

AN OMEGA WELCOME TO BETTER NUTRITION

Your new Omega Juicer may very well prove to be the most important small appliance purchase you have ever made! With proper care, your Omega Juicer will provide you with years of dependable service, helping to ensure your continued good health and vitality . . . and that of your family.

It is important that you take a few moments to read the following instructions and suggestions to get the most out of your Omega Juicer and to completely understand what it can do. Your Omega Juicer is simple to operate and maintain. It has been constructed of the highest-quality material and all-stainless steel parts, built to provide a lifetime of delicious, healthful fresh fruit and vegetable drinks.

We feel confident that your Omega Juicer will provide you with many years of satisfaction as you continually extract nature's most valued and vital nutrients from its most cherished and purest fruits and vegetables.

Should you ever encounter a problem with the Omega Juicer, contact us immediately. We stand behind the juicer to guarantee customer satisfaction completely.

We simply believe that your Omega Juicer is the most technically advanced, top quality appliance you may ever purchase. Our responsibility doesn't stop with your purchase of the juicer. It just begins. Your good health is our greatest objective.

With that in mind, go to it! Enjoy a lifetime of nature's most abundant and freshest juices created by you and the Omega Juicer.

And feel GREAT.

DELICIOUS AND NUTRITIOUS JUICE RECIPES

- ***Carrot-Celery Juice*** – Mix two parts carrot to one part celery juice. Add a small wedge of lemon for added flavor.
- ***Carrot-Celery-Apple Juice*** – Combine equal amounts of carrot, celery and apple.
- ***Apple-Carrot Juice*** – Combine equal amounts of apple and carrot.
- ***Carrot-Cabbage Juice*** – Combine three parts carrot to one part cabbage.
- ***Apple-Celery Juice*** – Combine two parts apple to one part celery.
- ***Carrot-Cucumber-Beet Juice*** – Combine five parts carrot, two parts cucumber and one part beet. Or, one cucumber peeled, one red beet and the remainder carrot.



- ***Carrot-Celery-Parsley Juice*** – Combine four parts carrot, three parts of celery and one part parsley.
- ***Carrot-Parsley Juice*** – Combine seven parts of carrot to one part of parsley.
- ***Apple-Carrot-Beet Juice*** – Add a small wedge of beet to equal parts of apple and carrot.
- ***Carrot-Cucumber Juice*** – Combine four parts carrot to one part cucumber.

- ***Carrot-Apple-Spinach Juice*** – Combine eight parts carrot, six parts apple and two parts of spinach.
- ***Carrot-Lettuce-Celery Juice*** – Combine equal parts of carrot, lettuce and celery.
- ***Carrot-Beet-Spinach Juice*** – Combine ten parts carrot, three parts of spinach and three parts of beet.
- ***Apple-Beet Juice*** – Combine five parts apple to one part beet.
- ***Apple-Grape Juice*** – Combine equal parts apple and grape. Juice grapes first, then apples. We suggest no filter.
- ***Apple Lemonade*** – Combine a very small wedge of lemon with peel and approximately four apples (mixed variety).
- ***Pear Lemonade*** – Combine a small wedge of lemon with peel. Any type of pear (be sure it is a crisp pear!).
- ***Orange-Grapefruit-Lemon Juice*** – Combine four parts orange, four parts grapefruit and one part lemon.
- ***Apple-Orange Juice*** – Combine equal parts of apple and orange.
- ***Melon Delight*** – Watermelon, cantaloupe and honeydew. Remove seeds – you can even use the rind if it's clean.

USES OF PULP

With the Omega Juicer, nothing is wasted: The pulp may be used for flavoring in soups, cakes and salads; as compost in gardens and plants; feed for children's small pets; baby food (after mixing the pulp with some juice/water to dilute).

IMPORTANT SAFEGUARDS

- Read all instructions.
- To protect against risk of electrical shock, do not immerse cord, plug and the appliance in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug your juicer from outlet when not in use, before putting on or taking off parts, and before cleaning.
- Avoid contacting moving parts.
- **DO NOT** operate this or any appliance with a damaged cord or plug, or after the appliance malfunctions or it is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
- The use of attachments not recommended or sold by the manufacturer may cause fire, electrical shock or injury.
- **DO NOT** use outdoors.
- **DO NOT** let cord hang over edge of table or counter, or touch hot surfaces.
- **DO NOT** place near a hot gas or electric burner or in a heated “oven.”
- **DO NOT** use appliance for other than intended use.
- Always make sure juicer cover is clamped securely in place before motor is turned on. **DO NOT** unfasten clamps while juicer is in operation.
- Be sure to turn switch to **off** position after each use. Make sure the motor stops completely before disassembling.
- **DO NOT** put your fingers or other objects into the juicer opening while it is in operation. If food becomes lodged in opening, use food pusher or another piece of fruit or vegetable to put it down. When this method is not possible, turn the motor **off** and disassemble juicer to remove the remaining food.
- The switch on the bottom of the machine is a thermal protection device. Should the juicer overheat for any reason this switch will cut off the electrical current and the machine will stop, thus saving it from possible damage or fire. To restart, simply push the switch and the juicer will again function normally.

WARNING: This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will 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.

- This juicer is for household and commercial use.

SAVE THESE INSTRUCTIONS

HOW TO CLEAN AND CARE FOR YOUR OMEGA JUICER

NOTE: Cleaning is done after the Omega Juicer is turned off and disassembled.

STEP 1 Follow disassembling instructions.

STEP 2 Wash parts in hot water. No detergent required, but mild detergent may be used if desired. **Bowl, plunger, cover and clutch nut** require only light rinsing.

STEP 3 Wash **cutter blade** under running water. A stiff brush may be used to loosen any food residue.

STEP 4 To remove pulp debris from the **strainer basket**, simply scrape out by hand or with a sponge or brush. To remove any remaining pulp, rotate the strainer basket under running water. Any remaining particles inside the strainer basket can be removed with a damp towel or sponge.

*HINT: Before juicing, an Omega Juicer filter liner can be inserted inside the **strainer basket**, which greatly facilitates in removal of the pulp. (The optional filters are available from your local dealer).*

STEP 5 Towel dry all parts before assembling again.

STEP 6 After repeated use, mineral stains may begin to appear on the juicer parts that come in contact with juice. Immerse all removable parts and completely submerge in water overnight with a solution of eight tablespoons of Cascade or similar dishwasher detergent per gallon of water. **REMEMBER: Don't immerse the *motor base housing*.**

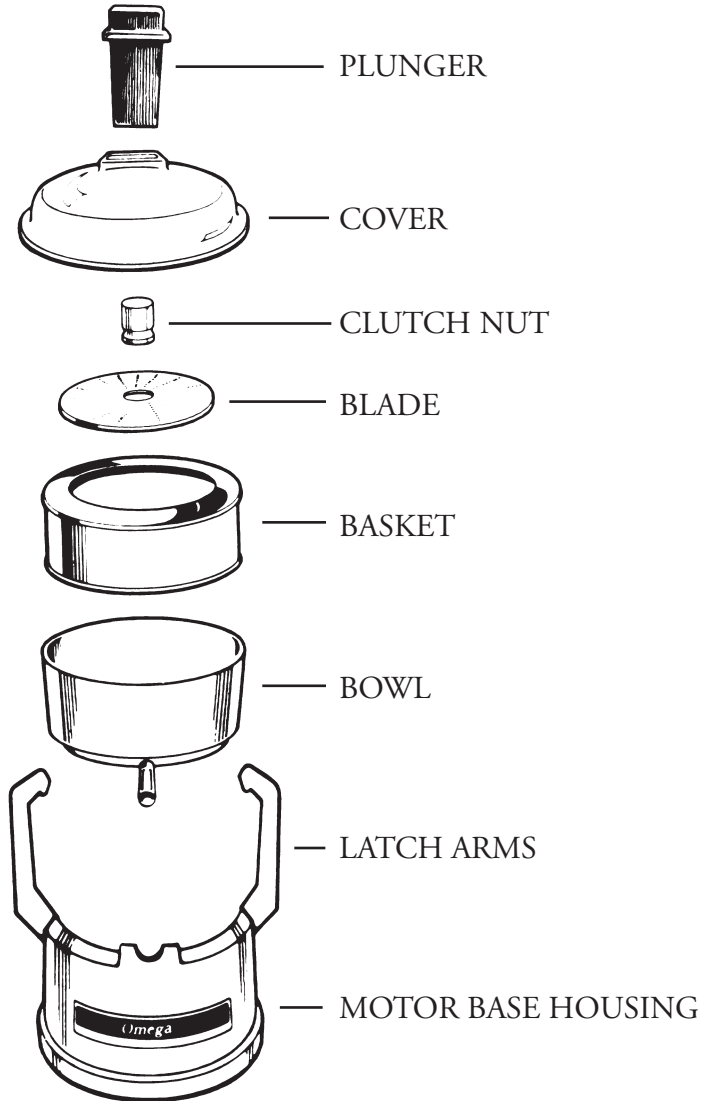
STEP 7 Your Omega Juicer never needs lubrication of any kind.

*SPECIAL NOTE: Should your Omega Juicer stop running or not start when you turn the machine on, it is most likely due to the fact that the electrical overload switch has been tripped. **THIS BLACK BUTTON IS LOCATED ON THE BOTTOM OF THE JUICER.** Simply push the button to reset the machine and the machine should now function normally.*

DISHWASHER USE The stainless steel parts can be placed in a dishwasher. The plastic parts may be placed in the dishwasher on the top drawer only if the water is not extremely hot. If the water is too hot, then the items should be hand washed. Plastic parts warped due to high heat will not be covered under the warranty.

COMPONENTS

Pictured here are the basic parts to the Omega Juicer in proper assembly order.



The Omega Citrus Attachment converts your Omega Juice Extractor into a professional citrus squeezer. (This optional attachment is available from your local dealer.)

TO ASSEMBLE

NOTE: For best results, go through the assembly procedures, carefully noting all cautionary points and hints, which are included for your understanding and benefit.

STEP 1 Place **bowl** on **motor base housing** with spout facing you and in the middle of the two raised projections.

STEP 2 Place **strainer basket** inside **bowl**, making certain that it rests flat on platform center hex nut.

STEP 3 Insert **cutter blade** inside **strainer basket** with teeth up centering it over hex nut.

STEP 4 Tighten **clutch nut** finger tight.

STEP 5 Insert optional filter liner into **strainer basket**.

STEP 6 Place **cover** on **bowl** with feeder chute opening to rear.

STEP 7 Place tabs of both **latch arms** over **cover** and secure.

STEP 8 Insert **plunger** in **cover** opening.

TO DISASSEMBLE

STEP 1 Remove **plunger** from **cover** opening.

STEP 2 Release both side **latch arms** by inserting finger into side opening at bottom of the motor base and pulling upward.

STEP 3 Remove **cover**.

STEP 4 Unscrew **clutch nut** by turning counter-clockwise.

STEP 5 Lift out **cutter blade** from inside **strainer basket**.

STEP 6 Remove **strainer basket**.

STEP 7 Remove **bowl**.

HELPFUL HINTS

NOTE: These operating procedures are included for your understanding and benefit.

- **HINTS.** The juicer will perform best when letting the flow of juice out of the spout slow down before putting in the next item. If vibration occurs, a firmer item may bring the juicer back into balance. The juicer may have also reached its capacity and needs to be emptied. Items with peels, like apples, will work best when the peel side of the inserted piece is facing the on/off switch.
- **STARTING.** Make sure the juicer is properly assembled and running at full speed before you begin to juice.
- **FEEDING.** Do not force feed the juicer. For most fruits and vegetables, a slow, start and stop, or jabbing motion will work best. If the juicer begins to vibrate, a slightly harder push with the firmer item should bring it back into balance.
- **SIZE.** Firmer items are best used when just large enough to fit in the chute. Softer items are best used when cut into smaller pieces. Items with thin skins (tomatoes/grapes) are best when chopped into even smaller pieces. Stringy items like celery should be cut into roughly 2" pieces for best performance.
- **COMBINATIONS.** When making a drink that uses a combination of more than one fruit or vegetable, we suggest occasionally alternating the various fruits or vegetables when placing them in the machine. Example: Carrot/Celery/Beet Juice - place a couple of pieces of one item and then the next into the unit. Items can be placed randomly. This will work better than doing all carrots, then all celery, then beets. Although alternating should cut down on chances of vibration, it does not always work when juicing an item with a peel. Example: Carrot/Apple Juice - using most of your carrots first will build a better base for the apple pulp to spread appropriately.
- **GREENS.** When juicing leafy greens, we suggest that you twist and roll the green into a ball the size of a golf ball. Always place the greens into the juicer first, followed by crispier produce like carrots, celery, etc. The juice from these vegetables will force additional juice from the greens.
- **SOFT ITEMS.** When juicing soft produce (tomatoes, grapes, peaches, cucumbers), it is best to **not use the filters**. Juice slowly, pausing until the flow of juice has slowed down. The fiber of the softer produce can clog the holes of the basket, so you may have to empty the basket more often. It is helpful to start and/or alternate with firmer produce. There is a greater chance for vibration with these items.
- **FINISHING.** Allow the Omega Juicer to run for a couple minutes after turning off the juicer to allow all juice to be extracted from the pulp. Once the juicer is turned off, it is normal for the juicer to continue to spin for a couple minutes due to the precision balancing of the Omega Juicer.
- **PRODUCE.** It is very important that you select fruits and vegetables that are very fresh - firm, crisp and juicy!
- **CLEANING.** Before you begin juicing, thoroughly wash all dirt, wax, dyes and pesticides from your produce. This will allow you to juice the skin which contains many of the valuable food elements. Exceptions: Peel items like cucumbers, pineapples, cantaloupe and citrus. This will aid in easier juicing, cleaner produce and better tasting juice.