



**MM900HDS**

**USER MANUAL**

LOW SPEED MASTICATING JUICER EXTRACTOR

---

**MODE D'EMPLOI**

CENTRIFUGEUSE BROYEUSE À BASSE VITESSE

---

**MANUAL DEL USUARIO**

EXTRACTOR DE JUGOS POR MASTICACIÓN A BAJA VELOCIDAD

[www.OmegaJuicers.com](http://www.OmegaJuicers.com)



At Omega, we strive to develop technologically advanced machines that help deliver nutrition and flavor of the highest kind and closest to nature's purest form. We are driven by you, our brand supporters. Your enthusiasm helps us continue to reinvent and renew our line of juicers, high speed blenders and beverage equipment. Our team at Omega thanks you for supporting us for over 50 years!

JOIN US FOR RECIPES, HINTS, AND TIPS:



@OmegaJuicing



@OmegaJuicers



@OmegaAppliances

PRODUCT REGISTRATION, VISIT:

[www.omegajuicers.com/omega-warranty-registration](http://www.omegajuicers.com/omega-warranty-registration)

RECIPES, VISIT: [www.omegajuicers.com/recipes](http://www.omegajuicers.com/recipes)

CUSTOMER SERVICE: [www.omegajuicers.com/contact-omega-juicers](http://www.omegajuicers.com/contact-omega-juicers)

After using your Omega, we kindly ask you to rate the machine on

[www.OmegaJuicers.com](http://www.OmegaJuicers.com)

## **TABLE OF CONTENTS**

02 - 03	Important Safeguards
04	Know Your Omega
05	Quick Start Assembly
06	Operating Instructions
07	Operating Notes
07	Sterilization & Easy Cleaning
08 - 10	Precautions for Safe Use
11	If the Auger Stops Working

### **How To Prepare**

12	Fruits And Vegetables
13	Wheatgrass and Greens
13	Herbs (celery)
14	Troubleshooting
15	Product Specifications
16 - 19	Recipes
20 - 38	French
39 - 57	Spanish

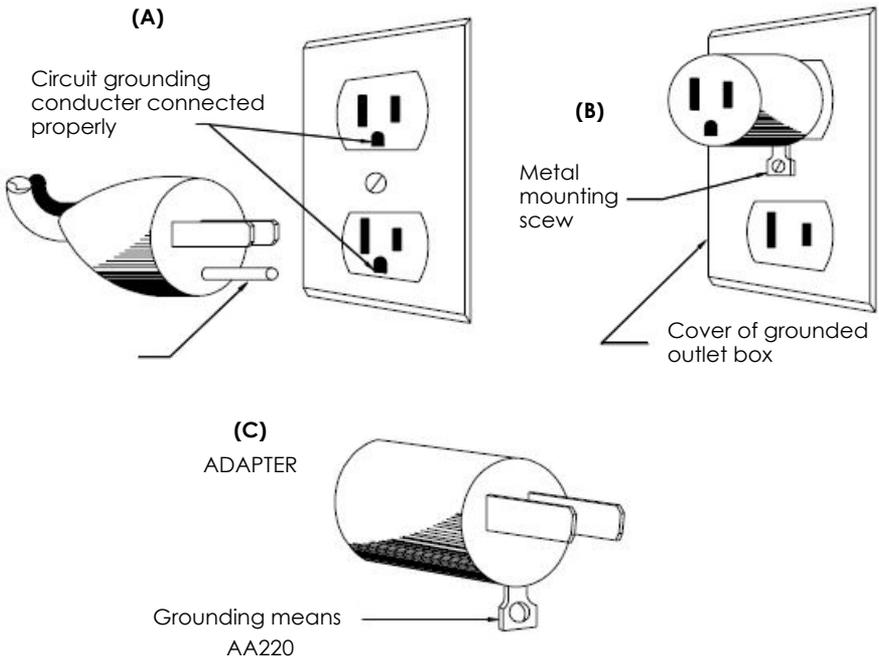


# IMPORTANT SAFEGUARDS

## WARNING: GROUNDING INSTRUCTIONS

This appliance must be grounded while in use to protect the operator from electrical shock. The appliance is equipped with a 3-conductor cord and a 3-prong grounding-type plug to fit the proper grounding-type receptacle. The appliance has a plug that looks like **sketch A** in **Figure 73.1**. An adaptor, **sketch B**, should be used for connecting **sketch A** plugs to two-prong receptacles. The grounding tab which extends from the adaptor must be connected to a permanent ground such as a properly grounded outlet box as shown in **sketch C** using a metal screw.

**FIGURE 73.1**  
**Grounding Methods**



# IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following.

1. READ ALL INSTRUCTIONS BEFORE USING.
2. To protect against electrical shock, do not immerse cord, plug, or main body (motor) in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contact with moving parts. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the manufacturer (see warranty) for examination, repair, or electrical or mechanical adjustment.
7. The use of attachments not recommended or sold by manufacturer may cause fire, electric shock or injury.
8. Do not let cord hang over edge of table or counter or touch heated surfaces.
9. Always make sure juicer cover is clamped securely in place before motor is turned on. Do not unfasten clamps while juicer is in operation.
10. Be sure to turn switch to OFF position after each use of your juicer. Make sure the motor stops completely before disassembling.
11. Do not put your fingers or other objects into the juicer while it is in operation. If food becomes lodged in opening, use food pusher or another piece of fruit or vegetable to push down the lodged food. When this method is not possible, turn off the machine, remove the plug from wall outlet and disassemble juicer to remove the remaining food.
12. Do not use outdoors.
13. Do not place on or near a hot gas or electric burner or in a heated oven.
14. Do not use appliance for anything other than its intended use.
15. Keep hands and utensils away from moving blades or discs while processing food to reduce the risk of severe injury to persons or damage to the food processor. A scraper may be used but must be used only when the food processor is not running.
16. Blades are sharp. Handle carefully.
17. Keep the appliance clean. Refer to the Care & Cleaning instructions in this manual.
18. DO NOT plug in until familiar with all the instructions and operating procedures.
19. DO NOT unplug from electrical outlet by pulling on the cord. To unplug, grasp the plug, not the cord, and pull.
20. Turn off all controls before unplugging from or plugging into an electrical outlet.
21. This appliance can not grind meat.
22. Check hopper for presence of foreign objects before using.
23. Moving parts – Keep fingers out of discharge openings.
24. Sharp blade – Always use food pusher.

# SAVE THESE INSTRUCTIONS

## RESET SWITCH

This product uses a reset switch and thermal cutoff to protect the motor.

If the unit stops running during operation, press the reset switch on the bottom of the unit.

If the unit will still not operate, unplug, wait for 30 minutes, and try again.



**A** Hopper

**B** Chute

**C** Drum

**D** Handle

**E** Locking Clip

**F** Housing

**G** On/Off Button (In rear)

**H** Auger (Inside Drum)

**I** Adjustable End Cap

**J** Juicing Screen (Inside Drum)

**K** Celery Juice End Cap

**L** Cleaning Brush

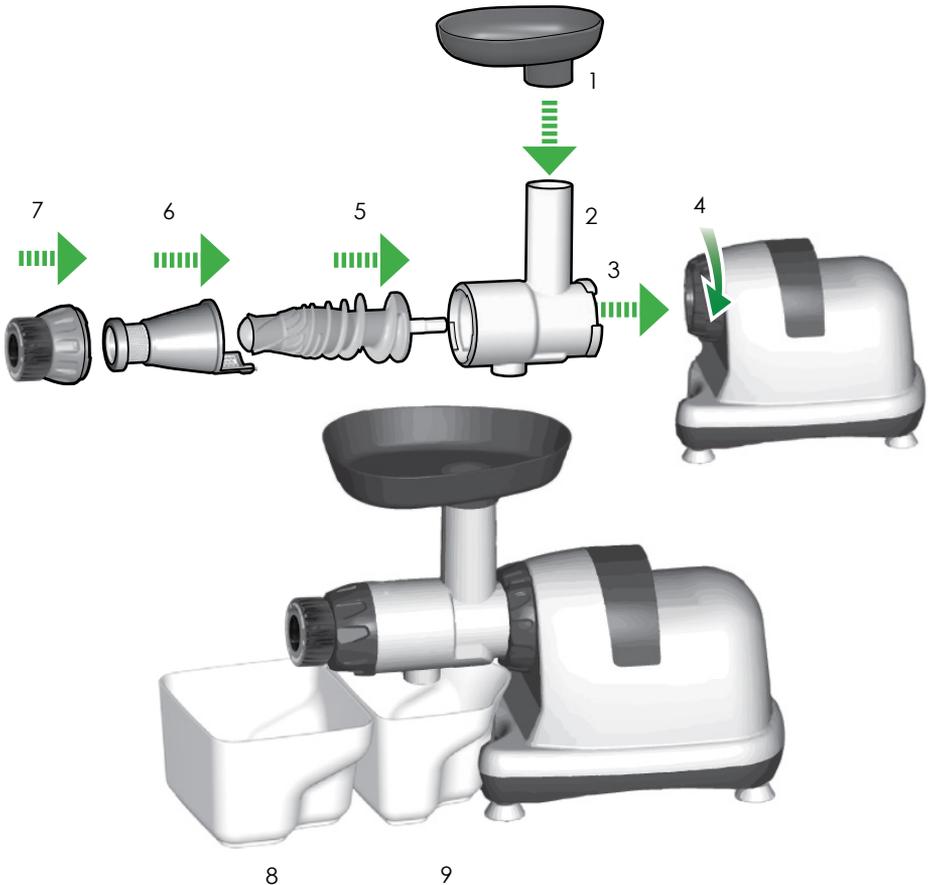
**M** Pulp Container

**N** Juice Container

**O** Pusher

**P** Sieve

# QUICK START ASSEMBLY



## YOUR JUICER INCLUDES 2 ADJUSTABLE END CAPS



**CELERY JUICE  
END CAP**

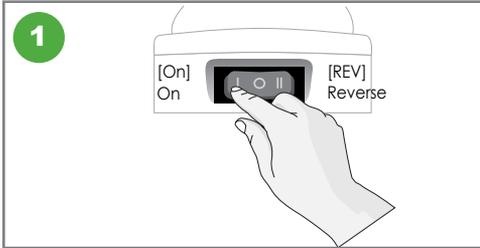
Use this cap  
ONLY for celery



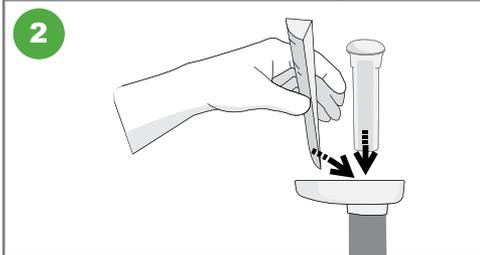
**ADJUSTABLE  
END CAP**

Use this cap for  
all other fruits  
& vegetables

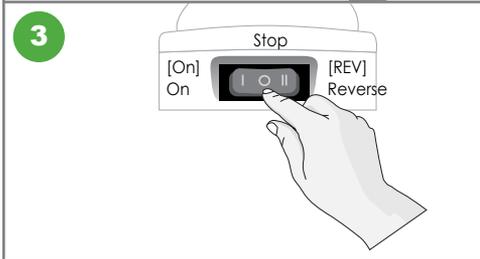
## JUICING FUNCTION



Press [ON] button on the back of the Omega® Nutrition System to start.



Gradually put the ingredients into the hopper chute and press down with the pusher.



DO NOT place any metal objects into the hopper. If the drum set is clogged or the machine stops operating, press the reverse button 2 to 3 times and press the ON button again to resume normal operation.

After the extraction or processing is complete, place the switch in the stop position to stop.

**⚠ WARNING** When using [ON] or [Rev] button, make sure that the auger stops completely.



Your adjustable end cap is to be used when juicing all fruits and vegetables other than celery. When juicing harder produce, turn the adjustable end cap counterclockwise to tighten the squeeze, increasing the pressure. For softer, or pulpy produce, turn the adjustable end cap clockwise to loosen the pressure.



Your celery juice end cap is to be used ONLY for juicing celery. It is NOT to be used for juicing any other type of fruit or vegetable. It includes a special green inner ring to facilitate celery juicing. Take care not to lose this insert and be sure to clean it after each use. Turn the end cap counter clockwise to tighten the squeeze, increasing the pressure. Turn the end cap clockwise to loosen the pressure.

## OPERATING NOTES

This heavy-duty nutrition system features a patented, stone mill-like auger, made of hygienic U.S. FDA-approved melamine. The low speed of 80 RPMs ensures full taste and the highest nutritional value.

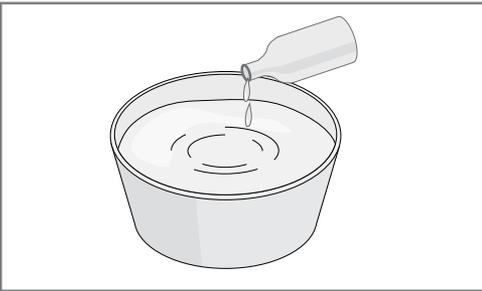
- **FRUIT JUICE.** Efficiently juices hard and soft fruits: even citrus fruits.
- **VEGETABLE JUICE.** Juices all kinds of vegetables including carrots, beets, celery, peppers, and radishes without destroying the natural flavor and nutritional benefits. Fresh taste and full nutrition are guaranteed with this unique extraction process.
- **WHEATGRASS AND LEAFY GREENS.** Kale, cabbage, spinach and pine tree needles are just some of the natural products that can be juiced. Enjoy the best that nature offers in raw foods and juice them for full nutritional benefits.
- **HERBS.** Celery is the most common of herbs that can be juiced. Extract liquid from raw celery stalks.

While you can juice fruits, vegetables, leafy greens and herbs to make one tasty drink, you may occasionally (or always) only juice one type to concentrate a fruit, vegetable or herb's health enhancing benefits.

When juicing celery, keep the celery stalks as whole as possible. Do not cut the celery into small pieces.

## STERILIZATION & EASY CLEANING

### HANDWASH OPTION



You can thoroughly wash parts by immersing in warm water diluted with one or two drops of baking soda or dishwashing soap for about 30 minutes.

### DISHWASHER SAFE OPTIONS



When finished using the Omega® Nutrition System, simply put parts into dishwasher, on top rack.

# PRECAUTIONS FOR SAFE USE

All users of this appliance must read and understand these safety precautions before operating.

## SIGN SAMPLES



**This sign indicates contents that may cause risk of a fire or an electrical shock.**

Specific warnings are written in the sign.



**This sign indicates prohibited acts.**

Specific prohibitions are written around or in the sign.



**This sign indicates contents of regulating or directing actions.**

Specific prohibitions are written around or in the sign.

## PRECAUTIONS



**CAUTION** Hazards or unsafe practices could result in minor personal injury or appliance damage.



**DO NOT PLUG IN OR UNPLUG WITH WET HANDS.**

It may cause an electric shock or an injury.



**DO NOT USE WITH OTHER THAN RATED VOLTAGE.**

It may cause an electric shock, a fire or abnormal performance.

If the voltage is different, it may shorten the life of the motor or cause a failure.



**PLUG THE POWER CORD CORRECTLY AND PUSH IT TIGHT IN A WALL SOCKET.**

It may cause electric shock or a fire.



**IF THE SUPPLY CORD IS DAMAGED, IT MUST BE REPLACED BY THE MANUFACTURER, ITS SERVICE OR SIMILARLY QUALIFIED PERSONS IN ORDER TO AVOID A HAZARD.**

If the power cord is damaged, it may cause electric shock or a fire.



**NEVER ALTER THE APPLIANCE. ALSO, DO NOT DISASSEMBLE OR REPAIR BY YOURSELF. DO NOT INSERT FINGERS, FOREIGN SUBSTANCES OR OBJECTS SUCH AS PINS INTO GAPS OR HOLES IN THE BASE.**

It may cause a fire, an electric shock or a failure. For any technical support, contact the authorized local Customer Care Center.

# PRECAUTIONS FOR SAFE USE



## **DO NOT MOISTEN THE BASE OR SPLASH WATER ON THE BASE.**

Be careful not to let any liquids or other substances get into the switch on the appliance. **DO NOT OPERATE THE SWITCH WITH WET HANDS.** It may cause electric shock or a fire.



## **WHEN THE POWER CORD, WIRE IS BROKEN OR DAMAGED OR THE PLUG-IN PART BECOMES LOOSE, DO NOT OPERATE IT.**

It may cause an electric shock, a fire or an injury.



## **FOR SAFETY, MUST DO GROUND CONNECTION DO NOT DO THE GROUNDING ON GAS PIPE, PLASTIC WATER PIPE, TELEPHONE WIRE, ETC.**

It could cause an electric shock, a fire, or a malfunction and an explosion. Be sure to use the socket with ground connection.



## **NEVER DISASSEMBLE BOWL SET DURING OPERATION OR INSERT FINGERS, FOREIGN OBJECTS SUCH AS FORKS, SPOONS ETC. INTO FEEDING TUBE OR JUICE OUTLET.**

It may cause an injury, an accident or a failure.



## **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.**

Children should be supervised to ensure that they do not play with the appliance.



## **DO NOT OPERATE WITHOUT LOCKING THE HOPPER PROPERLY.**

It may cause an injury or a failure.



## **IF A GAS LEAK IS DETECTED, DO NOT PLUG IN THE APPLIANCE'S POWER CORD INTO A POWER OUTLET. IMMEDIATELY VENTILATE THE ROOM BY OPENING A WINDOW, AND ALLOW TO FULLY VENTILATE BEFORE PLUGGING IN THE APPLIANCE.**

It may cause an injury or a failure.



## **IF SCREW ROTATION IS STOPPED IN NORMAL OPERATION, PRESS [REVERSE/REV] BUTTON AND HOLD FOR 2-3 SECONDS AND THEN AFTER REVERSE OPERATION IS COMPLETELY STOPPED, PRESS [ON] BUTTON AGAIN.**

If such a stop event continues during the operation, the parts may be damaged and performance may be deteriorated due to overheating in a motor. When the problem continues, immediately stop the appliance and contact the local Customer Care Center.

# PRECAUTIONS FOR SAFE USE



## **NEVER PUT A FINGER, A FORK OR A SPOON ETC. INTO JUICE OUTLET.**

It may cause an injury or a failure.



## **DURING THE OPERATION, DO NOT ATTEMPT TO MOVE THE BASE, DISASSEMBLE THE BOWL SET OR PARTS AND TRY TO LOCK THEM.**

It may cause an injury or a failure. Any act of event needed, switch off first and unplug the power cord.



## **WHEN USING THE APPLIANCE, BE CAREFUL FOR A NECKTIE, LONG NECKLACE, SCARF ETC. NOT TO BE ENTANGLED INTO FEEDING TUBE.**

It may cause an injury, a failure or a breakage.



## **PLACE THE APPLIANCE ON A FLAT AND STABLE SURFACE.**

It may cause an injury or a failure.



## **DO NOT OPERATE THE APPLIANCE FOR MORE THAN 30 MINUTES AT A TIME.**

It may cause a motor failure due to overheating. Cool it down sufficiently for 5 minutes and operate it again.



## **WHEN PLACING INGREDIENTS INTO THE FEEDING TUBE, ONLY USE THE PUSHER PROVIDED.**

It may cause an injury or a failure.



## **DO NOT ALLOW A SEVERE SHOCK TO THE APPLIANCE OR DROP IT.**

It may cause an electric shock, a fire or damage



## **IF THE APPLIANCE GIVES OFF AN UNPLEASANT SMELL OR EXCESSIVE HEATING, SMOKE, STOP USING IMMEDIATELY AND CONTACT THE LOCAL CUSTOMER CARE CENTER.**

When using a new appliance, it gives off a smell and the smell disappears naturally over time.



## **ALWAYS UNPLUG THE APPLIANCE AFTER USE.**

## **WHEN UNPLUGGING THE POWER CORD, MAKE SURE TO HOLD THE POWER CORD.**

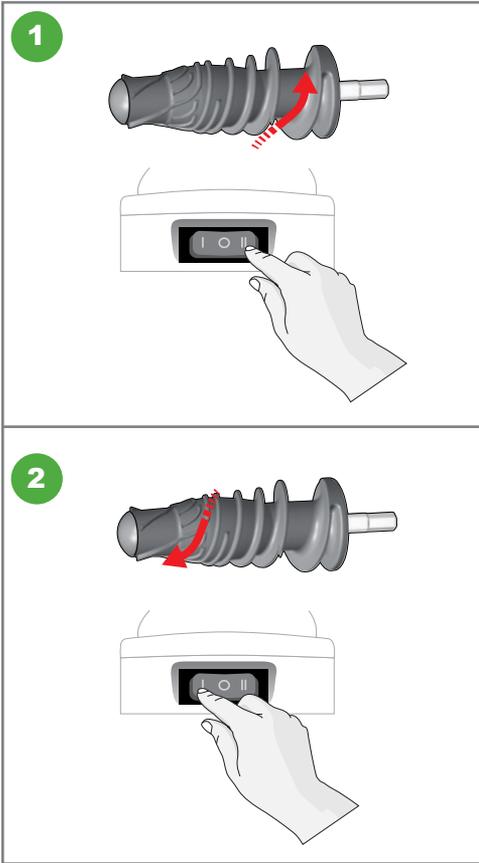
If holding the wire to unplug, it may cause an electric shock or a fire.



## **THE APPLIANCE WEIGHS ABOUT 20 LB (9 KG). WHEN MOVING THE APPLIANCE, ENSURE TO MOVE IT HOLDING GRIPS TIGHTLY AT THE BASE BOTTOM WITH BOTH HANDS.**

If attempting to hold bowl or the edge of the base, the base may fall causing an injury or a failure.

## IF THE AUGER STOPS WORKING



Press [Rev] button for 3 to 5 seconds, then release. When the [Rev] button is released, the auger will stop rotating. Repeat this 2 to 3 times. The [Rev] button pushes the ingredients upward releasing the food clog.

Press [ON] button to start. When using [ON] auger should rotate. Wait 2 to 3 seconds. Then press [REV] button. Repeat this 2 to 3 times. Make sure the auger stops completely after releasing the button.

**Note:**

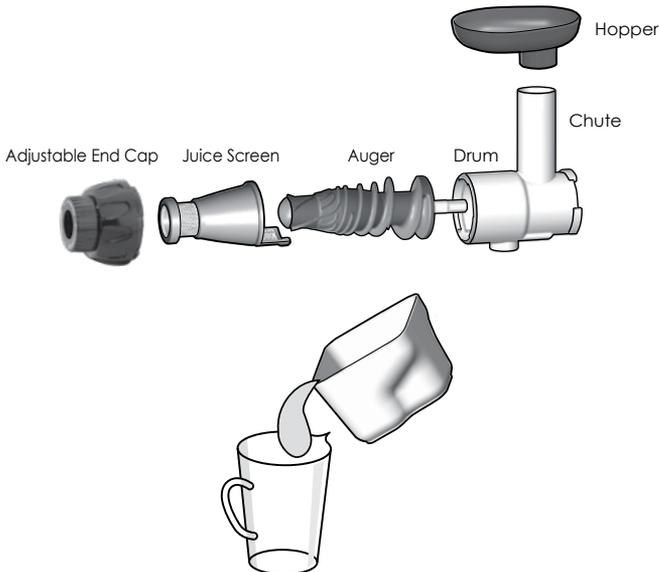
Even after following the directions above, if the juicer still doesn't work, please unplug the power cord, disassemble the chamber set and clean it. Then try again.

Any other servicing should be performed by an authorized service representative.

## FRUITS AND VEGETABLES

### Juicing Screen | Adjustable End Cap

- Thoroughly wash fresh ingredients to remove accumulated chemicals. The Omega® Nutrition System can extract juice from un-peeled fruits and vegetables but your taste may prefer peeled produce.
- Soft produce will process easier if refrigerated.
- Cut fruits and vegetables into small pieces to fit in the drum.
- Turn [ON] machine and let it run without interruption until all juice has been extracted.
- Alternate soft and firm items. It is best to start with the softer item.
- If the pulp starts to clog the drum, turn [OFF] machine and empty the drum set. Reassemble and resume normal operation.
- After placing the last piece of fruit or vegetable into the hopper, keep the machine running for a few seconds to ensure juice is extracted.
- After every use, clean all parts that come into contact with food or juice.
- You may juice items that are not usually used in meals, for example, carrot or beet stems.

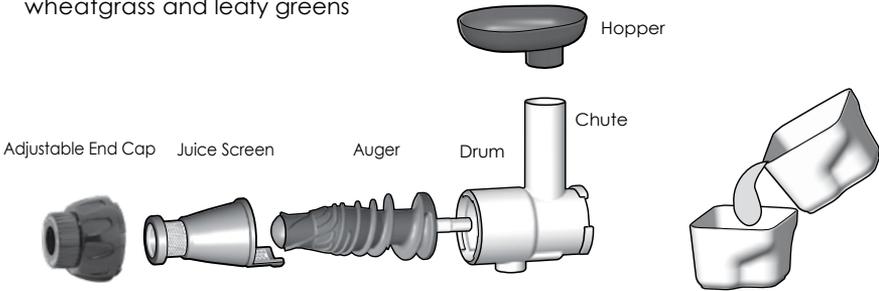


# HOW TO PREPARE

## WHEATGRASS AND GREENS

Juicing Screen | Adjustable End Cap

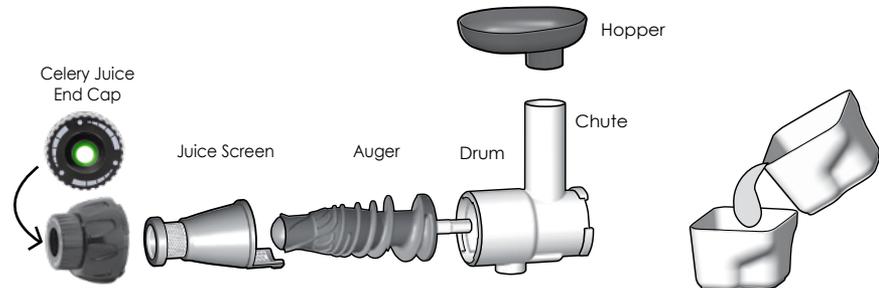
- Thoroughly wash fresh ingredients to remove accumulated chemicals.
- Do not overfill the feed chute. Feed the juicer with small quantities. Allow most of the juice to exit before pushing in the next item.
- Some juice may exit into the pulp bowl and not the juice bowl. This is normal. This may continue to occur until the ejection area is filled with pulp.
- When juicing an item for added taste, insert that item during the first half of the juicing process. If inserted at the end of the process, the full taste may not come through.
- Certain green drinks may be too strong for some people. Lemon, apple, ginger, carrots &/or beets may be added as a natural sweetener to dilute the taste of wheatgrass and leafy greens



## CELERY

Juicing Screen | Celery Juice End Cap (with green inner ring)

- Thoroughly wash celery to remove accumulated chemicals.
- When juicing celery, keep the celery stalks as whole as possible. Do not cut the celery into small pieces.
- Some juice may exit into the pulp bowl and not the juice bowl. This is normal. This may continue to occur until the ejection area is filled with pulp.



Please troubleshoot using the details below before contacting Omega Customer Service for repair or service. When contacting Omega for after-sales service, please have the manufacturer's serial number or bar code available.

## **The Appliance Does Not Work**

- Make sure the power cord is plugged in correctly.
- Make sure the drum is assembled correctly. If the drum is not locked into place, the appliance will not operate.
- Make sure the appliance is assembled according to the instructions in this manual. Refer to the instructions.
- If the appliance still does not work, please contact Omega Customer Service for additional support.

## **The Drum Does Not Open**

- If there is a lot of pulp inside the drum, press [On] to release the excess pulp.
- Check the appliance for any foreign substance or solid objects including seeds.
- Press [Rev] button to push up stuck ingredients.
- Do not attempt to open by force. If the drum still does not open, please contact Omega Customer Service for additional support.

## **The Appliance Stops During Normal Operation**

- Check for large pieces of food stuck in the appliance.
- Refer to the section "If the Auger Stops Working" and follow the guideline for the [Rev] button.
- If the appliance still does not work, please contact Omega Customer Service for additional support.

## **Fine Lines or Scratch Marks around the Auger**

- This is normal. Do not be concerned. These are molding marks resulting from the normal manufacturing process.

## **Juice Leaks Over the Base**

- Check for an excessive amount of ingredients in the hopper and/or chute.
- If you try to juice a large amount of food compared to the pulp chute, the packing will be slightly pushed away. Juice may leak out of the gap.
- Do not force too much food into the juicer. Push food gradually for extraction.
- Check to make sure the juice flap is closed.

## **Juicer Shakes when In-Use**

- This is normal as the auger rotates. It is not a malfunction. Hard ingredients such as carrots, potato, radish, beets, etc. may cause shaking more so than soft ingredients.
- Depending on the firmness of the ingredient, there may be a more pronounced shaking of the motor.
- Slight shaking may be caused by the motor.

## **CONTACT US:**

[www.OmegaJuicers.com/contact-omega-juicers](http://www.OmegaJuicers.com/contact-omega-juicers)

## PRODUCT SPECIFICATIONS

<b>Product Name</b>	Omega® Low Speed Masticating Juice Extractor
<b>Model Name</b>	MM900HDS
<b>Rated Voltage</b>	120 V
<b>Rated Frequency</b>	50/60 Hz
<b>Rated Power Consumption</b>	200 W
<b>RPM</b>	80 RPM
<b>Cord Length</b>	60 inches (1.5 m)
<b>Weight</b>	14.3 lb (6.5 kg)
<b>Outward Dimension</b>	7.4" Width (188 mm) 15.5" Depth (394 mm) 13" Height (330 mm)
<b>Rated Operating Time</b>	Less than 30 minutes



# Clean Boost

## What You'll Need:

- ½ a beetroot
- 5 spinach leaves
- ¼ cabbage
- 1 broccoli stick
- ½ a grapefruit
- ½ a lemon
- 1 orange
- 1 kiwi fruit
- 2 small pieces of ginger

PREP 2 minutes JUICE 4 minutes

## How To Prepare:

- 1 Cut product to fit into hopper.
- 2 Juice in an Omega®.
- 3 Pour over ice.
- 4 Enjoy!

# Australian Dream

## What You'll Need:

- 2 beets (Australian beetroot)
- 2 organic carrots
- 1 cup organic strawberries
- 2 cups kale leaves (6-8 leaves)  
(Australia tuscan cabbage)

PREP 3 minutes JUICE 6 minutes

## How To Prepare:

- 1 Wash all produce well.
- 2 Cut as needed to fit into juicer.
- 3 Juice in an Omega®.
- 4 Pour over ice and enjoy.

## Morning Glory Citrus

### What You'll Need:

2 grapefruits (peeled)  
1 red bell pepper  
2 pears  
6 carrots

PREP 5 minutes JUICE 5 minutes

### How To Prepare:

- 1 Wash all produce well.
- 2 Juice all produce in an Omega® and enjoy!

**Serving Size: 16 - 18 oz.**

Bursting with Vitamin C and beta-carotene, as well as Vitamins A & K and even copper.

## Apple & Kiwi Juice

### What You'll Need:

2 apples  
3 kiwis

PREP 5 minutes JUICE 5 minutes

### How To Prepare:

- 1 Wash the apples, then remove the core and cut into quarters.
- 2 Peel the kiwis and chop into small pieces.
- 3 Juice ingredients in your Omega®.
- 4 Stir before drinking.

## Total Health Booster

### What You'll Need:

1 medium apple, cored and cubed  
2 medium soft pears, cored and cubed  
½ cup fresh cherries  
(pits removed or frozen and thawed)

PREP 5 minutes JUICE 5 minutes

### How To Prepare:

- 1 In your Omega®, juice apple, pears, and cherries.
- 2 Before serving, garnish with fresh cherries, if desired.

## Cukelear Power

### What You'll Need:

1 cucumber  
2 collard green leaves  
1 handful of cauliflower florets  
½ lemon (yellow rind removed)

PREP 5 minutes JUICE 5 minutes

### How To Prepare:

- 1 Wash all produce.
- 2 Add all ingredients into your Omega® and juice.
- 3 Pour into your glass and enjoy!

## Tropical Morning

### What You'll Need:

1 peach (remove pit)  
1 mango (peeled and seed removed)  
1 orange (skin removed)  
½ cup coconut water  
1 teaspoon agave nectar

### How To Prepare:

- 1 In your Omega® Nutrition System, juice peach, mango and orange
- 2 Add remaining ingredients and stir.
- 3 Serve chilled and garnish with a peach slice.

PREP 5 minutes JUICE 5 minutes

## App-cel-utely!

### What You'll Need:

3 stalks celery  
2 apples  
1 stem broccoli (optional)  
½ lemon (lemon)

### How To Prepare:

- 1 Wash all produce.
- 2 Add all ingredients into your Omega® and juice.
- 3 Pour into your glass and enjoy!

PREP 5 minutes JUICE 5 minutes