

nutribullet®

NutriBullet | 1000 & 1200 SERIES.



USER GUIDE & RECIPE BOOK

nutribullet®

USER GUIDE & RECIPE BOOK

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 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.**
- **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**
- **NEVER BLEND CARBONATED INGREDIENTS OR LIQUIDS. BUILT-UP PRESSURE FROM RELEASED GASES CAN CAUSE CONTAINER TO BURST, RESULTING IN POSSIBLE INJURY.**

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

If the power supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

Do not put hot liquids/ingredients in vessels! If hot liquid/ingredients are poured into the food processor or blender, they can be ejected out of the appliance due to a sudden steaming.

Switch off the appliance and disconnect from power supply before changing accessories or handling 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 is damaged, replace the complete blade assembly.
- 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.
- 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.

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 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.
- 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.

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 WARM, 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 6-12 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.



∞ 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.

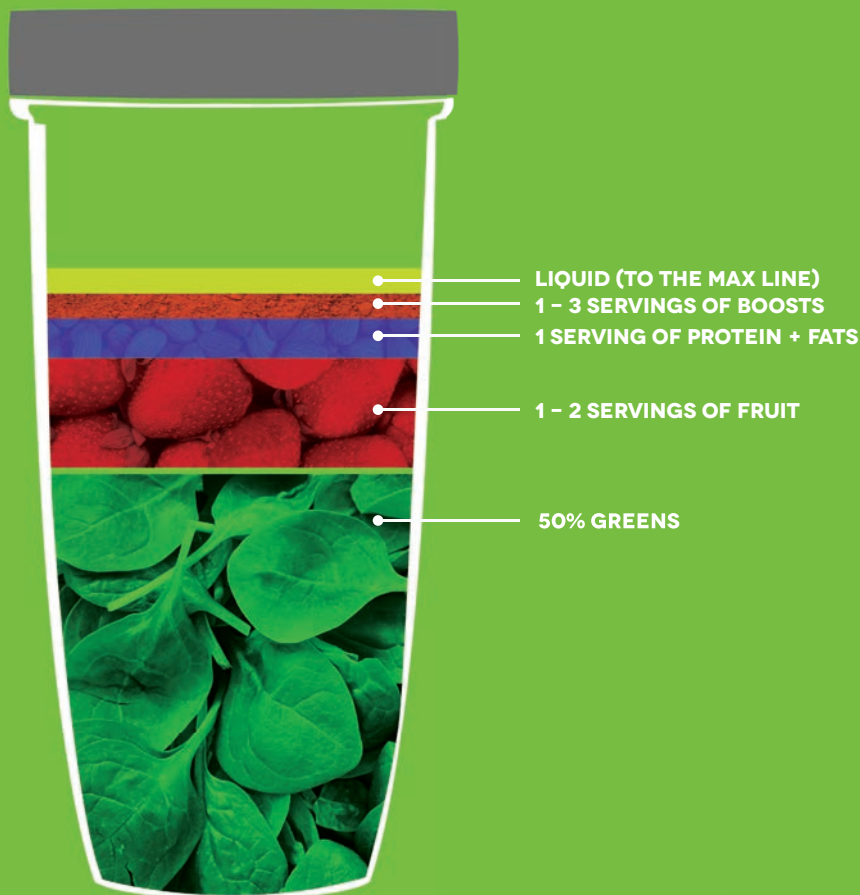
CYCLONIC ACTION

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
- Water
- Other non-dairy alternative
- Green or herbal tea (brewed and chilled)
- 100% cold-pressed greens juice (*no fruit*)

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

1 SERVING OF HEALTHY FAT

- 1-2 Tbsp. nut butter
- 1-2 Tbsp. chia seeds
- 1-2 Tbsp. flax seeds
- 1-2 Tbsp. pumpkin or sunflower seeds
- 1/4 to 1/2 avocado, pitted
- 2 Tbsp. shredded coconut
- 1 Tbsp. coconut, flax, or olive oil
- 1/4 cup nuts

1-2 SERVINGS OF FRUIT

- 1 serving of fruit =**
- 1 banana
- 1 medium apple
- 1 medium pear
- 1 medium peach/plum
- 1 cup berries,
- 1 cup mango chunks
- 1 cup pineapple chunks
- 3/4 cup pitted cherries
- 1 orange
- 2 mandarin or clementine oranges

50% DARK LEAFY GREENS

- Collard Greens
- Kale
- Romaine
- Spinach
- Spring Greens
- 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

BULLETBRANDS.COM.AU/RECIPES
BULLETBRANDS.CO.NZ/RECIPES

FOR SOME DELICIOUS &
HEALTHY IDEAS!





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 smoothie recipes.

NUTRIBULLET RECIPE IDEAS!

Whether you are new to blending smoothies or advanced and looking for new and exciting recipes, we have you covered! We hope these recipes will inspire you to be creative with your NutriBullet.

Over the next few pages you will find recipes for beginner, immediate, and advanced smoothie-makers. If you are interested in weight loss or boosting your energy levels, we have those recipes too! Visit bulletbrands.com.au/recipes or bulletbrands.co.nz/recipes to find even more tasty recipes for different occasions and dietary preferences.

CHECK OUT

[BULLETBRANDS.COM.AU/RECIPES](http://bulletbrands.com.au/recipes)
[BULLETBRANDS.CO.NZ/RECIPES](http://bulletbrands.co.nz/recipes)

FOR SOME DELICIOUS &
HEALTHY IDEAS!

BEGINNER RECIPE

BEGINNER GREEN SMOOTHIE

Wake up your taste buds with this delicious green smoothie! You will never know that Spinach is in it!

- 1 C. Spinach
- 1 Banana
- ½ C. Pineapple Chunks
- 1½ C. Filtered Water
- ½ C. Ice, Optional



INTERMEDIATE RECIPE

PEANUT BUTTER PUSH

Healthy fats and flavors abound in this creamy peanut butter smoothie.

- 1 C. Spinach
- 1 Medium Banana
- 1 Tbsp. Peanut Butter
- 1 tsp. Hemp Seeds
- 1½ C. Unsweetened Vanilla Almond Milk
- ½ C. Ice, Optional

If you have a nut allergy, try using sunflower seed butter as a substitution.

ADVANCED RECIPE

RELIEVE ANXIETY SMOOTHIE

Immune boosting ingredients make this smoothie flavorful and so good for you!

- 1 C. Spinach
- 1 C. Blueberries
- ¼ Avocado
- 1 Tsp. Fresh Turmeric
- 1 Tsp. Fresh Ginger
- ½ C. Green Tea, Brewed & thoroughly Cooled
- 1 C. Unsweetened Vanilla Almond Milk



WEIGHT LOSS RECIPE

FILLING ALMOND BUTTER SMOOTHIE

Who said weight loss had to be boring? Try this smoothie that has the perfect amount of sweetness and is oh-so satisfying!

- 1 C. Spinach
- ½ Banana
- 1 Tbsp. Almond Butter
- 1 Tsp. Chia Seeds
- 2 Tbsp. Pea Protein Powder
- 1½ C. Unsweetened Vanilla Almond Milk
- ½ C. Ice, Optional



If you have a nut allergy, try using sunflower seed butter as a substitution.

ENERGY-BOOSTING RECIPE

PB & BLUEBERRY J

Grab a quick energy boost with this delicious smoothie!

- 1 C. Spinach
- 1 C. Blueberries
- 1 Tbsp. Hemp Seeds
- 1 Tbsp. Peanut Butter
- 1½ C. Unsweetened Vanilla Almond Milk
- ½ C. Ice, Optional

If you have a nut allergy, try using sunflower seed butter as a substitution.





BULLETBRANDS.COM.AU/RECIPES BULLETBRANDS.CO.NZ/RECIPES

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.



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.



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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NutriBullet

Long live you.

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220-240VAC 50-60Hz 1000W-1200W

Illustrations may differ from the actual product. We are constantly striving to improve our products, therefore the specifications contained herein are subject to change without notice.

