

PROGRESS®
Est. 1931

NUTRIVITA
900
Instruction Manual

Please read all of the instructions carefully and retain for future reference.

SAFETY INSTRUCTIONS

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

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

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

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

This appliance contains no user serviceable parts. If the power supply cord, plug or any part of the appliance is malfunctioning, or if the appliance has been dropped or damaged, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance and its power supply cord out of the reach of children.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the appliance away from heat emitting appliances.

Keep hands, fingers, hair and any loose clothing away from the rotating tools of the appliance.

Do not touch any moving parts on this appliance during use, as this could cause injury.

Do not immerse the appliance in water or any other liquid.

Do not operate the appliance with wet hands.

Do not use broken or loose cutting or rotating blades.

Do not overload the appliance as the mixture level may rise during blending.

Do not leave the appliance unattended whilst connected to the mains power supply.

Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.

Do not use the appliance for anything other than its intended use.

Do not use any accessories other than those supplied.

Do not use this appliance outdoors.

Do not store the appliance in direct sunlight or in high humidity conditions.

Do not move the appliance whilst it is in use.

Do not place boiling water or very hot liquid in the appliance.

Always unplug the appliance after use and before any cleaning or user maintenance.

Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.

Use of an extension cord with the appliance is not recommended.

This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

Warning: Do not touch sharp blades.

CARE AND MAINTENANCE

STEP 1: Switch off and unplug the blender from the mains power supply before performing any cleaning or user maintenance.

STEP 2: Wipe the blender base unit with a soft, damp cloth and allow to dry thoroughly.

STEP 3: Wash all of the accessories, except the multipurpose blade lid attachment in warm, soapy water, then rinse and dry thoroughly. Never touch the blades; using extreme caution, clean the blades with a brush and dry carefully.

Do not immerse the blender base unit in water or any other liquid.

Do not use harsh or abrasive scourers to clean the blender, as this could cause damage to the blender.

The blender is not suitable for use in a dishwasher.

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Note: Always clean the blender immediately after each use.

Warning: Handle the multipurpose blade lid attachment with care, as the blades are extremely sharp. Exercise caution when attaching, removing, cleaning or storing the multipurpose blade lid attachment.

GETTING STARTED

Remove the appliance from the box.

Remove any packaging from the appliance.

Place the packaging inside the box and either store or dispose of safely.

IN THE BOX

NutriVita 900 Base Unit

Multipurpose Blade Lid Attachment

975 ml Blending Cup

740 ml Blending Cup

Easy-drink lid

Keep fresh lid

FEATURES

900 W Power

975 ml BPA-free Blending Cup

740 ml BPA-free Blending Cup

Multipurpose Blade

Easy-drink Flip Lid

Keep-fresh Storage Lid

DESCRIPTION OF PARTS



INSTRUCTIONS FOR USE

BEFORE FIRST USE

Before using the blender for the first time, wash all of the accessories in warm, soapy water, then rinse and dry thoroughly.

Wipe the blender base unit with a soft, damp cloth and allow to dry thoroughly.

Do not immerse the blender base unit in water or any other liquid.

Note: When using the blender for the first time, a slight odour may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the blender.

USING THE NUTRIVITA 900

STEP 1: Check that the blender is switched off and unplugged from the mains power supply. Position the blender base unit onto a flat, stable surface, at a height that is comfortable for the user.

STEP 2: Place the ingredients into the desired blending cup, making sure that they do not exceed the max. fill mark.

STEP 3: Pour a small amount of liquid into the blending cup; this will help to blend the ingredients.

STEP 4: Secure the multipurpose blade lid attachment onto the blending cup by twisting it in a clockwise direction.

STEP 5: Plug in and switch on the blender at the mains power supply.

STEP 6: Press the blending cup down and twist it in a clockwise direction to lock it into position. To stop blending, twist the blending cup in an anticlockwise direction and lift it up and away from the blender base unit.

STEP 7: Switch off and unplug the blender from the mains power supply.

STEP 8: Remove the multipurpose blade lid attachment by twisting it in an anticlockwise direction and then replace it with either the easy-drink lid or storage lid, as required.

Note: Check that the lid is securely fitted before use.

To prevent the blender from overheating, do not blend dry ingredients. If the blades are not running smoothly, stop the blender and carefully remove the multipurpose blade lid attachment. Add a small amount of cold liquid or reduce the quantity of the ingredients in the blending cup.

When mixing liquid, use a tall container or blend small quantities at a time to reduce spillage, splattering and the possibility of injury from scalding.

Caution: Take care when handling the multipurpose blade lid attachment, as the blades may get hot during use.

Warning: Do not blend warm or hot liquid or food, as this may cause a pressure build-up and, in turn, serious injury.

Do not blend for long periods of time. Max. operation time is 45 seconds; allow the blender to cool for 1 minute before using it again.

Using the blender for longer than 45 seconds at a time will cause the temperature to increase, which may in turn lead to a pressure build-up. If this happens, switch off and unplug the blender from the mains power supply and allow it to cool thoroughly before attempting to remove the multipurpose blade lid attachment. Do not immerse the blending cup in cold water at this time.

Do not exceed the max. fill mark when adding ingredients to the blending cup, as this could cause spillage and may damage the blender.

Do not operate the blender if the blending cup is cracked, broken or empty.

HANDY HINT

If the ingredients do not blend evenly, remove the blending cup from the blender base unit. Shake the blending cup to redistribute the ingredients and then blend once more.

SUGGESTED USES FOR THE BLENDING CUPS

Purpose	Suggested Blending Cup	Type of Food
Chopping	740 millilitre 975 millilitre	Nuts Chocolate
Frozen Blending	740 millilitre 975 millilitre	Ice Frozen fruit Ice cream

TROUBLESHOOTING

Symptom	Possible Cause	Solution
The blender will not operate.	The blender is not connected to the mains power supply. The multipurpose blade lid attachment is not correctly secured to the blending cup.	Plug in and switch on the blender at the mains power supply. Checking that the threads are correctly aligned, twist the multipurpose blade lid attachment in a clockwise direction until it is secure.
The required lid will not secure to the blending cup.		Position the blending cup on a level surface and attach the required lid to the top of the blending cup; the threads must be correctly aligned. Twist the required lid in a clockwise direction until it is secure.
The drink still contains lumps.	There are too many ingredients in the blending cup.	Reduce the amount of ingredients in the blending cup.
Ice will not crush properly and produces ice dust instead.		For the best results, use ice straight from the freezer.
The blending cup is leaking.	The required lid is not correctly secured to the blending cup.	Checking that the threads are correctly aligned, twist the required lid in a clockwise direction until it is secure.

STORAGE

Reassemble the blender.

Check that the blender is cool, clean and dry before storing in a cool, dry place.

SPECIFICATIONS

Product code: EK2435PSILVER

Operating voltage: 220–240 V ~ 50/60 Hz

Power: 900 W



RECIPES

* Any recipe images used in this instruction manual are intended for illustrative purposes only.

HOW TO CREATE ALL OF OUR DELICIOUS DRINKS AND SMOOTHIES

METHOD

Chop any large ingredients into small pieces, to help with the blending process.
Place all of the ingredients into the blending cup and then add the multipurpose blade lid attachment.
Invert the blending cup and place it onto the blender base unit.
Blend until the drink reaches the desired consistency.
Remove the blending cup from the blender base unit and then detach the multipurpose blade lid attachment.
Either drink straight from the blending cup by attaching the easy-drink lid or replace with the keep-fresh storage lid and refrigerate until ready to drink.

HEALTHY RECIPES TO GET YOU STARTED

BERRY CHOCANANA

10 almonds
2 handfuls kale
1 cup blackberries
½ cup cooked black beans
½ banana
2 tbsp raw cacao
Top up with water to the max. fill mark

FRESH MORNING

2 handfuls spinach
1 apple, sliced
1 tbsp olive oil
¼ cup whole rolled oats
Top up with water to the max. fill mark

CACAO BERRY

2 handfuls spinach
2 tbsp raw cacao powder
1 cup blueberries
½ avocado
Top up with water to the max. fill mark

SPINACH AND SESAME ZING

2 handfuls spinach
2 tbsp sesame seeds
1 banana
1 cup papaya
¼ cup rolled oats
Top up with water to the max. fill mark

SEEDS AND GREENS

2 tbsp sunflower seeds
1 cup strawberries
1 handful spinach
1 handful parsley
1 tbsp sesame seeds
½ orange
Top up with water to the max. fill mark

FRESH CITRUS

2 cm ginger
2 tbsp honey
1 orange
½ lemon
½ lime
1 pinch sea salt
Top up with water to the max. fill mark

SPINACH AND PAPAYA

10 walnuts
2 handfuls spinach
1 cup papaya
½ avocado
Top up with water or almond milk to the max. fill mark

TROPICAL GLOW

2 handfuls spinach
2 tbsp sunflower seeds
1 cup papaya
1 cup pineapple
Top up with water to the max. fill mark

CHERRY-NANA

10 walnuts
2 handfuls spinach
1 banana
1 cup cherries (pits removed)
Top up with water or almond milk to the max. fill mark

NATURAL CURE

10 walnuts
2 handfuls spinach
½ avocado
½ banana
Top up with water to the max. fill mark

BANANA BERRIES

10 almonds
2 handfuls spinach
1 banana
½ cup cherries (pits removed)
½ cup blueberries
Top up with water to the max. fill mark

CAULIFLOWER KRUSH

2 handfuls kale
2 brasil nuts
1 apple
½ cup blackberries
½ cup cauliflower
Top up with water to the max. fill mark

FRUITY RICE

2 handfuls spinach
1 banana
1 brasil nut
½ orange, peeled
½ cup cooked brown rice
Top up with almond milk to the max. fill mark

BERRY BLISS

2 handfuls turnip greens or kale
½ avocado
½ cup blueberries
½ cup raspberries
½ cup blackberries
Top up with water or unsweetened green tea to the max. fill mark

PINEAPPLE AND KALE

2 handfuls kale
1 cup shredded cabbage
1 cup pineapple
1 tbsp sunflower seeds
½ avocado
Top up with water to the max. fill mark

EXOTIC GREEN

2 handfuls round lettuce
1 small, raw new potato, cut into quarters
1 kiwi fruit, peeled
½ cup pineapple
Top up with water or coconut water to the max. fill mark

SPICE SUNSET

2 handfuls lettuce
1 ripe pear (skin on)
1 tsp cinnamon
1½ cm slice peeled ginger root
½ banana
½ tsp nutmeg
Top up with water or almond milk to the max. fill mark

SWEET POTATO AND WALNUT

5 walnuts, halved
2 handfuls lettuce
2 medjool dates
2 tsp cinnamon
½ steamed sweet potato (skin included)
½ orange (peeled)
Top up with water to the max. fill mark

CABBAGE CLEANSER

2 handfuls spinach
2 tbsp flax or chia seed
1 banana
1 carrot, quartered
1 cup shredded cabbage
¼ cup blueberries
Top up with water to the max. fill mark

ALMONDS AND SPINACH

10 almonds
2 tbsp chia or flax seed
1 handful kale
1 handful spinach
½ steamed sweet potato
Top up with water to the max. fill mark

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CONNECTION TO THE MAINS

Please check that the voltage indicated on the product corresponds with your supply voltage.

IMPORTANT

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are coloured in accordance with the following code:

Blue Neutral (N)

Brown Live (L)

Green/Yellow Earth ($\frac{1}{=}$)

FOR UK USE ONLY - Plug fitting details
(where applicable).

The wire coloured **BLUE** is the **NEUTRAL** and must be connected to the terminal marked N or coloured **BLACK**.

The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked L or coloured **RED**.

The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter E or marked $\frac{1}{=}$.

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal ($\frac{1}{=}$).

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

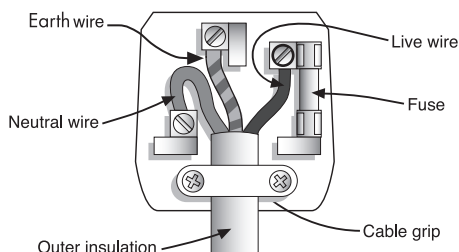
If in doubt, consult a qualified electrician who will be pleased to do this for you.

NON-REWIREABLE MAINS PLUG

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use one that is ASTA approved one (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug, **DISCONNECT IT FROM THE MAINS**, then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.



UP GLOBAL SOURCING UK LTD.,
VICTORIA STREET, MANCHESTER OL9 0DD. UK.

If this product does not reach you in an acceptable condition please contact our Customer Services Department by one of the following methods:

Telephone: 0161 934 2240*

*Telephone lines are open Monday–Friday, 9 am–5 pm (Closed Bank Holidays)

Email: customercare@upgs.com

Fax: 0161 628 2126

Please have your delivery note to hand as details from it will be required.

If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

GUARANTEE

All products purchased as new carry a manufacturer's guarantee; the time period of the guarantee will vary dependent upon the product. Where reasonable proof of purchase can be provided, Progress will provide a standard 12 month guarantee with the retailer from the date of purchase. This is only applicable when products have been used as instructed for their intended, domestic use. Any misuse or dismantling of products will invalidate any guarantee.

Under the guarantee, we undertake to repair or replace free of any charge any parts found to be defective. In the event that we cannot provide an exact replacement, a similar product will be offered or the cost refunded. Any damages from daily wear and tear are not covered by this guarantee, nor are consumables such as plugs, fuses etc.

Please note that the above terms and conditions may be updated from time to time and we therefore recommend that you check these each time you revisit the website.

Nothing in this guarantee or in the instructions relating to this product excludes, restricts or otherwise affects your statutory rights.

The crossed out wheelie bin symbol on this item indicates that this appliance needs to be disposed of in an environmentally friendly way when it becomes of no further use or has worn out. Contact your local authority for details of where to take the item for recycling.



CONGRATULATIONS ON YOUR PURCHASE!

Go to **<http://guarantee.upgs.com/progress>**
to register your product for a 12 month guarantee.

At Progress, we combine our expert knowledge with our love of cooking
and food, to create innovative and stylish products for your kitchen.

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