

**GROW YOUR OWN SPROUTS
AND WHEATGRASS AT HOME
IN 7 DAYS FOR JUST \$1 A TRAY!**

Checkout
GrowWheatgrass.com
to see the Healthy Sprouter
and purchase seeds



GROW ANY TYPE OF SPROUT:
*Mung Beans, Alfalfa, Broccoli,
Wheatgrass, Adzuki and
anything else you can think of!*

HealthyJuicer

questions?

www.healthyjuicer.com



[/sirwheatgrass](https://www.instagram.com/sirwheatgrass)



HealthyJuicer

**LIVE
ENZYME**

Juicer



**INSTRUCTION
MANUAL**

WHOA THERE!

This will only take a minute and will save you lots of frustration, we promise! Hate to read? Just go to <http://videos.healthyjuicer.com> to watch super quick tutorial videos!

QUICK TIPS!



- 1 The juice comes out between the handle and the base!
- 2 The end cap is reverse-threaded. The old adage "lefty loosey, righty tighty" is absolutely opposite on the Healthy Juicer. Turn left to tighten, right to loosen! **It's built that way to withstand the pressure of juicing :)**
- 3 It will take a few handfuls of whatever lovely things you are juicing to start the flow of juice - **it's normal! Let gravity take over!**

QUICK SETUP INSTRUCTIONS:

- 1 We've already setup the juicing chamber, auger, end cap and auger bushing for you - just slide it on top of the base! When you put it back together, just remember that the auger bushing will go on the auger before you place it inside the juicing chamber.
- 2 Use the locking wrench to place the juicer into the "lock" position, which will also activate the suction base. For the suction base to work properly the **surface must be smooth, flat (non-porous) and clean of all debris.**
- 3 (optional) If you are planning on using the table clamp, always lock and engage the suction first or the pressure will overload the base and may break it. **Eeks!**
- 4 Ok, here's the mentally tricky part - it's normal and everyone goes through it with the "ah-ha!" moment. Place the lip of the juice cup in between the base and the handle. The cup should hug the base, as seen in the picture above
- 5 Screw the handle on - make sure you screw it tightly and all the way down the threaded shaft.
- 6 **You are ready to juice! Woohoo!** Place small bunches of your wheatgrass, leafy greens or other yummy things into the hopper and give it a few turns (if you are planning on harder varieties of fruit, we suggest using the table clamp). Don't overload it though. If you come up with any major resistance, just turn the handle counter-clockwise to unplug anything.

EKS I'VE GOT ISSUES!

GOT MORE QUESTIONS?

Just give us a ring and we are happy to help:

877-539-3611 or
support@healthyjuicer.com

Get the good grass or grow your own (checkout GrowWheatgrass.com)

- 1 If you are juicing wheatgrass, juice yield will depend on the quality of grass. Get the good grass or grow it yourself! The normal amount to get an ounce of wheatgrass juice is about 3 small handfuls. You won't see juice come out until after your second handful, but we promise it's collecting inside.
- 2 If the end cap happens to get stuck on, just use the white wrench and keep the juicer attached to the counter with the table clamp engaged. Remember to turn clockwise (right) to loosen!

30-SECOND CLEANUP TRICKS & TIPS!

ready, set, go!

Your first couple of times might not get you to the 30-second mark, but if you use the juicer for a week we promise you will be a pro and will be even faster than 30-seconds.

A trick we like to use is to take the handle off, release the suction base and tilt the juicer back while the juice cup is still in place - this gets every last drop of juice out and makes for a no-spill experience moving it to the sink.

Next, tilt the entire juicer (with the base still attached) to the side and move it over to the sink.

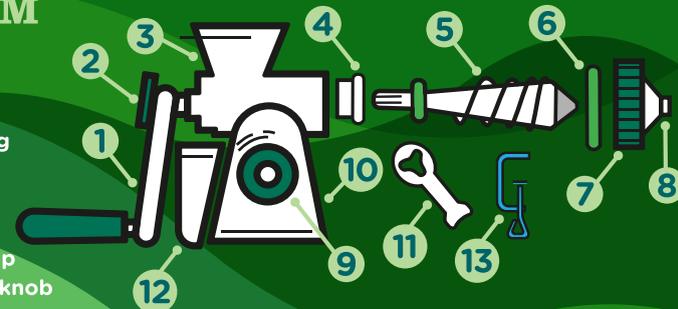
Watch the cleanup instruction tips at <http://videos.healthyjuicer.com>



Disengage the juicing chamber from the body, unscrew the end cap, take the auger out and rinse away. Done! **Never submerge the base,** only use a sponge or towel. Remember the parts are not dishwasher safe.

PART DIAGRAM

- 1 handle
- 2 screw knob
- 3 hopper/body
- 4 auger bushing
- 5 auger
- 6 nylon washer
- 7 end cap
- 8 small crew cap
- 9 locking base knob
- 10 locking base
- 11 pusher/locking wrench
- 12 juice cup
- 13 clamp



CAUTION: NEVER USE YOUR HAND OR FINGERS TO PUSH FOOD INTO THE HOPPER WHILE THE HANDLE IS BEING TURNED

Healthy Juicer

*A happier, healthier lifestyle starts here...
with the Healthy Juicer*