

# NUTRiBULLET®

USER GUIDE & RECIPE BOOK



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



LIFE BOOSTING NUTRIENT EXTRACTION RECIPES

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

LIFE BOOSTING NUTRIENT EXTRACTION RECIPES

# IMPORTANT SAFEGUARDS AND CAUTIONARY INFORMATION

## SAVE THESE INSTRUCTIONS

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

#### ELECTRICAL SAFETY

When using any electrical appliances, 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.
- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock, or injury.

- **DO NOT USE THIS PRODUCT WITH ANY TYPE OF ADAPTOR OR VOLTAGE CONVERTER DEVICE. THIS UNIT IS MANUFACTURED IN COMPLIANCE WITH US AND CANADIAN ELECTRICAL STANDARDS AND PLUG TYPES.**
- **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.**
- **UNPLUG THE NUTRIBULLET WHEN IT IS NOT IN USE. MAKE SURE THE POWER BASE IS UNPLUGGED BEFORE ASSEMBLING, DISASSEMBLING, ADDING ADDITIONAL PARTS, OR CLEANING.**

- 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 stove.
- Periodically inspect 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. Contact Customer Service for assistance in obtaining a replacement.
- Avoid contact with moving parts.
- Keep hands and utensils away from the cutting 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.

#### • NEVER LEAVE THE NUTRIBULLET UNATTENDED WHILE IT IS IN USE.

#### • CLOSE SUPERVISION IS NECESSARY WHEN ANY APPLIANCE IS USED BY OR NEAR CHILDREN.

- To prevent overheating, never allow the motor to run for more than **one minute** at a time, as it can cause permanent damage to the motor. If the motor stops working, **unplug the Power Base and let it cool for an hour** before attempting to use it again. Your **NUTRIBULLET** has an internal thermal breaker that shuts off the unit when it overheats. The Power Base will reset when the unit is unplugged and the thermal breaker cools down.
- To reduce the risk of injury and leakage, make sure the blade base is securely screwed onto the cup before placing it on the Power Base and operating the appliance.

- Do not use **NUTRIBULLET** outdoors if exposed to inclement weather elements such as rain or other wet conditions.
- **Blades are sharp. Handle carefully.**
- **NEVER INSERT BLADE INTO THE POWER BASE WITHOUT FIRST ATTACHING THE CUP.**
- Check gasket to make sure it is completely seated in the cross blade or flat blade unit before each use.
- The **NUTRIBULLET** is not intended for use in microwave ovens. Do not place the **NUTRIBULLET** Cups, Power Base or any accessories in a microwave as this may result in damage to the appliance.
- To reduce the risk of personal injury or damage to the device, keep hands and utensils away from the cutting blade.
- Never blend carbonated beverages. Built-up pressure from released gases can cause container to burst, resulting in possible injury.
- **Do not put hot liquids in any of the blending vessels before blending. Start with cool or room temperature ingredients. Heated ingredients can create internal pressure in a sealed blending vessel, which may erupt on opening and cause thermal injury.**
- **Do not run the NutriBullet when the cups are empty which can damage the unit.**
- **CAUTION! Friction from the rotating blade can cause ingredients to heat and generate internal pressure in the sealed vessel. Do not continuously operate for more than one minute. If the vessel is warm to touch, allow to cool before carefully opening pointed away from your body.**
- Never permit any blended mixture to sit inside a sealed vessel without first releasing internal pressure.
- Do not allow blended mixtures to sit for long periods in a sealed container. 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 use the NutriBullet with the Extractor Blade to Blend without liquid as doing so may damage the blade.
- 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.
- Never remove cup/blade assembly from the power base until the motor comes to a complete stop. Removing the cup/blade assembly while power base is still running may cause damage to the blade coupling or motor gear.
- To stop the motor, twist to release the cup if in lock mode and stop pressing cup/blade assembly down if in pulse mode and wait for motor to power down completely.

## 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
  - CHERRY PITS
  - PEACH PITS
  - APRICOT PITS
  - PLUM PITS

## CLEANING SAFEGUARDS

- RINSE BLADES (AND CUPS) IMMEDIATELY AFTER USE TO PREVENT DEBRIS FROM DRYING AND STICKING TO VESSELS – IF NECESSARY, USE A DISH BRUSH TO LOOSEN ANY DEBRIS.
- HAND WASH ONLY WITH MILD DISH SOAP AND WARM WATER (NOT HOT).
- DRY IMMEDIATELY
- FOR TOUGH DEBRIS, FILL THE CUP ½ FULL WITH WARM (NOT HOT), MILD SOAPY WATER. THEN, SIMPLY TWIST ON THE BLADE, POP IT ON THE BASE AND GIVE IT A RUN FOR 30-45 SECONDS. FOLLOW UP WITH A QUICK BRUSH.
- DO NOT PUT THE BLADES IN THE DISHWASHER AS ELEVATED TEMPERATURES CAN DAMAGE GASKETS. SIMPLY HAND WASH WITH WARM, MILD SOAPY WATER.
- THE NUTRIBULLET CUPS CAN 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 GASKET.
- WHEN WASHING BLADES, DO NOT ATTEMPT TO REMOVE THE GASKET RING. SIMPLY HAND WASH THE BLADES IN WARM, MILD SOAPY WATER. ATTEMPTED REMOVAL OF THE GASKET MAY PERMANENTLY DAMAGE THE BLADE CONFIGURATION AND CAUSE LEAKAGE.

## SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

## CLEANING THE NUTRIBULLET

Everyone hates cleaning up, which is just one more reason the NUTRIBULLET is such a wonderful time saver.

### 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 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.**
- 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.

## SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

# TABLE OF CONTENTS

Introduction . . . . .	9	Phase 1 . . . . .	44
Am I Healthy? . . . . .	11	Phase 2 . . . . .	46
Slowing Down the Aging Process . . . . .	13	Phase 3 . . . . .	48
Are You Eating Your Food . . . . .	15	<b>NUTRIBLAST For Life</b> . . . . .	53
The Importance of Eating Nutrient Extracted Food . . . . .	17	Eat Sensibly All Day Long . . . . .	55
The Power of the <b>NUTRIBULLET</b> . . . . .	19	<b>THE SUPERFOOD 6-WEEK TRANSFORMATION PLAN!</b> . . . . .	56
The Importance of Health and Vitality . . . . .	21	The “Five to Thrive” Keys to Success . . . . .	59
The Path to Improved Vitality . . . . .	23	Tips and Tricks for A Successful Program . . . . .	64
What You Get . . . . .	23	The Program . . . . .	70
What Is A <b>NUTRIBLAST</b> ? . . . .	25	Stage 1 Meal Plan . . . . .	72
How it Works . . . . .	26	Stage 2 Meal Plan . . . . .	74
Extracting . . . . .	26	Stage 3 Meal Plan . . . . .	76
Milling . . . . .	27	Stage 1 <b>NUTRIBLASTS</b> . . . . .	78
Pulse Technique . . . . .	28	Stage 2 <b>NUTRIBLASTS</b> . . . . .	79
Shake Technique . . . . .	29	Stage 3 <b>NUTRIBLASTS</b> . . . . .	81
Tap Technique . . . . .	29	On Track Snacks . . . . .	83
Cleaning the <b>NUTRIBULLET</b> . . . . .	31	Super Soups . . . . .	88
The Path to Improved Vitality and Longer Life . . . . .	33	Wellness Wraps and Sandwiches . . . . .	93
<b>NUTRIBLAST</b> . . . . .	33	Good Grains Side Dishes . . . . .	97
Eating To Promote Wellness . . . . .	36	(Mostly) Rawlicious Side Salads . . . . .	104
Getting Started . . . . .	39	Dinners . . . . .	110
Seeds to Avoid . . . . .	40	Stage 1 Journal . . . . .	119
How To Build A <b>NUTRIBLAST</b> . . . . .	41	Stage 2 Journal . . . . .	133
<b>NUTRIBLAST</b> Recipe Ideas . . . . .	43	Stage 3 Journal . . . . .	147



## WHY ARE WE SO SICK?



Heart Disease kills

**7.1 million**

people worldwide per year

in 2009,

**7.9 million**

deaths were due to

CANCER 

by 2030,  
cancer will claim

**11 million**

lives per year

in 2030

**336 million** 

people worldwide will be diabetic

**2/3** of Americans over the age of 20 are  
**OBESE**

## CONGRATULATIONS ON YOUR NEW LEASE ON LIFE

Congratulations on your purchase of the **NUTRIBULLET**—the world's first Nutrition Extractor! We are thrilled that you have chosen the path to optimum health and vitality!

By the time you finish reading this paragraph, four Americans will have had a heart attack and another four will have had a stroke or heart failure. Heart attack is the leading killer in developed countries. Worldwide, cancer kills 7.6 million people annually. Deaths from cancer are projected to reach over 11 million in 2030!

Throughout the world 171 million people have been diagnosed with diabetes and over 500 million people are clinically obese. As per the World Health Organization, obesity is a leading preventable cause of death worldwide and authorities view it as one of the most serious public health problems of the 21st century.

**What is going on? Why are we so sick?** The vast majority of these diseases and conditions can be directly attributed to consumption of the “western diet,” which consists of too many processed foods that are high in sugar and salt and too few fruits and vegetables.

It seems that we have forgotten what we learned in grade school science class, that we are **made up of cells and that cells need only 3 simple things to survive – food, water and air.** We have a big say in whether our cells are healthy or unhealthy. We make that choice every time we put something in our mouths. If we choose to eat processed fat and sugar-laden meals, we choose to seriously increase our risk of cancer, diabetes, and heart disease.

Fortunately, YOU, as a **NUTRIBULLET** owner, have chosen to treat your body to the highest possible level of nutrition – nutrient-extracted food! You have chosen to THRIVE and FEEL GREAT. Congratulations on making such a powerful decision. With the **NUTRIBULLET**, it's as **easy as possible** to get on—and stay on—the path to optimum health.

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



# AM I HEALTHY?

The best way to gauge your current and future health is to ask yourself, “How am I feeling right now?” Do I feel great? Do I have lots of energy? Do I feel attractive? Pain Free? Ready to take on the world?

Or do I feel fat? Tired? Miserable? Sick? Or just, blah?

It’s time to look at yourself and ask: Is my food making me stronger and more resistant to debilitating disease? Or is it making me weaker, making it harder for my body to do what it needs to stay healthy?

**WE ARE WHAT WE EAT!** Who are you going to be tomorrow? How about when you are 40? 60? 80?

## How do I feel today?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## New Goals:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_



*The NUTRIBULLET  
is not like any blender  
you have at home! It's  
a Nutrition Extractor.*

## SLOWING DOWN THE AGING PROCESS

Every cell in our body has a lifespan and when it dies, it gets replaced with a new cell. Over the course of the next 7 years every cell in our body will be regenerated. This fascinating cell replacement process is very intricate and yet a bit imperfect. The new cells often contain small errors and THIS is why we age. The aging process becomes accelerated by the amount of free radicals we take in on a daily basis. Things like smoking, drinking alcohol and eating unhealthy foods speed up the aging process and put us on a fast track to developing disease. Being healthy, and most importantly, feeding ourselves healthy food, slows down the aging process so we can enjoy every day to the fullest.

The **NUTRIBULLET** makes it so easy and so delicious to feed every one of our cells healthy, wholesome, easily absorbed superfoods to achieve optimal health. The power of the **NUTRIBULLET** squeezes every last drop of disease-fighting anti-oxidants, joint-relieving Omega 3s, and muscle-strengthening protein from the foods we eat and drink every day.

**To get the most out of life, you need to get the most out of your food!**



# ARE YOU EATING YOUR FOOD?

## What would you rather eat?



**1/8 cup**

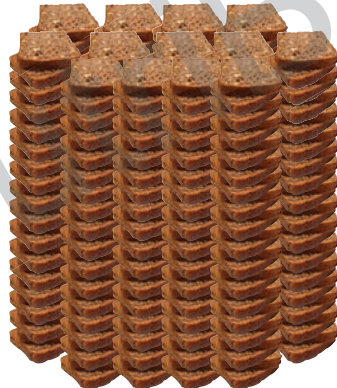
nutrient extracted  
flax seed in a **NUTRIBLAST**  
or



**60**

cups of broccoli

or



**100**

slices of whole wheat bread

Think about eating a bunch of red grapes. You pull a handful off the stems, rinse them off, pop one in your mouth, and spit out the seeds. If you were juicing these same grapes, the juicer would catch the skins and seeds in the strainer basket. But did you know over 100 research studies on grapes have shown that the highest levels of nutrients reside primarily in the stem, skin and seeds of the grapes rather than in the juicy middle section?

That's right! Most of those health benefits we hope to gain come from a category of disease-fighting antioxidants called polyphenols. Flavonoids, phenolic acids, and resveratrol—the most beneficial polyphenols in grapes—are most concentrated in the parts we discard. It's time to stop throwing this vital disease-reversing nutrition in the trash! The **NUTRIBULLET** enables its users to access super nutrients that would otherwise go to waste.

It's like this: to consume the same amount of cancer-blocking enzymes found inside 1/8 cup of extracted flax seed, we would need to eat roughly 60 cups of fresh broccoli or 100 slices of whole wheat bread. Or, we could add 1/8 cups of flax seeds and some berries into a **NUTRIBLAST**, and enjoy a delicious Flax Berry Smoothie in just seconds!

# THE IMPORTANCE OF EATING NUTRIENT EXTRACTED FOOD



In our busy world, we often don't take the time to eat healthfully or properly chew what we eat. These tendencies make extra work for our digestive system as it attempts to extract nutrients from poorly chewed and nutritionally void food. Over time, this stress reduces the strength of digestive enzymes. These depleted enzymes, coupled with the weakened stomach acids that come with age, result in a digestive system that cannot break foods down enough to access and utilize the vital nutrition inside. When our body fails to absorb these nutrients day after day, week after week, we become weaker and weaker and more vulnerable to sickness and chronic disease.

Supplements may offer some relief to this issue of nutrient deficiency, but our bodies are not designed to process nutrients delivered by non-food sources. While they may be useful to a certain extent, supplements are by no means a substitution for proper nutrition because the human body is designed to acquire nutrients from whole, unprocessed foods.

Even when we eat healthfully, our digestive system has a hard time accessing all of the vitamins, minerals and phytonutrients found in the foods we eat. The most reliable way to ensure our bodies get the nourishment they need is through **NUTRITION EXTRACTION**. When fruits, vegetables, seeds, and nuts are broken down to their most digestible form before they are consumed, the digestive system can easily absorb the best they have to offer. Fortunately, the **NUTRIBULLET** does just that!

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

## THE POWER THE NUTRIBULLET

The **NUTRIBULLET** is not like any other blender on the market. Its 900-watt motor, all-new Extractor Blade, and Magic Bullet-exclusive Cyclonic Action breaks the pulp, skin, seeds, and stems of the plants we eat down into tiny drinkable particles, unlocking the full scope of nutrients contained within them. Chewing, juicing, or blending with ordinary blenders can't rival the **NUTRIBULLET's NUTRITION EXTRACTING** power.

With **NUTRITION EXTRACTION**, the gold mine of zinc and magnesium inside watermelon seeds, the wealth of Omega-3 fatty acids and healthy enzymes in blackberry seeds, and the powerful anti-oxidants in broccoli stems become bioavailable—ready for optimal absorption into the bloodstream! Get ready to experience the rush that true, healthful living supplies!







## THE IMPORTANCE OF HEALTH AND VITALITY

### Add Healthy Years to Your Life

“If we eat wrongly, no doctor can cure us. If we eat rightly, no doctor is needed.” – Victor G. Rocine

Eating an abundance of nutrient-extracted food can add years to your life. Not just any years, but healthy, vibrant, disease-free years. **Who doesn't want to live a long, happy life?** By embracing a healthy lifestyle and fueling your body with the vital nutrition it deserves, you can expect to see the following changes:

- Balanced internal pH
- Beautiful hair, skin, and nails
- Decreased risk of chronic disease
- Enhanced mood
- Increased energy
- Increased athletic performance
- Improved digestion (decreased constipation, gas, bloating, and IBS)
- Improved sleep
- Lower cholesterol
- Lower blood pressure
- Relieved diabetes and pre-diabetic conditions
- Weight loss
- Younger looking, glowing skin with visibly decreased wrinkles and improved elasticity



# THE PATH TO IMPROVED VITALITY!

## What You Get:

The **NUTRIBULLET** accessories kit comes with **11 pieces**



1 Tall Cup  
with 1 Handled Lip Ring



1 Short Cup  
with 1 Regular Lip Ring



2 Extractor Blades



1 Milling Blade



Bonus Life Changing  
Recipes Book



1 User Manual / Recipe Book



2 Stay-fresh Resealable Lids

# 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.

## THE PATH TO IMPROVED VITALITY!

### What Is A NUTRIBLAST?

The **NUTRIBLAST** is a nutrient-extracted drink designed to feed your system as many servings of easily absorbable 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 (see recipe suggestions on pages 44-51). You must add liquid up to the Max line when blending with the Extractor Blade for proper extraction to achieve the best taste and texture results with your **NUTRIBULLET** and to prevent damage to the blade. Add enough liquid to cover ingredients, twist on the blade, and blend.

A few of our favorite liquids are water, coconut water and unsweetened almond milk.

We recommend using frozen fruits such as berries or bananas if you desire a frosty **NUTRIBLAST**.

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!

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



## 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 or Short 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.
- 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 OR MILLING 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.