



Healthyjuicer Frequently asked Questions (FAQ)

Q.What sort of vegetables and fruits can the Healthyjuicer accept?

A.The Healthyjuicer is excellent at juicing wheatgrass and can accept all types of vegetables including leafy vegetables such as spinach, lettuce, sprouts and parsley. On firm or fibrous vegetables such as carrots, beets and cabbage, it might be necessary to insert smaller pieces as these types of vegetables will cause more resistance in turning the handle.

Q.How big is the healthyjuicer? Is it portable?

A.The healthyjuicer is small and compact. without the handle it is only 7.5" high by 8" long. It is great for traveling, and takes up little room in the kitchen

Q.How long does it take to make a glass of juice?

A. It depends upon what you are juicing and how much you are inserting into the juicer at a time and how fast you are turning the handle. Typically it will take less than 5 Minutes to make a 1 ounce cup of wheatgrass or 6 ounces of a mixed juice variety such as carrot, apple and celery. Clean up time is slightly less.

Q.Does the juice made from the Healthyjuicer contain any pulp.

A.The juice does contain a small amount of pulp which is an added health benefit. You may use the included strainer to remove any excess pulp if you desire

Q.Is the juicer durable? What is it made of?

A.The Healthyjuicer is very durable. It is mostly made of Polycarbonate (Lexan) that is almost indestructible (Lexan is used to make bullet proof glass). The auger is made of high density nylon and has a stainless steel insert on the end which is where most of the force and crushing takes place. The inside of the end cap also has a stainless steel insert.

Q.Does the juicer require electricity?

A.No, the juicer is completely hand powered and does not require any electricity.

Q.What sort of warranty does the juicer have?

A.The Healthyjuicer has a one-year warranty against parts malfunctioning due to manufacture defects under normal usage.

Q. Is there an advantage to having the juicer made out of plastic as opposed to metal?

A. Contrary to what most people think, it is actually better to have the juicer made out of plastic. Metal juicers can corrode over time as most fruits and vegetables are somewhat acidic.

Q. Can I return the juicer if I do not like it?

A. You may return the juicer if it has not been used. A 10% restocking fee will apply. Postage will not be refunded.

Q. Does the juicer take a lot of force to operate?

A. The juicer takes very little force to operate for softer fruits and vegetables such as apples, pears, oranges, etc. For other fruits and vegetables that are more firm or fibrous and for wheatgrass, the average adult should not have a problem operating the juicer as long as the amount of the material inserted into the juicer is a reasonable amount at any given time. If you are a senior and/or have a condition such as arthritis, you might want to consider one of the electric juicers on the market such as an Omega.

Q. Can the juicer accept peanuts, almonds and other nuts to make nut butters?

A. The Healthyjuicer does not make nut butters.

Q. Does the juicer accept soft fruits such as bananas and avocados?

A. The Healthyjuicer does not work well with very soft fruits or vegetables with a low moisture content such as bananas and avocados, these need to be pureed in a food processor.

Q. Can you crush ice or frozen fruits and vegetables?

A. It is not recommended that you use the juicer for ice or frozen items.

Q. What happens to the seeds in fruits such as grapes when they are juiced?

A. The seeds will be expelled from the front of the juicer along with the excess waste pulp. (you may want to remove larger seeds or if there is a large proportion of seeds to prevent the juicer from becoming clogged)

Q. On certain fruits and vegetables such as apples and tomatoes, there does not seem to be much juice coming out and a lot of the fruit or vegetable remains in the juicing chamber turning into "mush".

A. This problem can occur on certain fruits and vegetables such as apples and tomatoes especially when they are old and have become spongy. They may also have been harvested under poor growing conditions and contain a very low moisture content. Unfortunately, these types of fruits and vegetables would not yield much juice from most juicers on the market or would yield a more thick and pasty result. You can however, improve the juice yield on these types of fruits and vegetables with the Healthyjuicer by reversing (counter clockwise) the direction of the handle one turn every few regular turns (clockwise). You may also want to remove the small cap to allow more excess waste material to expel from the front and also juice more fibrous vegetables in between such as celery to help push the soft material out.

• Tips on using the Healthyjuicer

- If you experience juice leaking from the front of the end cap, you may need to tighten the end cap slightly with the included wrench (do not over tighten) this is best done when the body of the juicer is mounted to the base.
- After you finish juicing it is best to slightly loosen the end cap with the included wrench before removing the body for cleaning.
- If you experience a lot of resistance when juicing you may want to reverse the handle direction slightly every few turns and /or reducing the amount of material you are inserting.
- It is not necessary to use the small white end cap when juicing other fruits and vegetables, only when juicing wheatgrass.
- Cutting hard vegetables such as carrots or beets into very thin strips will make juicing them much easier.
- When you are finished juicing with the healthyjuicer and ready to clean it, remove the handle and un lock the base. Tilt the base and body slightly back towards you to help remove any excess juice making sure the juicer spout is over the cup. Then tilt the body and base forward and place them over the sink. You may then slide the body forward off of the base, loosen the small cap and proceed to wash out the components. It is not necessary to wash the base but just to wipe it clean with a damp cloth or sponge.
- If the base seems to be stuck to the surface try turning the locking knob slightly back again and it should un-stick the rubber base.
- If you are unable to turn the locking knob on the base of the healthyjuicer, please make sure the body is slid fully into the slot of the base.
- When juicing citrus fruits such as oranges and lemons you first need to remove the rind.
- If the base slides around or becomes loose make sure the surface and base are completely dry before reattaching.
- When juicing softer fruits and vegetables such as apples, alternate with more fiborous vegetables such as celery to help push the softer pulp through the chamber.
- Enjoy using your Healthyjuicer!

Available at Aviva Natural Health Solutions
Call (866) 947-6789 or visit www.aviva.ca