAMAGE IT.**

- 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
- 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.
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- 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.
 - **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.

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 immersed 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.
- We recommend replacing your Extractor Blade every 6 months or as needed for optimal performance. To order a replacement blade, simply visit: www.nutriLIVING.COM

STUBBORN CLEANUP

If ingredients dry inside the **NutriBullet** Cups, make your cleanup a snap by filling the cup about 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.

HOW IT WORKS

Extracting

- 1 Fill ingredients into the **NUTRIBULLET** Cup.



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



- 3 Twist the Extractor Blade onto the **NUTRIBULLET** 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 3 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: 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.

HOW IT WORKS

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.



Shake Technique

Sometimes, if you over fill the cups with ingredients or don't put 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 instead of being recirculated into the cutting zone, simply use the Tap technique.

- 1 Take the cup and blade assembly off the Power Base and Tap the cup and blade assembly on the counter to force the ingredients down into the blades.
- 2 Place the cup and blade assembly onto the Power Base and finish processing.
- 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.





CLEANING THE NUTRIBULLET

WARNING:

ALWAYS UNPLUG THE NUTRIBULLET WHEN CLEANING OR ASSEMBLING.

Washing the NUTRIBULLET

Cleaning the **NUTRIBULLET** is so easy... simply place any of the pieces (except for the Power Base and blade holders) on the top shelf of the dishwasher or hand wash with warm soapy water and rinse.

WARNING:

DO NOT WASH THE BLADES IN THE DISHWASHER. THE NUTRIBULLET CUPS CAN BE WASHED IN THE DISHWASHER AND SHOULD BE WASHED ON THE TOP RACK OF THE DISHWASHER USING THE NORMAL (NOT SANITIZE) CYCLE. THE NUTRIBULLET CUPS AND BLADES SHOULD NOT BE IMMERSSED IN BOILING WATER FOR ANY REASON AS THIS WILL WARP THE PLASTIC AND DAMAGE THE GASKETS.

STUBBORN CLEANUP

If ingredients dry inside the **NUTRIBULLET**, make your cleanup a snap by filling the cup about 2/3 full with warm soapy water and screw on the Extractor Blade. Place the cup assembly on the **NUTRIBULLET**, Power Base for about 20-30 seconds. That will loosen the stuck ingredients, and with a light scrub, 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 blade on to the cup tightly, liquids can leak out and get into the base and activator buttons.

Here's how to clean it up.

Step 1: The most important thing is to UNPLUG the Power Base before!

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.**
- Never put your hands or utensils near the moving blade and never use your hands or utensils to press the activator buttons down while the Power Base is plugged in.



Give all pieces (except Power Base) a quick rinse with soapy water before using!

Getting started couldn't be easier! Get your **NUTRIBULLET** unit out and give the cups and blades a quick rinse with warm soapy water. Then get ready to create your first **NUTRIBLAST**!

Now it's time make your first NUTRIBLAST!



GETTING STARTED



STEP 1: ADD 50% LEAFY GREENS TO THE NUTRIBULLET 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.

STEP 2: ADD 50% FRUIT TO THE NUTRIBULLET CUP.

A serving of fruit is generally a cup. We suggest adding a banana or 1/2 of an avocado to every Blast for the "creamy" factor. Then add three more fruits (or more if you can fit it!) to your **NUTRIBULLET** Cup.



STEP 3: ADD 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.

STEP 4: ADD YOUR BOOST (optional).

Add a handful of nuts, seeds or goji berries to pack in some essential fatty acids! Boosts make for a more nutritious and filling **NUTRIBLAST**.



STEP 5: TWIST ON THE NUTRIBULLET BLADE, EXTRACT, ENJOY! Twist on the blade, then place the cup on the **Power Base**. Push down and twist until it locks into the "on" position (you'll know because it will be running!). Keep extracting until you achieve a very smooth consistency. Twist on the handle and bottoms up!

STEP 6: 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.

NUTRIBLAST

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** DON'T ADD MORE THAN THE OPTIONAL 25% ICE TO THE TOTAL BLAST INGREDIENTS.



Add liquid to MAX line

Add ice
(optional - only up to 25% of your total Blast ingredients)

Add a boost
(optional)

50% fruit
(as many varieties as possible!)

50% leafy greens
(2 cups = 1 serving)

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
- Peach Pits
- Apricot Pits
- Plum 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.

HOW TO BUILD A NUTRIBLAST

Enjoy 2 a Day!



4 Easy Steps!

- 1** Fill the cup with 50% leafy greens + 50% fruit.
- 2** Fill only up to the **MAX** line with liquid (add ice if you want, but do not exceed 25% of the total volume of ingredients.).
- 3** Add 1/8 to 1/4 nuts and/or seeds, if desired.
- 4** Twist on the **NUTRIBULLET** blade and blend until smooth.

LEAFY GREENS - 50%

Choose one from the following list of leafy greens or, mix and match! Fill the **NUTRIBULLET** Cup up to 50% with leafy greens. Work up to 2 full cups (2 handfuls) of leafy greens per Blast.

- ☐ Collard Greens
- ☐ Kale
- ☐ Romaine
- ☐ Spinach
- ☐ Swiss Chard
- ☐ Spring Greens

FRUITS - 50%

Choose as many fruits as you want to equal 50% of your **NUTRIBLAST**.

- ☐ Apple
- ☐ Avocado
- ☐ Banana
- ☐ Blackberry
- ☐ Blueberry
- ☐ Cantaloupe
- ☐ Cranberry
- ☐ Fig
- ☐ Green Grapes
- ☐ Guava
- ☐ Honeydew
- ☐ Kiwi
- ☐ Mango
- ☐ Nectarine
- ☐ Orange
- ☐ Papaya
- ☐ Peach
- ☐ Pear
- ☐ Pineapple
- ☐ Plum
- ☐ Raspberries
- ☐ Red Grapes
- ☐ Strawberry
- ☐ Watermelon

BOOSTS - 1/4 CUP

The following ingredients are an important part of your **NUTRIBULLET NUTRIBLAST**, adding additional fiber and nutrition to every sip. Add 1/8 to 1/4 cup to any Blast.

- | Nuts | Seeds | Super Chargers |
|-------------------------------|---------------------------------------|------------------------------------|
| <input type="radio"/> Almonds | <input type="radio"/> Chia Seeds | <input type="radio"/> Goji Berries |
| <input type="radio"/> Cashews | <input type="radio"/> Flax Seeds | <input type="radio"/> Acai Berries |
| <input type="radio"/> Walnuts | <input type="radio"/> Hemp Seeds | |
| | <input type="radio"/> Pumpkin Seeds | |
| | <input type="radio"/> Sesame Seeds | |
| | <input type="radio"/> Sunflower Seeds | |

NOTES

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NOTES

Lined area for notes on page 19.

NUTRiBULLET®

CARE AND INSTRUCTIONS

EN/Explanation of the marking



EN/This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal; recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling



EN/The transport and protective packing has been selected from materials, which are environmentally friendly for disposal and can be recycled. Ensure that any plastic, wrappings, bags etc. are disposed of safely and kept out of the reach of babies and young children. Rather than just throwing these materials away, recycle them



EN/A Class II or double insulated electrical appliance is one which has been designed in such a way that it does not require a safety connection to electrical earth (ground).



EN/Manufacturer's declaration that product meets the requirements of the applicable EC directives



EN/Conformity for CU Countries (Russia, Kazakhstan and Belarus).



EN/Food Contact safe product.

Technical Specification:

Model no.: NB-201

Voltage: 220-240V

Frequency: 50/60Hz

Power: 900W MAX

Protection Class: II

Made in CHINA

Distributed by:

High Street TV, PO Box 724,
Altrincham, WA15 5BJ

Manufactured for:

NUTRIBULLET, LLC
LOS ANGELES, CA 90025, USA