

MASTICATING JUICER

HEALTHY RECIPES



Leading a healthy lifestyle

Thank you for using our Juicer,we are dedicated to bring our consumers a fashion and health lifestyle. Our product completely retain the flavor and nutrients of vegetables and fruits, so that you can enjoy a day with fresh and healthy fruit juice or vegetable juice.

A glass of fresh vegetable juice, containing natural vitamins and various enzymes,can provide the human body needs, and also can easily absorb all the essence.It is the most fast way to add vitamins and minerals to your body,achieve the prevention of adult disease and cancer, beauty skin care, and effect of anti-aging.

Tips

Avoid drinking higher-acidity juice on an empty stomach, it is better to eat some staple food to prevent stomach discomfort; Juice is worthy of careful taste instead of tossing off, every sip should not be too excess; Adult drink 250ml each time with 1-2 times a day; preschool children drink 150ml each time.



Health And Quality Concept

Masticating Juicer

In any season and any moment, you need a cup of nutritious juice to keep you and the family a healthy life.

A slow masticating juicer keeps all nutrition from fruits and vegetables by its slow speed juicing technique. So when you drink juice, you are absorbing vitamins, enzymes, minerals and trace minerals in the same time.



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Care for Daily Health

Fresh fruit juice provide human body of vitamins and minerals.

Under the working of direct squeeze and filter,
you can directly absorb all the essence.

Therefore, our product not only ensure you to drink fruit juice,
but also promote you to absorb it in a better way.



Apple Radish Juice

- **Material:** one apple, half of carrot, 150 grams of milk, honey a little.
- **Operation:** wash up the carrots and apples , apple peeled to the core, and then cut into small pieces into the juicer juice, then add milk, honey and mix well.
- **Efficacy:** apple radish juice is rich in carotene ,it can provide vitamins that are beneficial to vision, and even play a role in protecting the retina and relieve symptom of dry eye and night blindness. Apple carrot juice can clean up the blood vessels and effectively separate cancer cells.



Kiwi Juice

- **Material:** two kiwis, a little honey, two pieces of lemon
- **Operation:** washes and peels kiwi ,put cold water into the juicer, and then add honey, lemon juice stir well squeeze the juice.
- **Efficacy:** kiwi have effects of promoting a stable mood, sedative mood, and it contains natural inositol,which contribute to brain activity and help the melancholy people out of the emotional depression. Also, it can decrease cholesterol, promote heart health, help digestion, remove and prevent the accumulation of harmful metabolites in the body.

Pineapple Juice

- Material: pineapple 250g
- Operation: use the water wash the ingredients, then put the ingredients into the machine.
- Efficacy: with diuretic, antipyretic, Jieshu, hangover, lower blood pressure, anti-cancer and other effects. Appropriate to eat pineapple for nephritis adverse, high blood pressure, heat cough, sore throat, bronchitis, indigestion, drunk and other symptoms have a very good therapeutic effect. And the prevention of arteriosclerosis and coronary heart disease have a certain role.



Pomegranate Juice

- Material: three or four Pomegranates
- Operation: only put pomegranate fruit into the machine
- Efficacy: pomegranate juice contains a variety of amino acids and trace elements, help digestion, anti-gastric ulcer, soften blood vessels, blood sugar lowering blood sugar, lower cholesterol and other functions. Can prevent coronary heart disease, high blood pressure, can reach the stomach refreshing, enhance appetite, longevity effect, the excessive drinking, it is easy to ease hangover

Cucumber Juice

- Material: cucumber 250g
- Efficacy: cucumber juice are very effective in the strong heart and blood vessels , but also regulate blood pressure, prevent excessive myocardial tension and atherosclerosis. Cucumber juice can enhance human brain development.
- Recommendation: cucumber juice is less fat and sugar, which is good for women in dieting. Avoid adding any ingredient to cucumber juice to affect its sweet taste.



Grape Juice

- Ingredients: 500g grapes 200g sugar
- Method: wash grapes and drain them off, then put them into the machine.
- Advantages: grape is rich in grapepolyphenols which can provide anti-oxidation protection, stay the process of aging and maximize your health,as well as improve your immunity against the diseases. Furthermore, grape juice is also conducive to enhance liver function and promote biliation.

One cup of grape juice daily, it does not only help to thin the blood and inhibit clotting but also lower blood pressure.

Care for Daily Health

Vegetables and fruits not only can be made into delicious cuisines but also can be made into vegie-fruit juice which are rich in antioxidant.

After handling, it would provide various vitamins, calcium,phosphorus,potassium,magnesium and many other mineral nutrients for our bodies.

So that it could help adjust body functions, heighten cell viability and gastrointestinal dysfunction as well as improve secretion of digestive juices and reduce fatigue.



Vegetables -Wheatgrass

Wheatgrass is rich in different kinds of vitamins, especially of VA, VC and VE. Because they are natural vitamins so they're easy to be digested and absorbed by our bodies.

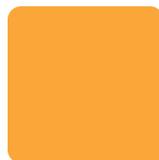
Besides, wheatgrass is also full of minerals. It contains calcium, ferrum and phosphorus which are vital for human health. Other minerals such as manganese, sodium, cobalt zinc and most importantly of potassium are all contained.

Wheatgrass is beneficial to prevent rotten teeth, improve body's acid constitution and reduce fatigue because it contains high basicity minerals which can help reduce the absorptivity of phosphoric acid.

Though wheatgrass' s effective components can maintain for a week in refrigerator, we should drink it immediately when it was made into juice.

The reason that the effective components of wheatgrass can only keep for an half hour in room temperature (so it should keep in the fridge if you can't drink at once but it should also pay attention that it cannot be drunk over 12 hours)

Wheatgrass juice tastes a little bit grassy but sweet. It may no so friendly for the beginners so you could take it with other fruit juices at the first time.



Wheat Grass + Green Apple + Lemon

- Material: wheatgrass 20-20g, two-three green apples, half a lemon
- Operation: use the water to wash the ingredients, put the ingredients into the machine.



Wheat Grass + Pear + Lemon

- Ingredients: 20-20g wheatgrass, two-three pears, half a lemon
- Operation: use the water to wash the ingredients, put the ingredients into the machine

Tomato Juice

- Material: one tomato, honey a little
- Operation: wash the tomatoes, cut into small pieces and put into the machine, then add a little honey can be.
- Efficacy: tomato juice can not only soften blood vessels, promote calcium, iron absorption, but also has beauty beauty, increase appetite, improve protein digestion, reduce the effect of stomach swelling food product.



Wheatgrass + Cantaloupe

- Material: 20-20g wheatgrass, melon 250g
- Operation: use the water to wash the ingredients, put the ingredients into the machine



Wheat Grass + Pineapple

- Material: 20-20g of wheatgrass, 250g pineapple
- Operation: use the water to wash the ingredients, put the ingredients into the machine

Vegetable Apple Juice

- Material: two apples, cabbage 200 grams, one celery.
- Operation: wash the cabbage, celery stems, apple cut, and then put them together into the juicer.
- Efficacy: it can achieve the effect of lost weight and beauty, good for people who can easily fatigue can also play a refreshing effect



Celery Juice

- Material: fresh celery 250g
- Operation: use the water to wash the ingredients, put the ingredients into the machine
- Efficacy: weight loss, balance blood pressure, soothe the nerves swelling, subsidies nourishing, detoxification



Ginger Juice

- Material: ginger 100g (diluted after drinking, or for seasoning)
- Operation: use the water to wash the ingredients, put the ingredients into the machine
- Efficacy: antipyretic sterilization, relieve vomiting, gingerol can be anti-aging.





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Start your day in fresh and healthy way!



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