

# NUTRIBULLET®

## QUICK START GUIDE

### BUILD A SMOOTHIE



**LIQUID TO THE MAX LINE**

**ADD ICE\***

(Optional — only up to 25% of your total smoothie ingredients)

*\*For the most nutritious, frosty smoothies we recommend using frozen fruit and/or veggies.*

**1-3 SERVINGS OF BOOSTS**

**1 SERVING OF HEALTHY FAT**

**1-2 SERVINGS OF FRUIT**

**LEAFY GREENS – 50%**

(2 cups = 1 serving)

**\*Don't overfill your cup!** Make sure your ingredients and liquid reach no higher than the MAX line. For best results, you must add liquid to your smoothie ingredients.

**\*The cyclonic action of your NutriBullet requires the use of liquids to make smoothies and other nutritious beverages.** It is not intended to be used as an ice crusher or without liquids. To make a delicious cold smoothie, 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 cyclonic action of the **NUTRIBULLET** system requires the use of liquids. **Add liquid to the MAX line** for any smoothie. Our favorites: water, coconut water & unsweetened almond milk.

**FOR DELICIOUS RECIPES  
AND TIPS, GO TO  
NUTRILIVING.COM**

### HOW IT WORKS

#### BLEND MODE



**1. Add Ingredients:** Fill room temperature ingredients (20°C / 70°F or less) into an included vessel without exceeding the MAX line.

**2. Attach Blade:** Twist on the Extractor Blade and tighten by hand to make sure vessel is sealed.



**3. Push & Twist:** Push assembly down, pressing Activator Tabs onto the Activator Buttons. Gently rotate the vessel to lock the unit into place.

**4. Blend:** 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.

**5. Ready to Enjoy:** Your perfectly blended treat awaits!



# NUTRIBULLET®

## QUICK REFERENCE SAFE BLENDING GUIDE

**THESE SAFETY GUIDELINES ARE INTENDED FOR QUICK REFERENCE ONLY. CAREFULLY READ ALL INSTRUCTIONS IN YOUR USER MANUAL BEFORE OPERATING YOUR NUTRIBULLET®. SAVE THESE INSTRUCTIONS.**



### GENERAL SAFETY

**Close supervision is necessary when any appliance is used by or near children.** Keep cord out of reach of children.

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

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 Blending Containers 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 Power Base switch actuators are unobstructed, clean, and depress easily. Follow maintenance in User Manual and never operate your **NutriBullet®** with damaged components. If your **NutriBullet®** malfunctions in any way, immediately discontinue use and **contact NutriBullet Customer Service at (855) 346-8874.**



### HEAT AND PRESSURE SAFETY

**WARNING: TO AVOID PERSONAL INJURY, NEVER BLEND HOT INGREDIENTS OR LIQUID IN ANY CLOSED-TOP BLENDING CONTAINER OR PITCHER!! Heated ingredients can pressurize sealed containers when agitated and violently expel hot contents upon opening.** Always start the blending process with room temperature or refrigerated ingredients and liquids (21°C/70°F or cooler).

**WARNING: Never Continuously Operate for Longer Than Necessary to Create a Smoothie — generally less than one-minute.** Blade friction from prolonged operation can heat ingredients and generate internal pressure in the sealed container. **If the Blending Container is warm to touch, allow to cool. Slowly unscrew the Blade Assembly from the Blending Container, pointed away from your face and body, to release any residual pressure.** Pressure can cause the blended contents to erupt from the Container, resulting in possible personal injury or property damage.

**WARNING: Never Blend Carbonated Liquids or Effervescing Ingredients (e.g., baking soda, baking powder, yeast, etc.).** Pressure from released gases can cause a sealed Blending Container to burst, resulting in possible injury or property damage.

Sugar in fruits and vegetables can ferment over time, releasing gases and causing pressure to build up in a sealed Blending Container. 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 Blending Container either unrefrigerated or for any prolonged period of time; contents will spoil and ferment.**



### BLADE SAFETY

**BLADES ARE SHARP! HANDLE CAREFULLY.** Use care when handling any Blade. To avoid laceration injury, do not handle or touch any Blade edge.

**To Prevent Leakage and the Possible Separation of Components During Operation,** properly align and securely attach (hand tighten) the Blade to a Blending Container, and check for leakage before placing it on the Power Base and operating your **NutriBullet®.**

**Never Store any Blade** in the Power Base unless attached to a Blending Container. An exposed blade can present a laceration hazard.



### ELECTRICAL SAFETY

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

**To avoid risk of electric shock, never immerse the Cord, Plug, or Power Base of blender in water or other electrical current conducting liquids. Discontinue use if the Cord, Plug, or Power Base is damaged.**

**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.**

Your NutriBullet® has a **US/Canadian** configured polarized plug (one prong is wider than the other) to reduce the risk of electric shock. This plug will correctly fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. For your safety, do not modify the plug or Motor Base in any way.