



NUTRiBULLET®

CARE AND INSTRUCTIONS

NUTRiBULLET®
600 SERIES

magic
BULLET

THE SUPERFOOD **NUTRITION EXTRACTOR**

IMPORTANT SAFEGUARDS & CAUTIONARY INFORMATION

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

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

PERSONAL SAFETY

- **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.**
- **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.**
- **NEVER INSERT BLADE INTO THE POWER BASE WITHOUT FIRST ATTACHING THE CUP.**
- **REMOVE SPOON OR OTHER FOREIGN OBJECTS BEFORE BLENDING.**
- **NEVER LEAVE THE NUTRIBULLET UNATTENDED WHILE IT IS IN USE. CLOSE SUPERVISION IS NECESSARY WHEN ANY APPLIANCE IS USED BY OR NEAR CHILDREN.**
- **TO AVOID RISK OF ELECTRIC SHOCK, NEVER IMMERSE THE CORD, PLUG, OR POWER BASE OF BLENDER IN WATER OR OTHER LIQUIDS.**
- **AT ALL TIMES, AVOID CONTACT WITH MOVING PARTS**

- To reduce the risk of personal injury or damage to the device, keep hands and utensils away from the cutting blade.
- 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.
- Blades are sharp. Handle carefully.
- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock, or injury.
- 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 the blade coupling or motor gear.
- 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 blend carbonated beverages. Built-up pressure from released gases can cause container to burst, resulting in possible injury.
- If the NutriBullet malfunctions or is dropped, or damaged in any manner, discontinue use and contact Customer Service for further assistance.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

PRODUCT SAFETY

- Check gasket to make sure it is completely seated in the blade unit before each use. If seal damaged replace the unit online.
- If the motor stops for any reason, unplug the power base and let it cool for at least an hour as this will reset the internal thermal breaker.
- Never use a NutriBullet with the blade to blend without liquid a doing so may damage the blade.
- Do not run the NutriBullet when the cup is empty, this can damage the unit.
- 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.
- 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.
- Periodically inspect cord and plug for damage. Do not operate any appliance with a damaged cord or plug.
- 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.

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 OVERHEATING. 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, OR PLACE MATS.

- The NutriBullet Power Base is made exclusively to work with the NutriBullet Cups and Blades only and not other Bullet Branded Products such as the Magic Bullet. Use with items not specifically manufactured for the NutriBullet will void the Warranty.
- The cyclonic action of your NutriBullet requires the use of liquids to make NutriBlasts and other nutritious beverages. The NutriBullet 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 over time may dull or damage the blades. Always inspect your blades before each use.
- Do not use NutriBullet outdoors. If exposed to inclement weather elements such as rain or other wet conditions, discontinue use.
- Unplug the NutriBullet when it is not in use. Make sure the power base is unplugged before assembling, disassembling, adding additional parts, or cleaning.
- To prevent overheating, never allow the motor to run for more than one minute at a time, as this may cause damage to the motor as well as increase the thermal pressure inside the cup which can cause personal injury.

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 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 SEEDS, CHERRY PITS, PLUM PITS, AND PEACH PITS.**

CLEANING THE NUTRIBULLET

ALWAYS UNPLUG THE NUTRIBULLET WHEN CLEANING OR ASSEMBLING.

- NEVER SUBMERGE THE POWER BASE IN WATER OR PLACE IT IN THE DISHWASHER.
- RINSE BLADES (AND CUP) 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 $\frac{1}{2}$ FULL WITH ROOM TEMPERATURE (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**. THIS WILL LOOSEN THE STUCK INGREDIENTS, AND WITH A LIGHT SCRUB AND RINSE IN WARM WATER, YOU'LL BE ALL DONE.
- **DO NOT PUT THE BLADES IN THE DISHWASHER AS ELEVATED TEMPERATURES CAN DAMAGE GASKETS.** SIMPLY HAND WASH WITH WARM, MILD SOAPY WATER.
- WHEN WASHING BLADE, DO NOT ATTEMPT TO REMOVE THE GASKET RING. SIMPLY HAND WASH THE BLADES IN ROOM TEMPERATURE, MILD SOAPY WATER. IF NECESSARY, USE A DISH BRUSH TO LOOSEN DEBRIS. IF DESIRED, THE BLADE AND GASKET MAY BE FURTHER DISINFECTED BY RINSING IN A 10% DILUTED SOLUTION OF WHITE VINEGAR AND WATER OR USE LEMON JUICE. ATTEMPTED REMOVAL OF THE GASKET MAY PERMANENTLY DAMAGE THE BLADE CONFIGURATION AND CAUSE LEAKAGE.
- IF IN TIME, A GASKET BECOMES LOOSE OR DAMAGED WITH USE, PLEASE CONTACT CUSTOMER SERVICE FOR A REPLACEMENT BLADE HOLDER AT WWW.BULLETBRANDS.COM.AU OR WWW.BULLETBRANDS.CO.NZ

BLADES AND CUPS ARE CONSUMABLE PARTS AND WILL REQUIRE REPLACEMENT.

WE RECOMMEND 6 MONTHS ON BLADES AND CUPS AS REQUIRED.

WARNING:

DO NOT WASH THE BLADES IN THE DISHWASHER. THE NUTRIBULLET CUP AND BLADE 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 $\frac{2}{3}$ full with room temperature (not hot) soapy water and screw on the 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 in warm water, you'll be all done.

MAINTENANCE

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: Make sure the blade is not attached to the Power Base.

Step 3: Use a damp cloth to wipe down the inside and outside of the Power Base.

IN THE EVENT OF SPILL, CHECK THE UNDERSIDE OF THE BASE. IF LIQUID FOOD IS EXITING THE VENTS, DO NOT USE UNTIL INSPECTED BY A CERTIFIED ELECTRICIAN AS THE MOTOR HAS LIKELY BEEN COVERED IN FOOD, POTENTIALLY GIVING USER AN ELECTRIC SHOCK.

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.



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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

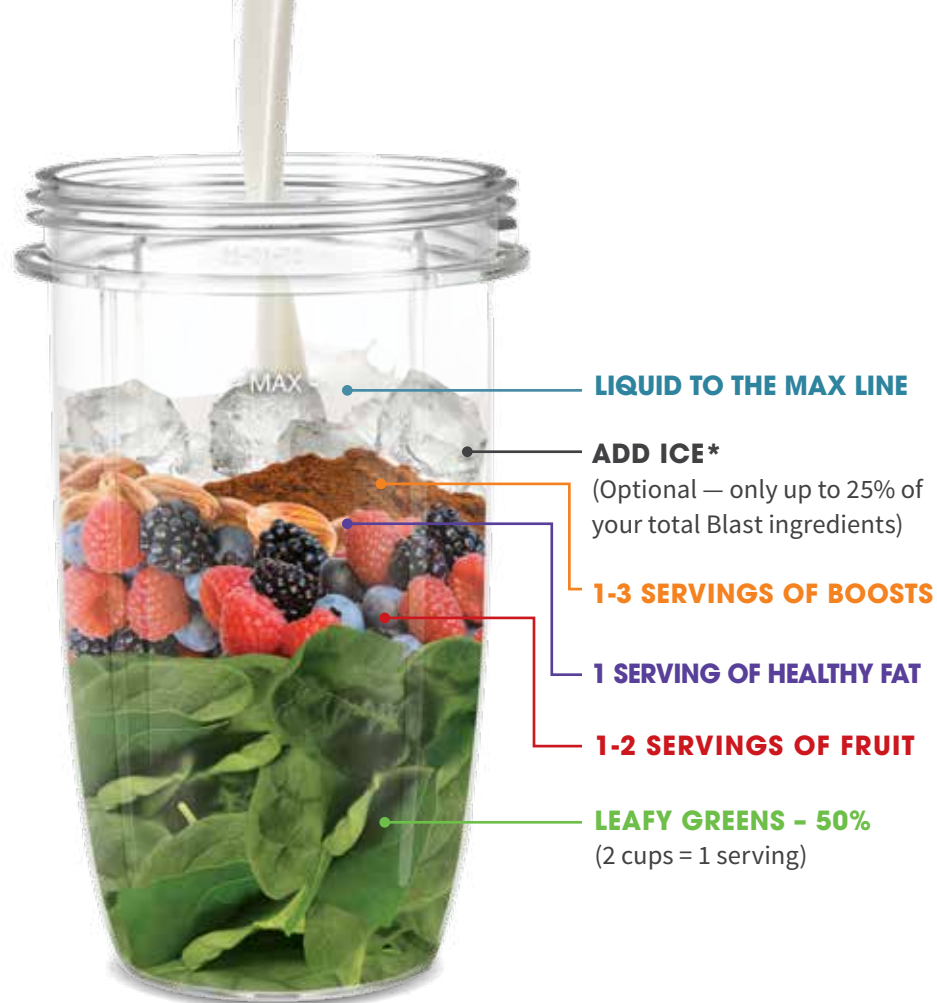
- ☐ Water
- ☐ Coconut Water
- ☐ Unsweetened Almond Milk
- ☐ Unsweetened Cashew Milk
- ☐ Chilled Unsweetened Tea

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 ⅛ – ¼ 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.

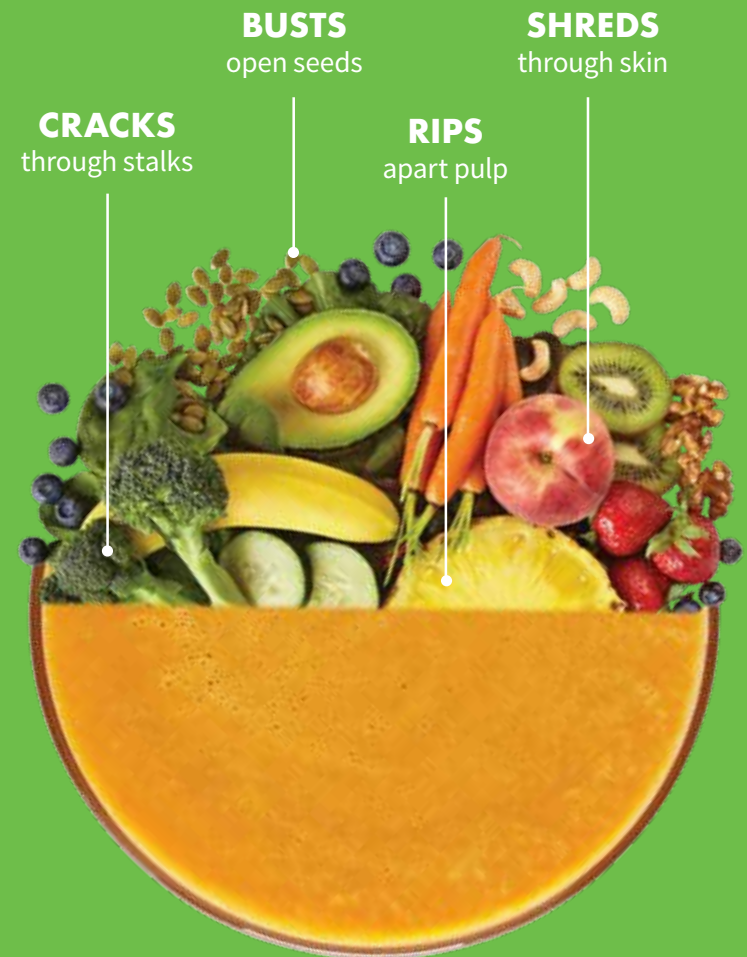
NOW IT'S TIME TO MAKE YOUR FIRST NUTRIBLAST!

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**.

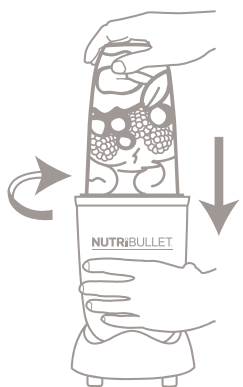
2 Add the liquid of your choice up to the MAX line. (Liquid is required!).



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 **Power Base** 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 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**.



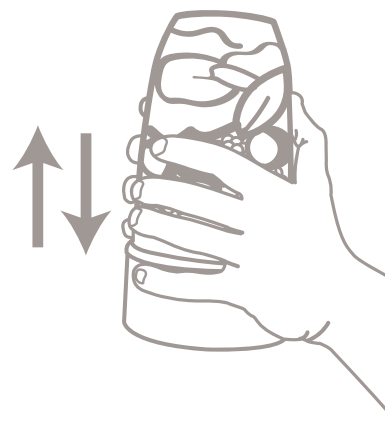
1 To start, hold the cup at the base and **apply counter-clockwise pressure to it, to keep it from locking on.**

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**.



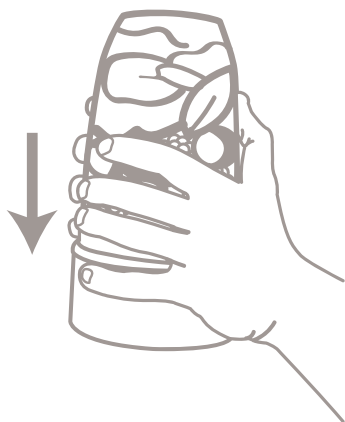
1 Remove the **Cup** and **Blade** assembly from the **Power Base**.

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.





ONE (1) YEAR LIMITED REPLACEMENT WARRANTY STATEMENT

If your product becomes defective due to faulty material or workmanship within a period of 1 year from the date of purchase, we warrant to do the following:

- **For New Zealand Consumers:** We will replace the product with a new product, free of charge, or repair the product at our cost, at our discretion.
- **For Australian Consumers:** Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Your warranty is subject to the following conditions:

- **DO NOT** operate the appliance with a damaged plug or cord, or if the unit has been dropped, damaged or dropped in water. To avoid the risk of electric shock, do not disassemble or attempt to repair the appliance on your own. If the supply cord is damaged, **it must be replaced by a qualified electrician in order to avoid a hazard.** Incorrect re-assembly or repair can cause a risk of electric shock or injury to persons when the appliance is used.
- The item has not been misused, abused, neglected, altered, modified or repaired by anyone.
- The item has been subjected to fair wear and tear.
- The item has not been used for trade, professional or hire purposes.
- The item has not sustained damage through foreign objects, substances or accident.

Your warranty does not cover;

- Components that are subject to natural wear and tear caused by normal use in accordance with operating instructions.
- Unauthorised/improper maintenance/handling or overload is excluded from this warranty.
- For guarantee claims, you will need to submit a proof of purchase in the form of a valid receipt that displays date and place of purchase.

This warranty does not replace but is in addition to your statutory rights.

This warranty does not apply to accessories supplied with the item.

This warranty applies only to the original purchaser and may not be transferred.

Replacement items will be covered by the limited warranty for the balance of the warranty period from the date of the original purchase.

Please note:

Only the defective product or parts returned to place of purchase will be replaced under this warranty.



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