

PROGRESS®

Est. 1931

**WHOLE
FRUIT JUICER**

Instruction manual

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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 out of the reach of children when it is switched on or cooling down.

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

Keep the appliance away from other heat emitting appliances.

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

Do not immerse the electrical components of this appliance in water or any other liquid.

Do not operate the appliance with wet hands.

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 pull or carry the appliance by its power supply cord.

Do not use the appliance if it has been dropped, if there are visible signs of damage or if it is leaking.

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

Do not use any accessories other than those supplied.

Do not use any damaged accessories.

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.

Do not dry blend ingredients; always add a small amount of liquid.

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

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

Do not touch any sections of the appliance that may become hot during use, as this could cause injury.

Do not use broken or loose cutting or rotating blades.

Switch off the appliance and disconnect it from the mains power supply before changing accessories.

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

Always ensure that the appliance has cooled fully after use before performing any cleaning or 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: Handle the stainless steel blades with care, as the blades are extremely sharp. Exercise caution when attaching, removing, cleaning or storing the stainless steel blades.

Care and Maintenance

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

STEP 2: Rinse the juicer before disassembling, following the instructions in the section entitled 'Disassembling the Whole Fruit Juicer' in the online instruction manual.

STEP 3: Wipe the juicer base unit with a soft, damp cloth and allow to dry thoroughly.

STEP 4: Wash all of the accessories in warm, soapy water, then rinse and dry thoroughly.

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

The juicer is not suitable for use in a dishwasher.

Note: Always clean the juicer immediately after each use.

It is recommended to soak the juicing filter basket in warm, soapy water for approx. 10 minutes after using the juicer to aid the removal of stubborn pulp. If any pulp is left to dry onto the juicing filter basket, it may block the fine cutting blades and mesh surround, reducing the effectiveness of the juicer.

Some foods may discolour the plastic accessories. This is normal and will not damage the plastic or affect the flavour of the food. To reduce the risk of discolouration, clean the juicer immediately after use. Rub any discoloured areas with a cloth dipped in vegetable oil.

Description of Parts



1. Whole Fruit Juicer base unit
2. Spout
3. Control dial
4. Juicing filter basket
5. Feeding chute
6. Filter bowl

7. Juicer cover
8. Interlocking safety arm
9. Pusher
10. Pulp container
11. Juice cup
12. Juice cup lid

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Instructions for Use

Before First Use

Before using the juicer for the first time, clean it following the instructions in the section entitled 'Care and Maintenance'.

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

Assembling the Whole Fruit Juicer

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

STEP 2: Attach the pulp container to the tab on the back of the juicer base unit and then position the juice dispenser so that the filter bowl is aligned with the slot on the juicer base unit.

STEP 3: Carefully fit the juicing filter basket into the centre of the juicer base unit by aligning the locking tabs with the corresponding recesses and pressing down until secure.

STEP 4: Position the juicer cover by aligning the locking tabs and slotting into place. To lock the lid, raise the interlocking safety arm until it sits securely within the indents on the lid.

STEP 5: Insert the pusher into the feeding chute.

STEP 6: Position the juice cup underneath the filter bowl and attach the juice cup lid.

Caution: The juicing filter basket contains sharp blades. Handle with care.

Using the Whole Fruit Juicer

STEP 1: Position the juicer base unit onto a flat, stable surface, at a height that is comfortable for the user.

STEP 2: Wash the ingredients to be juiced and cut them down to size, if necessary.

STEP 3: Remove the pusher from the feeding chute.

STEP 4: Plug in and switch on the juicer at the mains power supply.

STEP 5: Rotate the control dial in a clockwise direction to the required speed setting. Select position 'I' for a low juicing speed; select position 'II' for a high juicing speed.

STEP 6: Add the prepared ingredients to the feeding chute and use the pusher to carefully push ingredients further into the chute. Juice and pulp will begin to be extracted into their respective containers.

STEP 7: Once the pulp container and/or juice container are close to being full, stop juicing. Turn off the juicer by rotating the control dial to position 'O' and then switch off and unplug the juicer from the mains power supply.

STEP 8: Pour the juice from the juice cup into a separate jug and empty the pulp container in order to avoid any blockages.

Note: The juicer will not operate when the pulp container and the juicer cover are not properly fitted.

Caution: Do not juice for long periods of time. Max. operation time is 5 minutes; allow the juicer to cool for 15 minutes before using it again. For best results, after 1 minute of continuous operation, stop for 1 minute before continuing use.

Warning: Never use fingers to push ingredients down the feed chute; always use the pusher provided.

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

Speed Selector Table

The speed selector table should be used as a guide only.

Remove any stones and hard skins from fruits and vegetables before juicing.

Ingredients	Speed setting
Apple	II
Apricot	I
Beetroot	II
Blueberries	I
Broccoli	I
Cabbage	I
Carrot	II
Celery	II
Cucumber	I
Grapes	I
Kiwi	I
Mango	I
Melon	I

Orange	I/II
Peach	I
Pear	I/II
Pineapple	II
Plum	I
Raspberry	I
Tomato	I

Disassembling the Whole Fruit Juicer

It is recommended to briefly rinse the juicer before it is disassembled.

STEP 1: Switch off and unplug the juicer from the mains power supply.

STEP 2: Pour the juice from the juice cup into a separate jug and empty the pulp container.

STEP 3: Remove the pusher from the feeding chute and then pour 50 ml of warm, soapy water down the chute. Fit the pusher back into the feeding chute and engage the interlocking safety arm, following the instructions in the section entitled 'Assembling the Whole Fruit Juicer'.

STEP 4: Plug in and switch on the juicer at the mains power supply and rotate the control dial in an anticlockwise direction to position 'I' for approx. 30 seconds. Then switch off the juicer and unplug from the mains power supply.

STEP 5: Unlock the interlocking safety arm by releasing it from the indents in the lid and lowering it to horizontal position.

STEP 6: Remove the juicer cover and then remove the juicing filter basket from the juicer base unit by pulling it in an upwards direction, taking care not to touch the blades in the base.

STEP 7: Empty the pulp from the container.

Caution: The juicing filter basket contains sharp blades. Handle with care.

Storage

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

Never wrap the cord tightly around the juicer; wrap it loosely to avoid causing damage.

Troubleshooting

Problem	Cause	Solution
The juicer will not operate even though it is switched on at the mains power supply and the 2-speed control is turned on.	<p>The interlocking safety arm is not properly fitted.</p> <p>The pulp container and juicer lid have not been properly fitted.</p>	<p>Check that the interlocking safety arm is correctly positioned in the indents in the juicer cover.</p> <p>Fit the pulp container and juicer cover, following the instructions in the section entitled 'Assembling the whole fruit Juicer'.</p>
The juicer stops and starts whilst in operation.	<p>Food is being pushed down the feeding chute too quickly.</p> <p>The max. operation time has been exceeded.</p> <p>The ingredients being added down the feeding chute are too large.</p> <p>The ingredients being added down the feeding chute are too hard.</p> <p>The pulp container is too full.</p>	<p>Push the ingredients down the feeding chute slowly and allow them to be juiced before adding more.</p> <p>Do not exceed the max. operation time. Allow the juicer to cool for approx. 15 minutes before using again.</p> <p>Chop the ingredients into smaller chunks and add to the feeding chute slowly.</p> <p>Remove any stones and hard skins from fruits and vegetables before juicing.</p> <p>Switch off the juicer and empty the pulp container.</p>
The juicer is not producing much juice and the pulp appears too wet.	The juicing filter basket is blocked.	Switch off and unplug the juicer, remove the juicing filter basket and then clean it, following the instructions in the section entitled 'Care and Maintenance'.
Juice sprays from the juice dispenser.	The incorrect speed setting has been selected.	Select a slower speed setting.

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Specifications

Product Code: EK4574P

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

Power: 600 W

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DELICIOUS HEALTHY JUICE



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Purple Cleanse – Beetroot, carrot, apple and ginger

Serves 1

Ingredients

2 large carrots	1 large apple	1 inch fresh ginger
1 large or 2 medium sized beetroots	½ lemon (peel and pith removed)	

Green Goddess – Celery, cucumber, apple and pear

Serves 1

Ingredients

3 stalks of celery	1 medium pear
1 medium green apple	½ large cucumber

Ginger Zinger – Apple, carrot, ginger and lemon

Serves 1

Ingredients

5 carrots	½ inch of fresh ginger
2 medium apples	¼ lemon (peel and pith removed)

Tropi-kale – Pineapple, kale and banana

Serves 1

Ingredients

4 kale leaves	¼ pineapple (skin and core removed)
1 ripe banana (peel removed)	

Antioxidant Blast – Beetroot, blueberry and strawberry

Serves 1

Ingredients

2 medium sized beetroots	Handful of strawberries
Handful of blueberries	

Immune Booster – Orange, lemon, apple and ginger

Serves 1

Ingredients

2 oranges (peel and pith removed)
1 medium apple

½ inch of fresh ginger
¼ lemon (peel and pith removed)

Not-so-sour – Apple and kale

Serves 1

Ingredients

5 kale leaves

2 tart green apples

Kale Kickstarter – Orange, strawberry, kale, carrot and banana

Serves 1

Ingredients

3 carrots
2 kale leaves
1 orange (peel and pith removed)

1 ripe banana (peel removed)
Handful strawberries

Cucumber Cooler – Cantaloupe, celery, cucumber and lemon

Serves 1

Ingredients

2 stalks celery
½ cucumber

¼ ripe cantaloupe (seeds removed)
¼ lemon (peel and pith removed)

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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 (\perp)

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 \perp .

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal (\perp).

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.

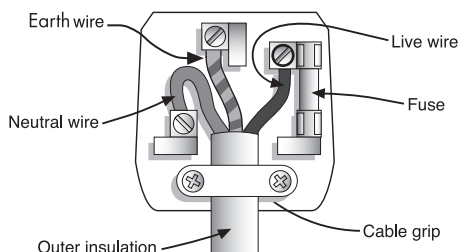
If in doubt, consult a qualified electrician who will be pleased to do this for you.

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 (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.,
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If this product does not reach you in an acceptable condition please contact our Customer Services Department at **www.progresscookshop.com**.

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 wheellie 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.



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*To be eligible for the extended guarantee,
go to **www.progresscookshop.com** and register
your product within 30 days of purchase.

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