

Follow these steps for the best results.



5 **Finish** with ice or frozen ingredients.

4 Then add dry or sticky ingredients like seeds, protein powders, & nut butters.

3 Then add leafy greens.

2 Next add fresh fruits.

1 **Start** by adding liquid to the **MIN LIQUID** (6oz.) line.





Tips & tricks for best results

DO NOT blend without ingredients or without lid.

 For best results, **fully charge** blender (about 2 hours) before first use 

Start with adding liquid to the **MIN LIQUID** (6oz.) line.

NOTE: If using more frozen ingredients, add more liquid.

Add fresh ingredients, powders, and nut butters before frozen ingredients.

Do not exceed **MAX FILL** line, especially with protein powders as it expands when blended.

Shake, shake, shake to help move stuck ingredients while blending.

NOTE: If still too thick, add more liquid.