

Juiceman®



EXPRESS

whole juicer

JMB1000



THANK YOU FOR YOUR PURCHASE!



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STORIES WITH US ONLINE



REGISTER ONLINE AT :
www.prodprotect.com/applica



RATE & REVIEW YOUR PRODUCT
www.juiceman.com

Should you have any questions or concerns with your new product, please call our Customer Service Line at 1-800-231-9786 (US and Canada).
Please do not return to the store.

Please Read and Save this Use and Care Book.

IMPORTANT SAFEGUARDS

All Juiceman products are designed with your safety in mind. When using electrical appliances, basic safety precautions should always be adhered to, including the following:

Read all instructions and save for future reference:

- Remove any stickers before using the juicer.
- To protect against risk of electrical shock, do not put cord, plugs or appliance in water or other liquid.
- Fully unwind the power cord before use.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use, before putting on or taking off parts, or before cleaning.
- Avoid contacting moving parts.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Contact the consumer service number listed in this manual.
- The use of attachments, including canning jars, not recommended by Juiceman may cause fire, electric shock or injury.
- Do not use outdoors.
- Do not let cord hang over edge of table or counter.
- Do not let cord touch hot surfaces or become knotted.
- Always make sure juicer is assembled properly before operating.
- Be sure to unplug juicer after each use. Make sure the motor stops completely before disassembling.
- Keep hands and utensils out of container while juicing to reduce the risk of severe injury to persons or damage to the juicer. A scraper may be used but must be used only when the blender is not running.
- Do not leave the appliance unattended when in use.
- Caution: blades are sharp, handle with care. When handling the blade assembly, always hold by the base of the blade assembly.
- To reduce the risk of injury, never place blade assembly on motor base without cup properly attached.
- Do not blend hot liquids.
- 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.
- Do not attempt to sharpen the blades.
- Do not remove the blending cup from the motor base while the appliance is running.
- Do not use this appliance for other than intended use.
- Keep the appliance clean; refer to care and cleaning section of this manual.
- Do not overfill.
- Do not process dry ingredients. This product is not intended for dry blending.
- Do not operate the appliance empty.

SAVE THESE INSTRUCTIONS

Safety Features This product is for household use only.

POLARIZED PLUG (120V MODELS ONLY)

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

TAMPER-RESISTANT SCREW

Warning: This appliance is equipped with a tamper-resistant screw to prevent removal of the outer cover. To reduce the risk of fire or electric shock, do not attempt to remove the outer cover. There are no user-serviceable parts inside. Repair should be done only by authorized service personnel.

ELECTRICAL CORD

- 1) A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.
- 2) If a long detachable power-supply cord or extension cord is used,
 - a) The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance,
 - b) If the appliance is of the grounded type, the extension cord should be a grounding-type 3-wire cord, and
 - c) The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

Note: If the power cord is damaged, please contact the warranty department listed in these instructions.

Meet your **EXPRESS** whole juicer

Fast, easy and powerful. The Express whole juicer creates tasty juices and creamy blends in seconds! Enjoy a juice at home or a smoothie on the go with the included travel lid.

PERFECT FOR: Peeled citrus fruits, a variety of fruits and vegetables, leafy greens, berries, yogurt, nut butters, bananas and other soft foods, seeds and powders.



Product may vary slightly from what is illustrated.

HOW TO JUICE

This product is for household use only.

GETTING STARTED

- Remove all packing material, any stickers, and the plastic band around the power plug.
 - Go to www.prodprotect.com/applica to register your product and visit www.juiceman.com for more recipes, tips and tricks.
 - Wash all removable parts as instructed in CARE AND CLEANING
- IMPORTANT:** Do not rinse or immerse base in water or any other liquid.
- Place base on a dry, level counter and get ready to juice.

PREPARATION

Juicing is one of the easiest ways for your body to get the nutrients it needs. Follow these tips to ensure the juice you're fueling yourself with is as fresh as it can be!

PURCHASING AND STORING INGREDIENTS

- Always use fresh, fully ripened fruits and vegetables.
- Select fruits and vegetables that are in season for freshness and flavor.
- Choose fruits that are plump, tender and have a bright color. Fruits should be heavy for their size without bruises, cuts or blemishes.
- To ripen fruit, place in a small clean paper bag. Close the bag loosely and let stand at room temperatures. To speed ripening, add a ripe apple or banana to the bag. Once ripened, store in the refrigerator for a day or two until ready to use.
- Store perishable vegetables in the refrigerator until ready to use.



1. Motor Base
2. Blade Assembly (Part #JMB1000-01)
3. 24 oz. Cup (Part # JMB1000-02)
4. Travel Lid (Part #JMB1000-03)
5. Non-skid feet
6. Cord Storage (Not shown)

PREPARING FRUITS AND VEGETABLES FOR JUICING



Wash fruits and vegetables thoroughly before juicing.
TIP: Use a natural bristle brush and biodegradable cleaner to help remove pesticide residue.



Trim any bruised or discolored sections of fruit and vegetables. Remove and discard outer leaves.



You can juice with the skin on but the skin of citrus fruits can taste bitter so we recommend removing their peel.



Remove pits and large seeds from fruits, including apricots, cherries, nectarines, mangoes, peaches, plums and melons.



Be sure all parts of the juicer are clean and dry. See CARING FOR YOUR EXPRESS WHOLE JUICER section of this manual.

ASSEMBLING YOUR WHOLE JUICER

IMPORTANT: Always make sure juicer is unplugged before starting to assemble.



STEP 1: Place cup on a stable surface with the open side up.



STEP 2: Add ingredients into your blending cup! We recommend adding ingredients in the following order:

1. Ice
2. Veggies
3. Fruits
4. Powders, seed, nuts
5. Liquids

CAUTION: Do NOT fill past max fill line



STEP 3: Holding the cup in one hand, screw the blade base onto the cup, turning clockwise to tighten.

IMPORTANT: Make sure the base is screwed on tightly to prevent leaks.

CAUTION: Handle blade base carefully as blades are sharp.



STEP 4: Turn the cup upside down and place it onto the motor base.



STEP 5: Turn blade base and cup clockwise to lock and start blending. The juicer starts right when you twist it!



STEP 6: Once you have reached your desired consistency, stop the appliance by turning the cup assembly counterclockwise to unlock. Once unlocked, pull the cup straight up to remove.

NOTE: Make sure to twist the cup and blade assembly together when unlocking. Do not twist the cup off the blades. This will cause leaking.



STEP 7: Flip the cup upright. Twist counterclockwise to remove the blade base from the cup. Use the finger tabs located on the interior of the bottom of the blade base to help when twisting.



STEP 8: Place the travel lid onto the cup, turning clockwise to close and enjoy!

STEP 9: Wash all parts as instructed in CARING FOR YOUR EXPRESS WHOLE JUICER

DISASSEMBLING YOUR JUICER



STEP 1: Unplug your juicer



STEP 2: Pull up on the cup to remove it from the base



STEP 3: Remove blade base by turning counterclockwise



STEP 4: Clean your juicer and store with blade base attached to an empty cup when not in use.

CARING FOR YOUR EXPRESS WHOLE JUICER

This product contains no user serviceable parts. Refer service to qualified service personnel.

IMPORTANT: Always unplug your juicer from the outlet before cleaning.

CLEANING

1. Disassemble juicer following the instructions for disassembly.
2. Using a sponge or damp cloth, clean the base, feet and underside of the juicer.

IMPORTANT: Do not immerse the base in water or spray with water. Clean only by wiping with a damp sponge, cloth or paper towel.

3. All parts - except the base - are dishwasher safe (recommended top rack) or you may wash in warm, soapy water using any mild soap.


CAUTION: Blades are sharp, handle carefully.

STORAGE

Store your juicer in a clean dry place. Never wrap cord around the appliance, use the cord wrap underneath the motor base.

INGREDIENT HEALTH

Many different foods you can juice are an **excellent** source of key vitamins and nutrients. In addition to great taste, below is a list of some of the benefits.

FOOD	NUTRIENT
	Vitamins A and C Use cucumbers as the base ingredient to green juices - almost 90% water!
	Vitamins A, C, and Beta-Carotene With a sweet and creamy consistency, carrots pair well with citrus fruit and cut the bitterness of leafy greens!
	Beta-Carotene, Vitamins C, and Calcium Remove the stems for a smoother consistency.
	Calcium, Vitamins A, C, and K Celery may aid in digestion due to its high water content.
	Vitamins C, A, and Antioxidants The high content of natural sugar in apples makes them great for sweetening and balancing the flavor of bitter vegetables, but use in moderation!
	Antioxidants, Magnesium, Potassium, and Folate Try a 2-to-1 beets to apple ratio!
	Vitamins A, C, E, and Chlorophyll Wheatgrass goes well with naturally sweet carrot juice, or mixed with a shot or two of fresh citrus juice!

**Vitamin C, Folate, and Potassium**

Use lemon to enhance the natural flavors of any juice you're making.



For a sweet, spicy flavor to mask bitter tastes of vegetables, use ginger liberally. Ginger aids in digestive health.

**Antioxidants, Folic Acid, Vitamins C and A**

Parsley may help boost your immune system.

**Fiber, Protein, Vitamin A, C, D, Calcium**

Yogurt adds extra protein and a creamy texture to your juice blends!

**Vitamin B6, Vitamin C, Potassium**

Bananas add a sweet flavor and thicker consistency to your favorite juices.

**Fiber, Protein, mono-unsaturated fats**

Sprinkle avocado with lemon juice to prevent browning before juicing.

**Omega-3 fatty acids, Fiber, lignin**

These tiny flax seeds pack a powerful punch of nutrients.

**Protein**

Great for post-workout replenishment.

**Protein, monounsaturated fats, Vitamin E, magnesium**

Almonds are an excellent source of complete vitamins and minerals.

**Omega-3 essential fatty acids, Vitamin E, iron**

Try roasted, salted or sweetened walnuts for a different flavor in your smoothie or juice.

**Iron, Magnesium, Flavonoids**

Add cocoa powder to a protein shake for rich flavor and a boost of energy.

TROUBLESHOOTING

Overheat protection system: This juicer contains a PTC overheat protection system. When the appliance is being operated for too long or with too much load, the PTC protector will shut down the power of the appliance to protect the unit. If the power shuts down, unplug for 15 minutes and plug back in for normal operation.

PROBLEM	POSSIBLE CAUSE	SOLUTION
Juicer stops	Juicing time exceeds 2.5 minutes.	Unplug the juicer and remove the juicer cup. Re-assemble cup onto base. Plug in juicer.
Cup leaks or becomes unscrewed from base	Blade not screwed on cup tight enough.	Unplug the juicer, turn the blade base counterclockwise to tighten. Turn the cup and blade assembly counterclockwise to remove from motor base and lift up.
Juicer does not activate	Blade is not twisted into the motor base	Remove the blade from the cup and re-install. Ensure the cup and blade assembly are properly twisted into the base.

JUICING TIPS & TRICKS:

- Enjoy everything from pure whole juice to rich, creamy blends with your Express Whole Juicer!
- Add chia seeds for antioxidants, fiber, and to thicken your drink!
- Bump up the protein with protein powders and powdered nut butters
- Add a dose of healthy fats and creamy texture with various nut butters and avocados
- Juice whole fruits or add a variety of liquids, like coconut water, for electrolytes and hydration
- Cocoa powder is a low calorie way to satisfy a chocolate craving
- Add a variety of herbs, such as ginger root, for added nutritional benefit
- Bananas add a boost of potassium and give your juice a thicker consistency
- Unsweetened almond or cashew milk delivers a rich, nutty flavor that pairs well with raw fruits and veggies
- Honey, syrup, stevia and agave add a touch of sweetness to your whole juice blends – a little goes a long way

JUICE RECIPES



ANYTIME ENERGIZER | **SERVINGS:** 1 (about 8 oz.)

Quench thirst with this delicious combination of sweet grapes and coconut water.

INGREDIENTS:

- 20 frozen green grapes
- ½ cup coconut water
- ½ cup loosely packed baby spinach leaves

DIRECTIONS:

Combine all ingredients in juice cup. Cover; blend 20 sec. or until smooth.



CHOCOLATE PROTEIN SMOOTHIE

SERVINGS: 1 (about 12 oz.)

Enjoy the ever popular peanut butter chocolate combination with an added boost of protein. Perfect for fueling pre or post workout!

INGREDIENTS:

- 1 cup soy milk
- 2 oz. (about 1/3 cup) silken tofu, cubed
- 1 Tbsp. cocoa powder
- ½ Tbsp. chocolate protein powder
- ½ Tbsp. peanut butter protein powder
(or use powdered peanut butter)
- Dash of almond extract

DIRECTIONS:

Combine all ingredients in juice cup. Cover; blend 20 sec. or until smooth.

JUICE RECIPES



TROPICAL BLEND PROTEIN SHAKE

SERVINGS: 1 (about 8 oz.)

Sweet pineapple and vanilla protein powder offer a tropical treat after a hard workout

INGREDIENTS:

- ½ cup fresh pineapple chunks
- ½ ripe banana, sliced
- ½ cup almond milk
- ½ cup fresh spinach, loosely packed
- 1 Tbsp. vanilla protein powder

DIRECTIONS:

Combine all ingredients in juice cup. Cover; blend 20 sec. or until smooth.

WARRANTY & CUSTOMER SERVICE INFORMATION

For support or any questions regarding your appliance, call the appropriate 800 number listed within this section. Please **DO NOT** return the product to the place of purchase. Also, please **DO NOT** mail product back to manufacturer, nor bring it to a service center. You may also want to consult our Product Protection Center at www.prodprotect.com/applica.

TWO-YEAR LIMITED WARRANTY

(Applies only in the United States and Canada)

WHAT DOES MY WARRANTY COVER?

- Your warranty covers any defect in material or workmanship provided; however, the liability of Spectrum Brands Inc. will not exceed the purchase price of product.

HOW LONG IS THE WARRANTY PERIOD?

- Your warranty extends two years from the date of original purchase with proof of purchase.

WHAT SUPPORT DOES MY WARRANTY PROVIDE?

- Your warranty provides you with a reasonably similar replacement product that is either new or factory refurbished.

HOW DO YOU GET SUPPORT?

- Save your receipt as proof of date of sale.
- Visit the online service website at www.prodprotect.com/applica, or call toll-free 1-800-231-9786, for general warranty service.
- If you need parts or accessories, please call 1-800-738-0245.

WHAT DOES MY WARRANTY NOT COVER?

- Damage from commercial use
- Damage from misuse, abuse or neglect
- Products that have been modified in any way
- Products used or serviced outside the country of purchase
- Glass parts and other accessory items that are packed with the unit
- Shipping and handling costs associated with the replacement of the unit
- Consequential or incidental damages (Please note, however, that some states do not allow the exclusion or limitation of consequential or incidental damages, so this limitation may not apply to you.)

HOW DOES STATE LAW AFFECT MY WARRANTY?

- This warranty gives you specific legal rights. You may also have other rights that vary from state to state or province to province.

MEET OUR NUTRITION EXPERT



Hi! I'm Sarah Mattison Berndt, Juiceman's primary nutritional guru. It's my mission to make healthy living easy for everyone. Holding a Master's Degree in Nutritional Science from Boston University plus two Bachelor's Degrees from the University of Wisconsin in Dietetics and Zoology, I am happy to be Juiceman's go-to on how-to healthy living!

I am a Registered Dietitian, a certified personal trainer, hold advanced certifications in Adult Weight Management and have received a number of awards for my work in healthy living. I have extensive experience helping others improve their health through my business, and it is my goal to help everyone live their healthiest life with expert nutrition and fitness advice.

Be sure to visit

Juiceman.COM

to find my latest nutritional inspirations, tips & tricks and new recipes for easy, healthy living!

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