

KEEP IT CLEAN!



STEIN, CURVE & CRUISER CLEANING GUIDE

How to Clean Your Steins & Cruisers

Your Healthy Human Steins and Cruisers are made from pure 18/8 stainless steel that will not retain flavors or smells after you've thoroughly cleaned it with hot, soapy water.

Every so often it may be a good idea to give it a deeeeep clean. Here's what you'll need:

Soft Bottle Brush

¼ cup distilled white vinegar

3 to 4 tablespoons baking soda

Hot water

Combine vinegar and baking soda in your Stein or Cruiser. Fill with hot water. Leave to soak (overnight if necessary), then scrub and rinse.

Voila! Good as new!





How to Clean your Stein and Curve Lid:

If you have the Healthy Human bottle brush and cleaning set, use the smaller brush to clean deep inside of the lid.

If you need a deeper clean, try using the same Vinegar & Baking soda rinse used for the Steins and Cruisers.



How to Clean your Cruiser Lid:

Gently remove the gasket around the lid, being careful not to stretch it too much. Use a soft bottle brush to scrub with hot, soapy water!

How to Clean your Cruiser Straw:

Each Healthy Human Cruiser comes with a straw cleaning to help keep the inside of your straw squeaky clean!

Additionally, the Healthy Human bottle brush cleaning set includes a straw cleaner!



View the complete Healthy Human products
at [HealthyHumanLife.com](https://www.HealthyHumanLife.com)

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