

nutribullet®

NutriBullet | 1000 & 1200 SERIES.



USER GUIDE & RECIPE BOOK

Important safeguards & cautionary information.

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 critical information.

PERSONAL SAFETY

Do not put hot liquids in any of the blending vessels before blending.

WARNING! 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 will 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 blend carbonated ingredients or liquids. Built-up pressure from released gases can cause container to burst, resulting in possible injury.

WARNING! Never permit any blended mixture to sit inside a sealed vessel without first releasing internal pressure.

Never store the 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.

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.

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 not sold by the manufacturer may cause fire, electric shock, or injury.

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 erupt and spray out when moved or opened.

WARNING!

WARNING! If you are taking any medication, especially cholesterol - lowering medication, blood thinners, blood pressure drugs, tranquilizers, or antidepressants, please check with your physician before consuming any NutriBullet® recipes.

The following list of seeds and pips contain chemicals that release cyanide into the body when ingested. Do not use the following seeds and pips in the nutriBullet: apple seeds, apricot seeds, cherry pips, plum pips, and peach pips.

PRODUCT SAFETY

To prevent overheating, never allow the motor to run continuously 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.

If the NutriBullet® malfunctions or is dropped, or damaged in any manner, discontinue use and contact Customer Service for further assistance.

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 15 minutes as this will reset the internal thermal breaker.

Never use the NutriBullet® without adding liquid or when the cup is empty, as doing so may damage the blade.

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.

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.

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

WARNING: 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 over-heating.

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 smoothies 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 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 over time may dull or damage the blades. Always inspect your blades before each use.

We recommend replacing your extractor blade every 6 months (depending on use) or as needed for optimal performance.

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 avoid leakage, do not overfill the blending vessels!

When filling the blending vessels, make sure your ingredients do not exceed the MAX line. Exceeding the indicated MAX line can result in leakage, and may lead to dangerous pressurization.

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.

! Save these instructions!

FOR HOUSEHOLD USE ONLY

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: bulletbrands.com.au bulletbrands.co.nz 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:
bulletbrands.com.au
bulletbrands.co.nz



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.

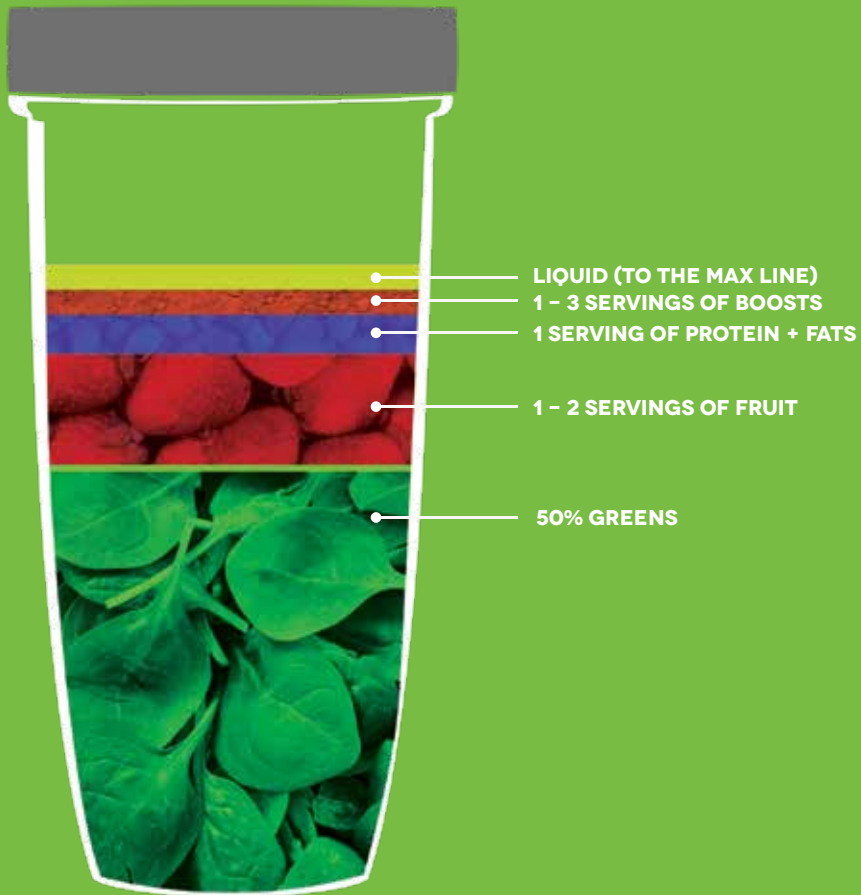
CYCLONIC ACTION

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
- ¼ to ½ avocado, pitted
- 2 Tbsp. shredded coconut
- 1 Tbsp. coconut, flax, or olive oil
- ¼ 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
 - ¾ 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](https://bulletbrands.com.au/recipes)
[BULLETBRANDS.CO.NZ/RECIPES](https://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

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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

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

CDB GOLDAIR

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.

CDB GOLDAIR

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nutribullet®

USER GUIDE & RECIPE BOOK

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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.

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

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.

200918_1000 & 1200 SERIES (NB-202, NB-203)

