

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

NUTRi^G BULLET™

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

IMPORTANT SAFEGUARDS AND CAUTIONARY INFORMATION

SAVE THESE INSTRUCTIONS

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

When using electrical appliances, basic safety precautions should always be used, including the following:

- Caution! To avoid risk of electric shock, never immerse the cord, plug, or power base blender in water or other liquids.
- This appliance has a 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. **Do not modify the plug in any way.**
- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock, or injury.
- Unplug the **NUTRIBULLET** when it is not in use. Make sure the machine is unplugged before assembling, disassembling, adding additional parts, and cleaning.
- Do not pull, twist, or mistreat 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 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, make sure the blade base is securely screwed onto the cup before placing it on the Power Base and operating the appliance.
- Never leave the **NUTRIBULLET** unattended while it is in use.
- Close supervision is necessary when any appliance is used by or near children.

- Do not use **NUTRIBULLET** outdoors if exposed to inclement weather elements such as rain or in wet conditions.
- **Blades are sharp. Handle carefully.**
- **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 the microwave. Do not place the NUTRIBULLET Cups, Power Base or accessories in the 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 blend the hot liquids in any of the blending vessels.**

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 NURTIBULLET:**

- **APPLE SEEDS**
- **CHERRY PITS**
- **PEACH PITS**
- **APRICOT PITS**
- **PLUM PITS**

CLEANING SAFEGUARDS

- **DO NOT PUT THE BLADES IN THE DISHWASHER. SIMPLY HAND WASH WITH WARM 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 STERILIZED IN BOILING WATER FOR ANY REASON AS THIS WILL WARP THE PLASTIC.**
- **IN THE BASE OF THE BLADES THERE IS A PLASTIC GASKET THAT CREATES AN AIRTIGHT SEAL WITH THE NUTRIBULLET CUPS. AFTER WASHING A BLADE, CHECK TO MAKE SURE THE GASKET IS STILL INSIDE AS WASHING CAN SOMETIMES CAUSE THEM TO BECOME LOOSE.**

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 STERILIZED IN BOILING WATER FOR ANY REASON AS THIS WILL WARP THE PLASTIC.

ALWAYS MAKE SURE THE GASKETS ARE STILL IN THE BLADE BASE AFTER CLEANING. WASHING THE BLADES CAN SOMETIMES CAUSE THEM TO BECOME LOOSE AND POP OUT.

REPLACING THE GASKET

In the base of the blades, there is a plastic gasket that creates an airtight fit with the **NUTRIBULLET** cups. After washing a blade, check to make sure the gasket is still inside as washing can sometimes cause them to become loose.

The gasket may also be removed before washing. However, doing so will shorten the gasket life due to constant stretching to remove and wash.

When re-inserting or replacing the gasket, it is important to make sure that both the gasket and the blade housing are completely dry. Additionally, the gasket must be properly seated in the blade housing or it will come loose. This can result in leakage and the possibility that the blade can hook the gasket and cut it into pieces.

In order to insert & seat the gasket properly, we recommend as follows:

- 1) Make sure blade housing is completely dry - particularly in the gasket groove.
- 2) When looking at the gasket, one side has a slightly concave appearance, the other side is flat- below is a diagram of a cross section of a gasket:



- 3) Insert the gasket with the flat side down toward the groove.
- 4) Using the tip of a spoon or something similar, press into the concave side of the gasket into the gasket groove. Go all around the gasket to make sure that it is completely seated and tight and there are no places where the gasket is sticking up out of the groove.

Be sure to inspect the gasket after the first use and each subsequent use to make sure it was installed and has not become loose or damaged.

STUBBORN CLEANUP

If ingredients dry inside the **NUTRIBULLET**, make your clean up a snap by filling the cup about 2/3 full with warm soapy water and screw on the Milling 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!

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

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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 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, the leading cause of death is cancer with 7.6 million dying of the disease 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? All of these diseases and conditions can be directly attributed to consumption of the “western diet,” which consists of processed foods high in sugar and salt and lacks in fruits and vegetables, that the typical American eats every day.

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 mouth. 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. 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.



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?

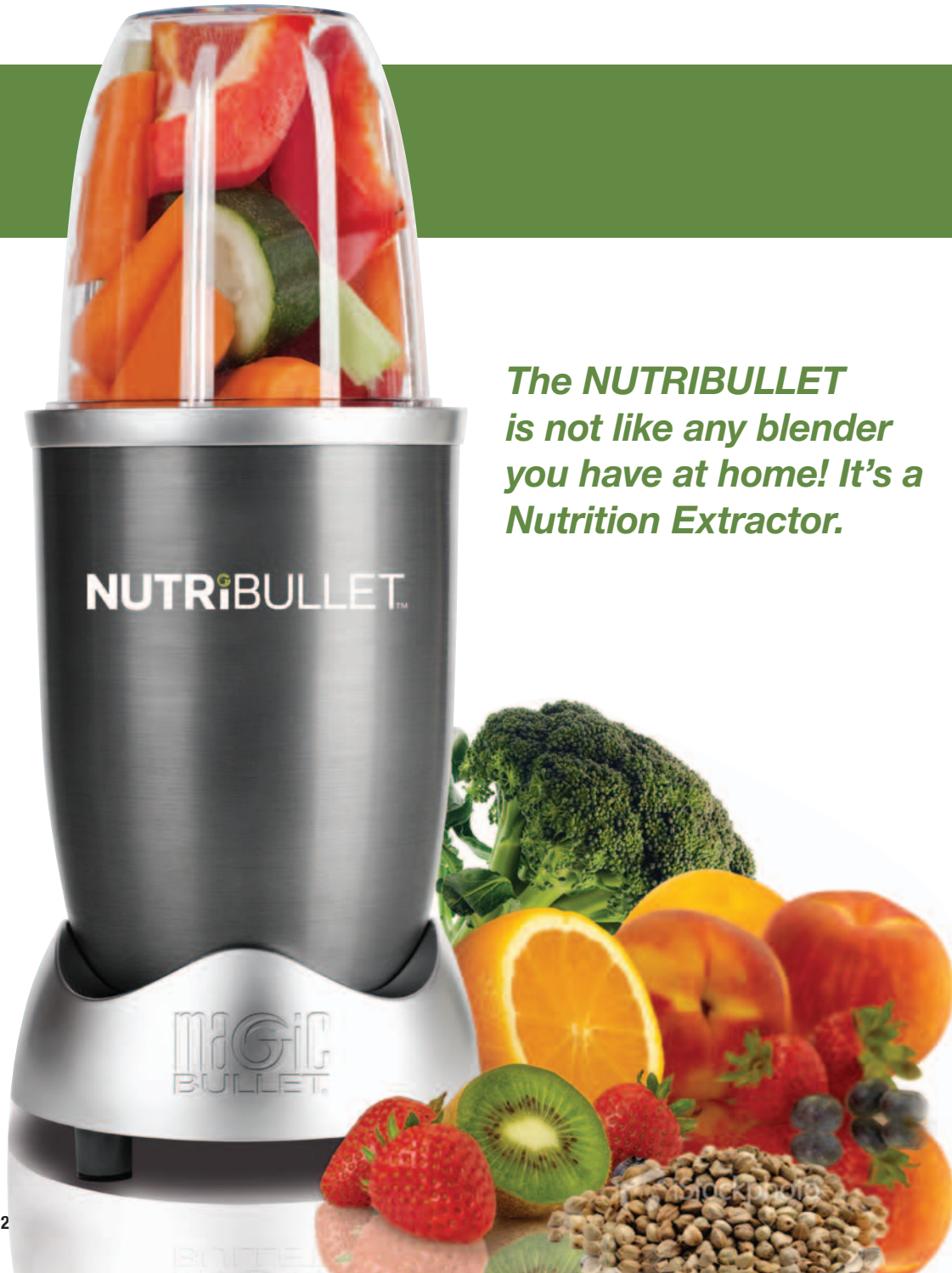
SLOWING DOWN THE AGING PROCESS

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

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?



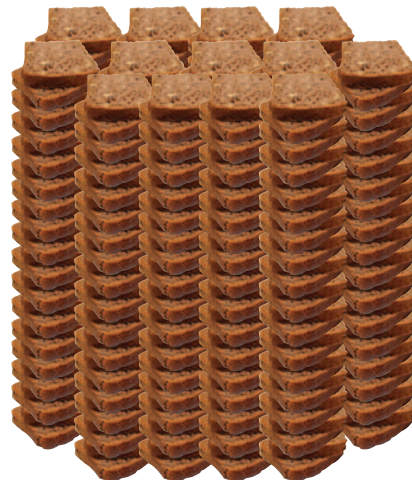
1/8 cup

nutrient extracted
flax seed in a **NUTRIBLAST**



60

cups of broccoli



100

slices of whole wheat bread

What would you rather eat?

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. Flavinoids, 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 in the **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 cannot access all of the vitamins, minerals and phytonutrients found in the foods we eat – unless the cell walls are broken. 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!





THE POWER OF THE NUTRIBULLET

The **NUTRIBULLET's** all-new **Extractor Blade** pulverizes seeds, cracks stems, and shreds through tough skins to break open plant cell walls. Known as **NUTRITION EXTRACTION**, this process makes extremely beneficial vitamins, minerals, and phytonutrients typically concealed in unbroken cell walls **BIOAVAILABLE** which means they are broken down for optimal absorption into the bloodstream.

Now you can access the **gold mine of zinc and magnesium** inside watermelon seeds, **the wealth of Omega 3s**, protein, and **antioxidants** in blackberry seeds, and the **cancer-blocking compounds** in nutrient-extracted broccoli, cabbage, cauliflower, and kale!





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

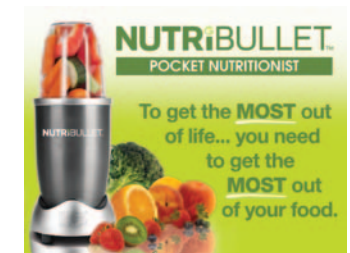
Eating an abundance of nutrient-extracted food can add years to your life. Not just any years, but healthy, vibrant, disease-free years. **Who doesn't want to live a long, happy life?** By embracing a healthy lifestyle and fueling your body with the vital nutrition it deserves, you can expect to see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

- Balanced internal pH
- Beautiful hair, skin, and nails
- Decreased risk of chronic disease
- Enhanced mood
- Increased energy
- Increased libido and sexual 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 comes with 12 pieces



THE PATH TO IMPROVED VITALITY!

What Is A NUTRIBLAST?

The **NUTRIBLAST** is designed to feed your system as many servings of **NUTRITION-EXTRACTED** fruits and vegetables as possible in one delicious beverage. All variations follow a very simple basic formula: **50% leafy greens, 50% fruit, and ¼ cup of seeds, nuts, or “super boosts.”** Add 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 page 42). 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 an overall feeling of nourishment await! The more you blast, the better you'll feel!



NUTRIBLAST

HOW IT WORKS

Extracting

1 Fill ingredients into the Tall or Short Cup.



2 Twist on the Extractor Blade.



3 Place the Cup onto the Power Base. Press down and twist to lock the motor on.



4 You can see the extraction process happening. Keep an eye on the consistency. Your **NUTRIBLAST** is ready when it looks smooth and creamy!



HOW IT WORKS

Milling

The Milling Blade is for turning dry ingredients into powders. Perfect for milling oats, nuts and seeds.

1 Fill ingredients into the Tall or Short Cup.



2 Twist on the Milling Blade.



3 Place the Cup onto the Power Base. Press down and twist to lock the motor on.



4 Mill your ingredients until you achieve the desired consistency.





THE PATH TO IMPROVED VITALITY AND LONGER LIFE!

NUTRIBLASTS Couldn't Be Easier to Make

It only takes one to two minutes to make these nutritional masterpieces! **NUTRIBLASTS** taste great, they're fun to make, and clean up is a snap!

It's a Meal Replacement!

Most people feel satisfied with one **NUTRIBLAST** for breakfast, but feel free to have a healthy snack later in the morning if you get hungry. A whole grain granola bar, hardboiled egg, or yogurt should tide you over until lunch.

Feel the Difference!

Adding five to ten servings of raw, nutrition-extracted fruits and vegetables to your day will have an **AMAZING** effect on how you look and feel. **First**, you will notice a **burst of energy** you won't believe you had in you! **Second**, you will attain a feeling of overall **wellness**—fewer aches and pains, deeper sleep, a stronger immune system, and more even mood and energy levels. This process can occur very quickly, and **you will continue to feel better and better** as you continue to enjoy nutrition-extracted foods.

See the Difference!

Within a few days, you will begin to see the difference – a little extra room in the waistline of your pants, a glow to your skin, shiny hair, a sparkle in your eye. **People will start to comment on how good you look.** Enjoy the compliments – you deserve them! Who knew it would be **SO** easy to feel and look this much better? Keep up the great progress!

THE PATH TO IMPROVED VITALITY AND LONGER LIFE!

Nothing Feels as Good as Feeling Good

As you get further into your daily **NUTRIBLAST** program, your skin will improve and you'll wake up feeling well rested. You may lose a few pounds, and you may even lower your blood pressure and cholesterol levels. Yet no matter what changes arise, we are confident you will feel so much better than you do at this moment. This isn't a diet program you'll suffer through, but a lifestyle choice you'll want to stick to. You'll feel so good adding **NUTRITION-EXTRACTED** food into your diet that you won't want to stop! The more you add, the better you'll feel, and nothing feels as good as feeling good!

Add Years to Your LIFE

By eating this wonderfully nutritious, **NUTRITION-EXTRACTED** food, you very well could be adding years to your life by preventing and even reversing the chronic diseases that plague so many of us – including heart disease, cancer, diabetes, and immune disorders. Add years to your life paragraph: 2nd sentence through end

Who wants to spend their golden years running back and forth to the doctor's office when you can be chasing your grandchildren around instead? Remember the old adage, "an apple a day keeps the doctor away"? Multiply that by five, seven, or even nine servings of bioavailable nutrient-extracted fruits and vegetables, and you've got a **NUTRIBLAST!** Farewell, MDs!





THE PATH TO IMPROVED VITALITY AND LONGER LIFE!

Eating To Promote Wellness

FOOD TYPE	ENJOY	AVOID
Dairy	Non-fat cottage cheese, unsweetened yogurt, goat's milk, raw or skim buttermilk, non-dairy almond milk.	Soft cheese, all pasteurized or artificially colored cheeses and ice cream.
Eggs	Boiled or poached (no more than 4 a week).	Fried or pickled eggs.
Fish	All broiled or baked freshwater white fish, salmon or canned tuna in water.	Fried fish, shell fish, salted fish and all fish canned in oil.
Fruits	All unsweetened fresh, frozen or dried fruits.	Canned, bottled, or frozen fruits with sweeteners added.
Grains	All grains and products containing whole grains.	All white flour products, white rice, white pasta, crackers, cereal and instant cereals or oatmeal.
Meats	Skinless turkey, chicken or lamb.	Beef, pork, hot dogs, luncheon meat, all processed meat, duck, goose and organ meat.
Nuts	All fresh, raw nuts (peanuts, 1 x a week).	All salted, roasted nuts and peanuts if history of allergy.
Oils (fats)	All cold-pressed oils including corn, safflower, sesame, olive, flaxseed, soybean, sunflower and canola, margarine made from cold pressed oil and eggless mayonnaise.	All saturated fats, hydrogenated margarine, refined processed oils, shortening and hardening oils.

A Wonderful Side Benefit

After incorporating **NUTRIBLASTS** into your daily routine, you will find your cravings for sweet, salty, and fatty junk food significantly reduced. Once your body realizes how great nutrient-extracted food makes you feel, you will actually begin craving **HEALTHY** foods. **FANTASTIC**—roll with it! We've included a chart titled "EATING TO PROMOTE HEALTH AND WELLNESS" as well as a sample menu to help you eat for optimum health and vitality outside of the **NUTRIBULLET** system.

Eating To Promote Wellness

FOOD TYPE	ENJOY	AVOID
Seasonings	Garlic, onions, all herbs, apple cider vinegar, tamari, miso, seaweed and dulse.	Black pepper, white pepper, salt and all types of vinegar (except pure apple cider vinegar).
Soups	Homemade soups: lentil, bean, pea, veggie, barley, brown rice, onion. Low salt organic soups.	Canned soups made with salt, preservatives, stock or MSG.
Sprouts and Seeds	All slightly cooked sprouts and all raw seeds.	All seeds cooked in oil or salt.
Sweets	Small amounts of raw honey, pure maple syrup, stevia and black molasses.	White, brown or cane sugar. Corn syrup, sugared candies.
Vegetables	All raw, fresh, frozen (no salt or additives).	All canned or frozen with salt or additives.



Give all pieces (except Power Base) a quick rinse with soapy water before using!

Getting started couldn't be easier! Get your **NUTRIBULLET** unit out and give the cups and blades a quick rinse with warm soapy water. Then get ready to create your first **NUTRIBLAST**!

Now it's time make your first **NUTRIBLAST** Smoothie!



GETTING STARTED



STEP 1: ADD 50% LEAFY GREENS 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.

STEP 2: ADD 50% FRUIT TO THE TALL CUP.

A serving of fruit is generally a cup. We suggest adding a banana or avocado to every smoothie for the "creamy" factor. Then add three more fruits (or more if you can fit it!) to your **Tall Cup**.



STEP 3: ADD WATER TO TASTE. We suggest you add water to just about the top of the other ingredients. If you like a thicker smoothie, add less water. If you like a thinner smoothie, add more water.

STEP 4: ADD YOUR BOOST (optional). Add a handful of nuts, seeds or goji berries to pack in some essential fatty acids! Boosts make for a more nutritious and filling **NUTRIBLAST** smoothie.



STEP 5: TWIST ON THE NUTRIBULLET BLADE, EXTRACT, ENJOY! Twist on the blade, then place the cup on the **Power Base**. Push down and twist until it locks into the "on" position (you'll know because it will be running!). Keep extracting until you achieve a very smooth consistency. Twist on the handle and bottoms up!

HOW TO BUILD A NUTRIBLAST



NUTRIBLAST

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

Enjoy a 2-Day!

4 Easy Steps!

- 1 Fill the cup with **50% leafy greens + 50% fruit**.
- 2 Pour water over the top (add ice if you want).
- 3 Add 1/8 to 1/4 nuts and/or seeds if desired.
- 4 Twist on the **NUTRIBULLET** blade and blend until smooth.



LEAFY GREENS - 50%

Choose one from the following list of leafy greens or, mix and match! Fill the Tall Cup up to 50% with leafy greens. Work up to 2 full cups (2 handfuls) of leafy greens per smoothie.

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

FRUITS - 50%

Choose as many fruits as you want to equal 50% of your **NUTRIBLAST**.

- Apple
- Avocado
- Banana
- Blackberry
- Blueberry
- Cantaloupe
- Cranberry
- Fig
- Green Grapes
- Guava
- Honeydew
- Kiwi
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Raspberries
- Red Grapes
- Strawberry
- Watermelon

BOOSTS - 1/4 CUP

The following ingredients are an important part of your **NUTRIBULLET NUTRIBLAST**, adding additional fiber and nutrition to every sip. Add 1/8 to 1/4 cup to any smoothie.

- | Nuts | Seeds | Super Chargers |
|-------------------------------|---------------------------------------|------------------------------------|
| <input type="radio"/> Almonds | <input type="radio"/> Chia Seeds | <input type="radio"/> Goji Berries |
| <input type="radio"/> Cashews | <input type="radio"/> Flax Seeds | <input type="radio"/> Acai Berries |
| <input type="radio"/> Walnuts | <input type="radio"/> Hemp Seeds | <input type="radio"/> Maca Powder |
| | <input type="radio"/> Pumpkin Seeds | |
| | <input type="radio"/> Sesame Seeds | |
| | <input type="radio"/> Sunflower Seeds | |



NUTRIBLAST RECIPE IDEAS!

If you've been slight on your fruit and vegetable consumption, it's best to start off a bit slow. Add a good handful of leafy greens and match that same amount with fruit. Start with one **NUTRIBLAST** a day. You may have a bit of a gassy stomach for the first few days as your body gets used to having so much fiber. Don't worry, this will pass (no pun intended)!

If you are looking to achieve the **BEST POSSIBLE RESULTS**, start with a **NUTRIBLAST** for breakfast, then squeeze in another later in the day. **NUTRIBLASTS** also make a wonderful dessert. Satisfy that sweet tooth with vital nutrition!

Please note: 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.**





NUTRIBLAST RECIPE IDEAS!

PHASE 1

As you're getting started with your **NUTRIBLASTS**, we suggest using greens with a mild taste like spinach or spring greens. The fruits you use will easily mask their flavor, making for a tasty, refreshing drink. Experiment with water quantities to find your ideal consistency. The more water you use, the thinner your **NUTRIBLAST**, and vice versa. Fight any temptation you have to add processed ingredients like fruit juice or protein powders. Whole, unprocessed foods will give you the best results.

These Phase One recipes are perfect for first time **NUTRIBLASTERS**, but don't be afraid to get creative. Use the guide on page 39 to concoct your own masterpieces. You can even share your favorites with us on Facebook! "Like" us at facebook.com/thenutribullet and join our wonderful community!

Toxin Cleansing Blast

Flush toxins from your body with this delicious, fruity concoction.

- 1-2 handfuls of rinsed spinach
- 1 cored pear
- 1 banana
- 1 cored apple
- 1 cup of pineapple

Vita-Berry Blast

Ward off cancer, heart disease, and viruses with this sweet and tasty blast of flavonoids!

- 1-2 handfuls of rinsed spinach
- 1 cup of blueberries
- 1 banana
- 1 handful strawberries

The Immune Booster

Keep healthy even during flu season with this delicious elixir packed with antioxidant goodness.

- 1-2 handfuls of rinsed spring greens
- 1 banana
- 1 peeled orange
- 1 cup of pineapple
- 1 handful of blueberries

Morning Glory

Start your day with boundless energy with this flavorful blend.

- 1-2 handfuls spinach
- 1 avocado
- 1 cup strawberries
- 1 cup mango
- 1/4 cup goji berries

Nutty Nectar

Go nuts with this vitamin rich blast of flavor.

- 1-2 handfuls spinach
- 1 banana
- 1 cup strawberries
- 1 cup honeydew
- 1/8 cup walnuts

Tropical Tonic

Boost your immune system with this vitamin C rich drink.

- 2 handfuls spring greens
- 1 avocado
- juice of 1/2 lemon
- 1 cup mango
- 1 cup papaya
- 1/4 cup pumpkin seeds

Protein Powerhouse

Packed full of protein, this super satisfying blend keeps you energized for hours.

- 2 handfuls spring greens
- 1 avocado
- 1 cup raspberries
- 1 orange
- 1 cup mango
- 1/8 cup cashews

Peachy Pick-me-up

Healthy fats and flavor abound in this tasty treat.

- 2 handfuls spring greens
- 1 banana
- 1 peach
- 1 cup honeydew
- 1 cup blackberries



NOTE: Because the size of all fruits and vegetables vary, please use the max line on the cups as your guide. Do not fill beyond the max line.

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NUTRIBLAST RECIPE IDEAS!

PHASE 2

Now that you are well on your way to becoming a **NUTRITION EXTRACTION** expert, it's time to mix up those greens and get some new vitamins and minerals down the hatch! As you progress, try not to fall into an ingredient rut. The more you vary the greens, fruits, vegetables, and boosts you add into your **NUTRIBLASTS**, the more nutritional benefits you will receive.

Some of the Phase Two greens have a more distinct flavor than their Phase One counterparts. You may want to balance the 'green' flavor of ingredients like romaine and butter lettuce with sweeter fruits and boosts. Almonds, cashews, and walnuts balance flavors nicely and add filling protein to your beverage. Keep experimenting, and be sure to post your favorites on our Facebook page!

At this point, it's a great idea to add a second **NUTRIBLAST** to your daily routine. **NUTRIBLASTS** make a wonderful afternoon snack or dessert after a light dinner. The more extracted nutrition you include in your diet, the better you are going to feel. Enjoy better sleep, boundless energy, and decreased aches and pains. Here's to a second daily **NUTRIBLAST!**

Energy Elixir

Add some serious pep to your step with this delicious, energizing elixir. A perfect afternoon pick me up.

- 2 handfuls of rinsed spring greens
- 1 banana
- 1 cup red grapes
- 1 cored pear
- 1/8 cup of walnuts

Fountain of Youth

Look and feel years younger by enjoying this age reversing blend.

- 2 handfuls of rinsed spinach
- 1 cup of red grapes
- 1 banana
- 1 cup of strawberry
- 1/8 cup of almonds
- 1 tsp maca powder

NOTE: Because the size of all fruits and vegetables vary, please use the max line on the cups as your guide. Do not fill beyond the max line.

Longevity Elixir

Feel the years disappear with this light and snappy blend.

- 2 handfuls romaine
- 1 avocado
- 1 cucumber
- 1 cup cantaloupe
- 1/4 cup cashews
- 1 mint leaf

Nature's Candy

Balance hormones by way of this fantastic tasting treat.

- 2 cups butterhead lettuce
- 1 cored pear
- 1 cored apple
- 1 cup blueberries
- 1 banana
- 1/4 cup maca powder

Get Up and Goji

Power up with this antioxidant rich flavor extravaganza.

- 2 cups butterhead lettuce
- 1 cup honeydew
- 1 cup cantaloupe
- 1 cup watermelon
- 1 banana
- 1/8 cup goji berries

Antioxidant Fusion

Fight off free radicals and add years with this tasty blast.

- 2 handfuls of butterhead lettuce
- 1 banana
- 1 orange
- 1 cup pineapple
- 1 cup mango
- 1/4 cup almonds



NOTE: Because the size of all fruits and vegetables vary, please use the max line on the cups as your guide. Do not fill beyond the max line.



NUTRIBLAST RECIPE IDEAS!

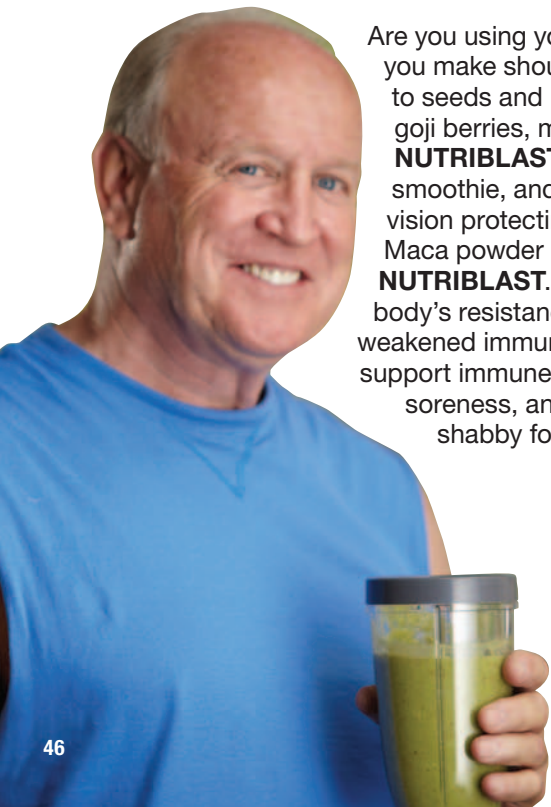
PHASE 3

How are you feeling, **NUTRIBLAST** master? Join us on Facebook (www.facebook.com/nutribullet) and share all your wonderful stories! We can't wait to hear about (and try) your favorite **NUTRIBLASTS**!

Congratulations. You've made it to Phase Three! Ready for some hardcore greens? Of course you are!

As we say in the **NUTRIBLAST** world, "the more bitter, the better!" Bitter greens like kale and Swiss chard contain amazing amounts of **calcium** and **magnesium**—minerals that support healthy bones. Additionally, dark, bitter greens are full of cancer-fighting antioxidants **beta carotene**, **vitamin E**, and **manganese**. Considered liver chi stimulants in Chinese medicine, these greens also serve as great detoxifiers.

Are you using your boosts? By Phase Three, every smoothie you make should feature a health-pumping boost. In addition to seeds and nuts, you can add some specialty boosts like goji berries, maca powder and açai to **super charge** your **NUTRIBLAST**. Goji berries add a wonderful tang to your smoothie, and are rich in anti-aging, immunity boosting, vision protecting, and heart disease-fighting **vitamin A**. Maca powder adds a smoky, coffee-like flavor to your **NUTRIBLAST**. A noted adaptogen, this maca increases your body's resistance to external toxins and may strengthen a weakened immune system. Finally, açai berries are known to support immune function and healthy sleep, reduce pain and soreness, and contribute to glowing skin and hair. Not too shabby for a tasty little berry!



Life Boost Blast

Start your day with a blast of calcium and magnesium. No supplement ever tasted this good!

- 1-2 handful of rinsed kale
- 1 pitted peach
- 1 banana
- 1 handful of strawberries
- 1/8 cup flax seeds
- 1/8 cup of goji berries

Digestive Health Elixir

Rich with enzymes, this pineapple blend helps to get your digestive system running smoothly.

- 1-2 handful of rinsed swiss chard
- 1 banana
- 1 cup of cored pineapple
- 1 apple
- 1 cup of blueberries
- ¼ cup of soaked goji berries

Liver and Colon Tonic

Detox away with this tasty treat.

- 1-2 handful of rinsed collard greens
- 1 banana
- 1 cup of pineapple
- 1 cup of red grapes
- ¼ cup of hemp seeds



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NUTRIBLAST RECIPE IDEAS!

PHASE
3

Banana Berry Vitality Blend

Grab a quick energy boost with our Banana Berry Blend!

- 2 handfuls kale
- 1 banana
- 2 figs
- 1 cored apple
- 1 handful blueberries
- 1/8 cup walnuts
- 1/4 cup acai berries

Kaleacado Blast

Unleash your libido with a luscious Kalecado Blast!

- 2 handfuls kale
- 1 avocado
- 1 cup watermelon
- red grapes
- 1/4 cup maca powder
- 1/4 cup strawberries

Melon Blast

Maximize your fiber and melt away pounds with a mouthwatering Melon Blast!

- 2 handful kale
- 1 banana
- 1 cup green grapes
- 1 cup cantaloupe
- 1 handful strawberries
- 1/8 cup cashews



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Power Booster

Pick up your pace with a delicious, nutritious Power Booster.

- 2 handfuls Swiss chard
- 1 banana
- 1 nectarine
- 1 cup blueberries
- 1/4 cup goji berries

Swiss Mix

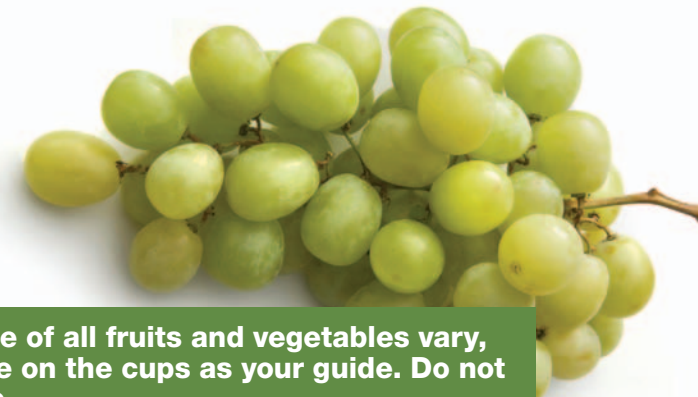
Mix it up with this flavor-packed, nutrient-rich blend.

- 2 handfuls Swiss chard
- 1 banana
- 1 plum
- 1 cup green grapes
- 1/8 cup pumpkin seeds

Free Radical Fighter

Give free radicals a knock-out punch with a tasty Free Radical Fighter!

- 2 handfuls Swiss chard
- 1 avocado
- 1 cup watermelon
- 1 cup blackberries
- 1 fig
- 1/2 cup blueberries
- 1/8 cup flax seeds



NOTE: Because the size of all fruits and vegetables vary, please use the max line on the cups as your guide. Do not fill beyond the max line.



EAT SENSIBLY ALL DAY LONG

To get the greatest health benefits from your **NUTRIBLAST**, we encourage you to eat sensibly throughout the entire day. This will become easier and easier as your body grows accustomed to the surge of nutrients your daily (or twice-daily) '**BLAST**' provides. You will find that your body will lose its cravings for salty, fatty, and sugary foods in favor of the good stuff! Check page 34 for suggestions of healthy foods that support the **NUTRIBLAST** program.

We know you will enjoy your **NUTRIBULLET** and all the benefits it provides. Cheers to you for choosing optimum health!



NUTRi BULLET™

USER GUIDE & RECIPE BOOK

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

Congratulations on your purchase of the **NUTRIBULLET!** Take all the power and convenience of the original Magic Bullet – add twice the power, twice the capacity, the ALL-NEW revolutionary Extractor Blade and you have the amazing **NUTRIBULLET!**

The **NUTRIBULLET** has the power to unlock the hidden nutrition inside the food we eat! Many of the essential elements within our food cannot be accessed by juicing, blending or chewing alone. To access the super nutrition - the phytonutrients – inside the seeds, skins and stems of the foods we eat, the cell walls need to be ruptured - and when they are, we get 3x the nutrition from eating the very same foods we are eating right now!

The **NUTRIBULLET** makes all of this super nutrition available for effortless absorption by your body! With the **NUTRIBULLET**, you can unlock the goldmine of zinc and magnesium inside watermelon seeds, the wealth of Omega 3s, protein and antioxidants inside blackberry seeds and the cancer blocking compounds inside broccoli, cabbage and kale – all of which you would miss unless the cell walls were ruptured. Enjoy!

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