

140X210mm

nutribullet®

NutriBullet | 1000 & 1200 SERIES.



USER GUIDE

nutribullet®

USER GUIDE & RECIPE BOOK

Important safeguards.

WHEN USING ANY ELECTRICAL APPLIANCE, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE OBSERVED, INCLUDING THE FOLLOWING:

Warning! To avoid the risk of serious injury, carefully read all instructions before operating your NutriBullet®.

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

! Save these instructions! ● FOR HOUSEHOLD USE ONLY

GENERAL SAFETY INFORMATION

- 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.
- 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 LEAVE THE NUTRIBULLET® UNATTENDED WHILE IT IS IN USE.**
- **DO NOT USE OUTDOORS.**
- **ALWAYS UNPLUG THE NUTRIBULLET® WHEN NOT IN USE.**

HEAT & PRESSURE SAFETY

To avoid personal injury, never blend hot or carbonated ingredients in any sealed NutriBullet® cup!

WARNING! Heated ingredients can pressurize sealed containers when agitated and violently

WARNING!

expel hot contents upon opening. Always start the blending process with room temperature or refrigerated ingredients and liquids (21°C/70°F or cooler).

Never continuously operate for longer than necessary to create your recipe — generally less than one minute.

Never blend carbonated liquids or effervescing ingredients (e.g., baking soda, baking powder, yeast, etc.). Pressure from released gases can cause a sealed NutriBullet® cup to burst, resulting in possible injury and/or property damage. Blade friction from prolonged operation can heat ingredients and generate internal pressure in the sealed container. This pressure can cause the cup and blade to separate or blended contents to erupt from the container, resulting in possible personal injury and/or property damage. If the sealed NutriBullet® cups are warm to the touch, power off your machine and allow the vessel to

WARNING!

cool for fifteen minutes or more. Allow contents to settle before slowly releasing the cup from the motor base. With the NutriBullet® cup, pointed away from your face and body, slowly unscrew the extractor blade to gently release any residual pressure.

FRICTION FROM THE ROTATING EXTRACTOR BLADES WHEN BLENDING CAN CAUSE INGREDIENTS TO HEAT AND GENERATE INTERNAL PRESSURE IN THE SEALED CUP, IF PERMITTED TO RUN FOR LONGER THAN A MINUTE. IF THE CUP IS WARM TO TOUCH ALLOW IT TO COOL COMPLETELY BEFORE CAREFULLY OPENING, POINTED AWAY FROM YOUR BODY TO AVOID INJURY.

- After blending, allow the contents to settle and release any pressure that may have built up during the extraction process by slowly unscrewing the container from the blade assembly. Have the container pointed away from you in case there is any built-up pressure.

- If you need to blend for longer than one minute, blend for 1-minute intervals. After the initial and each subsequent 1-minute blending cycle, allow the motor base to shut off completely and wait at least one minute before starting another cycle.
- Do not run for more than 3 consecutive 1-minute intervals to prevent the contents from overheating. Allow contents to settle for 2–3 minutes after the third extraction cycle to prevent overheating and buildup of pressure.
- **DO NOT ALLOW BLENDED MIXTURES TO SIT IN A SEALED CONTAINER FOR LONG PERIODS OF TIME!** Sugar in fruits and vegetables can ferment over time, releasing gases and causing pressure to build up in a sealed NutriBullet® cup. If you will not consume your smoothie immediately, remove the blade, cover

the container with a lid or plastic wrap, and refrigerate. Never store any blended mixture in a sealed NutriBullet® cup either unrefrigerated or for any prolonged period of time; contents will spoil and ferment.

EXTRACTOR BLADE SAFETY

Never store any extractor blade in the motor base unattached to a NutriBullet® cup. An exposed blade can present a laceration hazard.

WARNING!

BLADES ARE SHARP!

HANDLE CAREFULLY. Use care when handling any blade. To avoid laceration injury, do not handle or touch any blade edge.

AVOID CONTACT WITH MOVING PARTS!

Keep hands and utensils out of and away from the extractor blade while blending food to reduce the risk of severe personal injury.

- To prevent leakage and the possible separation of components during operation, properly align

and securely attach (hand tighten) the blade to a NutriBullet® cup, and check for leakage before placing it on the motor base and operating your NutriBullet®.

- Once you have stopped your NutriBullet®, wait until the motor comes to a complete stop and the unit powers down completely before removing the cup/ extractor blade from the motor base. Taking the container off the unit prior to complete power down can cause damage to the extractor blade coupling or motor gear.

NEVER BLEND WITHOUT LIQUID AS DOING SO MAY DAMAGE THE EXTRACTOR BLADE OR MOTOR.

- The cyclonic action® of your NutriBullet® requires the use of liquids to make smoothies and other nutritious beverages. The NutriBullet® is not intended to be used as an ice crusher or without liquids. Always add liquid to your smoothie.

- **DO NOT USE** the extractor blade for grinding dry ingredients such as grains, cereal, or coffee, as this may damage the motor and/ or the extractor blade.
- We recommend replacing your extractor blade every 6 months (depending on use) or as needed for optimal performance.
- Certain configurations may contain a milling blade. This blade can be used for milling herbs, spices, grains and seeds.

ELECTRICAL SAFETY

WARNING!

Do not use this product in locations with different electrical specifications or plug types. Do not operate with any type of plug adapter or voltage converter device, as these may cause electrical shorting, fire, electric shock, personal injury or product damage.

- For your safety, do not modify the plug or motor base in any way. Doing so will increase risk of injury and void the product's warranty.
- 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.
- The use of third-party attachments, including canning jars, is forbidden and may cause fire, electric shock, personal injury, or product damage and will void the warranty.
- **To avoid risk of electric shock, never immerse the cord, plug, or motor base of blender in water or other electrical current conducting liquids. Discontinue use if the cord, plug, or motor base is damaged.**
- **CAUTION:** In order to avoid a hazard due to inadvertent resetting of the thermal cut-out, this appliance must not be supplied through an external switching device, such as a timer, or connected to a circuit that is regularly switched on and off by the utility.
- Always **UNPLUG** the NutriBullet® when it is not in use or **BEFORE** assembling, disassembling, changing accessories, or cleaning. Do not attempt to handle the NutriBullet until all parts have stopped moving.
- Periodically inspect all NutriBullet® components for damage or wear that may impair proper function or present an electrical hazard. Assure that power cord and plug are undamaged. Discontinue use and replace NutriBullet® cup if you detect cracking, crazing, cloudiness or damage to the plastic. Assure that the blades rotate freely and that the gasket is seated and undamaged. Assure that motor base switch actuators are unobstructed, clean, and depress easily. Follow

maintenance instructions in this user guide on pages 20–21. Never operate your NutriBullet® with damaged components. If your NutriBullet® malfunctions in any way, immediately discontinue use and contact **customer service by visiting: nutribullet.co.uk**.

- Do not allow the cord to hang over the edge of the table or counter. Do not pull, twist, or damage the power cord. Do not allow cord to touch hot surfaces, including the stove.
- If the motor stops working, unplug the motor 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 motor when it overheats. The thermal breaker will reset when the unit is unplugged and the thermal breaker cools down sufficiently.

VENTILATION

To prevent a fire hazard, the openings on the bottom of the motor

base should be free of dust or lint and never obstructed as they are provided for ventilation to ensure reliable motor operation to prevent over heating. Never place your NutriBullet® on top of flammable materials such as newspapers, tablecloths, napkins, dishtowels, place mats or other similar type of materials.

- **CAUTION!** Always operate the NutriBullet® on a level surface, leaving unobstructed space beneath and around the motor base to permit proper air circulation. Slots on the bottom of the motor base are provided for ventilation to ensure reliable operation and to prevent motor overheating.

MICROWAVE & STOVE-TOP HEATING SAFETY

- **DO NOT BLEND
HOT INGREDIENTS!**
After blending room

temperature or cooler ingredients (21°C/70°F or less), transfer mixture to an unsealed, microwave-safe container or to a stove-top pot to heat.

Always use a thermometer to test the internal temperature of cooked ingredients, they may feel cool to the touch, but still be hot inside.

- Do not place any of the NutriBullet® parts in a microwave, oven or stove-top pot or immerse in boiling water as this may result in damage to the accessory.
- Avoid blending the following seeds and pits in the NutriBullet®, as they contain a chemical known to release cyanide into the body when ingested: apple seeds, cherry pits, plum pits, peach pits, and apricot pits. Fruit pits may also cause damage to the blade and cup.

MEDICAL SAFETY

- The information contained in this user guide is not meant to replace the advice of your physician.

Always consult your physician regarding health and nutrition concerns.

MEDICATION INTERACTIONS:

- If you are taking any medication, especially cholesterol lowering medication, blood thinners, blood pressure drugs, tranquilizers, or antidepressants, please check with your physician before trying any of the smoothie recipes contained in the Recipe Guide.

ADDITIONAL INSTRUCTIONS FOR PROPER USAGE

- **TO AVOID LEAKAGE, DO NOT OVERFILL THE CUP!**
Make sure ingredients and liquid do not exceed the MAX line. The cyclonic action® of the NutriBullet® requires space to extract effectively and exceeding the MAX line can result in leakage and may create a dangerous pressurization which can cause the vessel and blade assembly to separate.

- Cup and extractor blades are specific to the exact model of NutriBullet®. Use of incompatible parts (parts from other models) may result in damage to your NutriBullet® or create safety hazards. When replacing cups or an extractor blade or ordering additional accessories from nutribullet.co.uk, or by contacting Customer Service, please specify the model for parts that are compatible with your unit.
- Periodically inspect all NutriBullet® components for damage or wear that may impair proper function or present an electrical hazard. Make sure that the power cord and plug are undamaged. Discontinue use and replace blending vessels if you detect cracking, cloudiness, or other damage to the vessel, tabs on the vessel or actuator tabs of the motor

base. Ensure that the blades rotate freely and that the structure is undamaged. Make sure that the motor base is unobstructed and clean. Follow maintenance recommended in pages 20 and 21 and never operate your NutriBullet® with damaged components. If your NutriBullet® malfunctions in any way, immediately discontinue use and contact Customer Service. You may purchase new NutriBullet® cups, and extractor blades at nutribullet.co.uk or by contacting Customer Service.

**WE RECOMMEND
REPLACING YOUR CUP
EVERY SIX MONTHS.**

**! Save these
instructions!**

If you have any comments, questions, or concerns, please visit nutribullet.co.uk.



INTRODUCTION

For busy, active people, good nutrition is a prime concern. Eating wholesome, high quality food ensures you operate at the highest level, whether on the field, in the boardroom, in the classroom, or at home. The problem that so often presents itself, however, is that unprocessed whole food requires more preparation than packaged convenience food—taking time and energy that many don't have in their already busy lifestyles.

Enter the NutriBullet. More than a blender and more than a juicer, the NutriBullet is a powerful nutrition extractor that uses patented technology to transform nutrient-dense greens, vegetables, fruits, nuts, seeds, and other healthful foods into silky-smooth, super-portable NutriBlast smoothies. When enjoyed as a meal replacement or a snack,



NutriBlasts provide all the sustenance of whole fruits and vegetables—fiber, pulp, seeds, and skins included—without any peeling, dicing, slicing, or even chewing, saving you the time, energy, and cleanup required of traditional food preparation.

Prioritising nutrition doesn't have to be inconvenient. Create fast, nourishing meals and snacks with the NutriBullet, and see what happens when you start giving your body the fuel it deserves. We're confident you'll be blasting for a long time to come.

NutriBullet
Long live you.

GLOSSARY OF TERMS

There's a lot of frequently used terminology in the NutriBullet universe. If you're having trouble distinguishing your Bullet from your Blast, let this list offer some guidance.

NUTRIBLAST

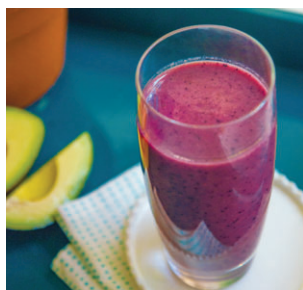
Or "Blast" for short is the nutrient-extracted drink made in your NutriBullet. Blasts are designed to increase the amount of produce you consume in your daily diet, fitting an average of 5-7 servings of vegetables and fruits into just one beverage.

NUTRIENT EXTRACTION

Nutrient Extraction is the process by which whole food ingredients are converted into NutriBlasts in the NutriBullet. Engineered to create the most nutritionally dense drinks possible, the extraction process transforms even the toughest ingredients into a silky-smooth consistency. Unlike blenders and juicers, the NutriBullet gives you the health benefits of eating the whole fruit and/or vegetable—fiber, pulp, seeds, skins, and all—via nutrient extraction. Nothing is left behind.

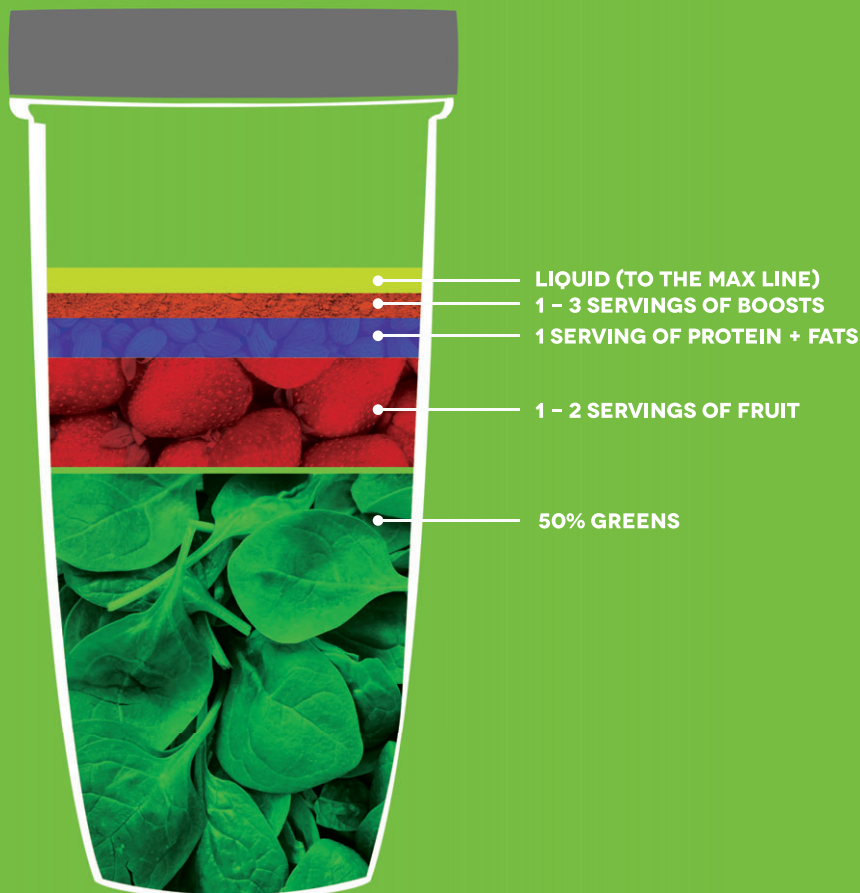
CYCLONIC ACTION

Cyclonic Action is the patented spinning movement generated by the NutriBullet's components. When Power Base meets Extractor Blade meets Contained Vessel/Cup meets gravity, the result is a mini-cyclone that evenly distributes ingredients to the spinning blade, creating the unique silky-smooth extracted texture of your NutriBullet.



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:



LIQUID TO THE MAX LINE

- | | | |
|-------------------------------------|---|--|
| - Unsweetened almond or cashew milk | - Other non-dairy alternative | - 100% cold-pressed greens juice (<i>no fruit</i>) |
| - Water | - Green or herbal tea (<i>brewed and chilled</i>) | |

1-3 SERVINGS OF “BOOSTS”

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

1 SERVING OF HEALTHY FAT

- | | | |
|--|----------------------------|---------------------------------------|
| - 1-2 Tbsp. nut butter | - ¼ to ½ avocado, pitted | - 1 Tbsp. coconut, flax, or olive oil |
| - 1-2 Tbsp. chia seeds | - 2 Tbsp. shredded coconut | - ¼ cup nuts |
| - 1-2 Tbsp. flax seeds | | |
| - 1-2 Tbsp. pumpkin or sunflower seeds | | |

1-2 SERVINGS OF FRUIT

- | | | |
|-----------------------------|--------------------------|------------------------------------|
| 1 serving of fruit = | - 1 cup berries, | - ¾ cup pitted cherries |
| - 1 banana | - 1 cup mango chunks | - 1 orange |
| - 1 medium apple | - 1 cup pineapple chunks | - 2 mandarin or clementine oranges |
| - 1 medium pear | | |
| - 1 medium peach/plum | | |

50% DARK LEAFY GREENS

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

CHANGING LIVES EVERYDAY

NutriBullet allows people to change the way they eat and feel on a daily basis. But don't just take our word for it! These posts from real NutriBullet owners describe the revolutionary impact the NutriBullet has had on their health and overall quality of life.

"I've only had my NutriBullet one week, but I love it. I am sleeping better and waking up feeling more alert. I don't think I'm losing weight, yet, but hope the pounds will begin to come off. I do know my stomach doesn't feel as puffy and my blood pressure is much better, so much so, I've cut back on the meds. Thank you NutriBullet!!!"

-- Kay F.

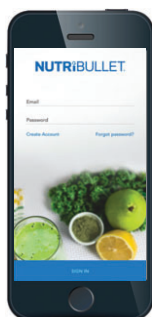
"WOW, I love having my smoothie every morning. I finally enjoy having my fruits and veggies thanks to my NutriBullet. It has charged my metabolism back up and is putting that bounce back in my step. Thanks, NutriBullet!"

-- Ellen

CHECK OUT
NUTRIBULLET.CO.UK
FOR SOME DELICIOUS &
HEALTHY IDEAS!







NUTRIBULLET RECIPES APP

Delicious Smoothies at Your Fingertips

Make the perfect NutriBlast smoothie every time! With hundreds of recipes featuring your favorite fruits and vegetables, our free recipes app will ensure you have everything you need to achieve your personal health goals.

NUTRIBULLET.CO.UK

A one-stop healthy lifestyle resource. Equipped with health articles, smoothie recipes, and so much more, the content addresses a multitude of topics including women's health, men's health, weight control, digestion, inflammation, and more to help guide your health and fitness lifestyle.



Care & maintenance.

Cleaning the NutriBullet® is easy, simply place any of the pieces (except for the motor base and extractor blade) on the **TOP RACK** of the dishwasher or hand wash with warm soapy water and rinse.

Here's how to clean the NutriBullet®:

STEP 1:

The most important thing — ALWAYS UNPLUG the motor base from the power supply outlet when it is left unattended, before assembling, disassembling, changing accessories or approaching parts that move in use or when cleaning. Do not attempt to handle the appliance until all parts have stopped moving!

STEP 2:

Remove the cup/extractor blade assembly from the motor base.

STEP 3:

Clean the individual components (motor base, extractor blades, NutriBullet® cups) as follows:

MOTOR BASE:

- For the most part, the motor base doesn't really get dirty, but if you neglect to twist the extractor blade on to the cup tightly, liquids can leak out and get into the base and stick to the activator buttons.
- To avoid risk of injury, **NEVER** use your hands or utensils to clean the white actuator Tabs while the NutriBullet® is plugged in.
- Do not remove the rubber or plastic liners inside the motor base.
- Use a sponge or dish cloth dampened with warm soapy water to wipe down the inside and outside of the motor base until clean.
- Pay particular attention to the white Actuator Tabs on the inside of the motor base to loosen any sticky debris from drips and spills. If necessary, you may use a small brush to scrub the area to ensure it is kept clean.



WARNING: Never submerge the motor base in water.

EXTRACTOR BLADE:

- **DO NOT REMOVE THE GASKET** as this will permanently damage the extractor blade and cause leakage. If after washing as indicated above additional disinfecting is desired, you may rinse with a 10% vinegar/water solution or with lemon juice. If, over time, the gasket becomes loose or damaged, you may order a new extractor blade at NutriBullet.co.uk or contact Customer Service.
- Dry the extractor blade completely. It is helpful to turn the blade on its side in your dish drainer to ensure **BOTH SIDES** of the extractor blade are completely dried.

NUTRIBULLET® CUPS & TO-GO LIDS:

- These items are all **TOP RACK** dishwasher safe. We recommend rinsing them and giving them a quick brush with a dish brush to remove any dried debris before washing them in the dishwasher. **NEVER** use the sanitize cycle to wash the Cups as this may warp the plastic.
- Regularly check the 3 tabs on the side of the Cup (cracking, crazing, breakage or rounding). If damaged,

replace immediately to prevent possible personal injury.

- **NEVER USE A CUP WITH A BROKEN, DAMAGED, OR MISSING TAB AS DOING SO MAY CAUSE THE CUP AND MOTOR BASE TO SEPARATE EXPOSING THE BLADE ASSEMBLY!**

STUBBORN CLEAN UP:

- If ingredients dry inside the NutriBullet® Cup, make your cleanup a snap by filling the cup about 2/3 full with room temperature (21°C/70°F or less) water and screw on the extractor blade. Place the cup/extractor blade assembly on the NutriBullet® motor base for about 20–30 seconds. This will loosen the stuck ingredients, and with a light scrub and rinse, you'll be all finished.

Replacement parts.

To order additional parts and accessories, please visit our website at nutribullet.co.uk.

Explanation of the marking



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.



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.



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).



Manufacturer's declaration that product meets the requirements of the applicable UK regulations.

nutribullet

**Need help?
We're here
for you**

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USER GUIDE

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NutriBullet

Long live you.

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210318_NB 1000 & 1200 Series

NB-IM393A-23

