



EVERYDAY JUICING WITH
COLD PRESS **365**





Omega®

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THANK YOU!

CONGRATULATIONS on the purchase of your new Omega Cold Press 365.

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 on:

INSTAGRAM @OmegaJuicing

FACEBOOK @OmegaJuicers

PRODUCT REGISTRATION, VISIT:

www.omegajuicers.com/omega-warranty-registration

RECIPES, VISIT:

www.omegajuicers.com/recipes

CUSTOMER SERVICE:

Call **1-800-633-3401**

Visit: www.support.omegajuicers.com

After using your Omega, we kindly ask you to rate the machine on www.OmegaJuicers.com



IMPORTANT SAFEGUARDS

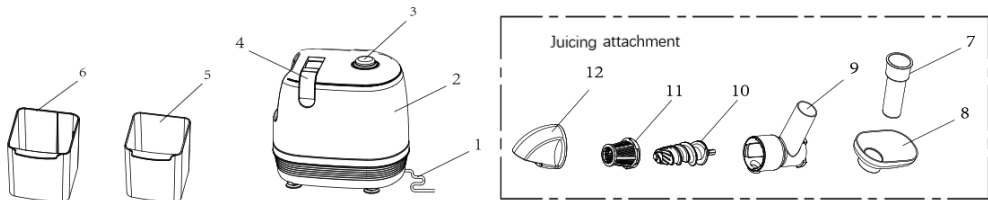
When using electrical appliances, basic safety precautions should always be followed including the following.

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. If you do not use this device properly, there is a danger of injury. 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 near children. Store the product out of the reach of children. Do not let persons with physical impairments, feeling or mental abnormalities, or persons lacking related experience or knowledge (including children) to use or play with this product.
4. Input voltage of this product is AC120 60Hz. Please confirm this before use.
5. Unplug from outlet before assembling, before taking off parts, before cleaning and when not in use.
6. Avoid contact with moving parts.
7. 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 for examination, repair, or electrical or mechanical adjustment.
8. The use of attachments not recommended or sold by manufacturer may cause fire, electric shock or injury.
9. Before use, check for damage on the power cord, plug, juice screen, auger, containers for juicing and other components for slicing, shredding and ice mixing/sorbet. If a component is found to be damaged, please do not use the product (stop using the product) and contact the Company's customer service department. Please do not attempt to detach and repair damaged components.
10. Do not let cord hang over edge of table or counter or touch heated surfaces.
11. Before operating and powering on the product, please ensure that the detachable components such as the, juice screen, auger, container for juicing are correctly installed.
12. 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.
13. Cut ingredients into small pieces before placing in the feed chute of the juicer. If the fruits & vegetables are with pits, hard seeds, thick skin and/or hard shell, please remove before placing in feed juice.

14. It is normal for the detachable components of the juicer to stain from juicing. This will not affect the quality of the juicer or the nutritional value of the juice.
15. The juicer is equipped with an intelligent protection chip for automatic shut-off. If the motor is too hot, the juicer will automatically shut down for a period of 20-30 minutes. Once the motor is cool in temperature, the juicer will work again. This safety feature extends the life of the juicer.
16. The juicer is designed with electrical current-limiting. When juicing hard ingredients, the motor may stall. The motor will stop working if an audible “beep” sounds. This mechanism is an over current protection of the motor. This safety feature extends the life of the juicer.
17. To disconnect, press/switch OFF then remove plug from wall outlet. Make sure the motor stops completely before disassembling.
18. Do not place detachable components in water higher than 176°F (80°C) or in a microwave. Excessive hot temperatures may cause the components to deform or damage.
19. Do not place the body of this machine into water or other liquids.
20. Do not use steel wool, abrasive cleaner or corrosive liquids (such as petrol or acetone) to clean this product.
21. Do not place on or near a hot gas or electric burner or in a heated oven.
22. Do not use appliance for anything other than its intended use.
23. Keep the appliance clean. Refer to the Care & Cleaning instructions in this manual.
24. FOR AT HOME USE ONLY. This product is a class-I electrical appliance.

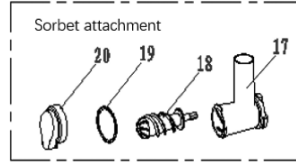
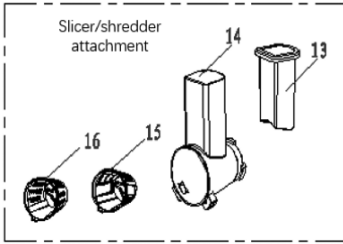
SAVE THESE INSTRUCTIONS

PARTS & FUNCTION



No.	Part Name	Function
1	POWER CORD	USED FOR CONNECTING TO A POWER SUPPLY OUTLET.
2	MAIN BODY	ELECTRICAL MOTOR IS HOUSED IN THE MAIN BODY. DO NOT IMMERSE IN WATER.
3	POWER SWITCH	CONTROLS THE POWER OF THE JUICER.
4	LOCKING LATCH	LOCKS THE DRUM TO THE HOUSING. LIFT LOCKING CLIP TO DISMANTLE.
5	JUICE CUP	FOR JUICE.
6	PULP CUP	FOR PULP.
7	PUSHER	WHEN ADDING INGREDIENTS, PUSH AND PRESS THE INGREDIENTS LIGHTLY WITH THE PUSHER INTO THE HOPPER TO IMPROVE JUICING EFFICIENCY.
8	TRAY	PLACED ABOVE DRUM AND ON TOP OF THE FEED CHUTE
9	DRUM & FEED CHUTE	TO JUICE, THE DRUM CONNECTS TO THE BODY. INGREDIENTS ARE PLACED INTO THE FEED CHUTE AT THE TOP OF THE DRUM.
10	AUGER	TO JUICE, THE AUGER IS PLACED INSIDE THE DRUM AND CONNECTS TO THE BODY. THE AUGER GRINDS AND SQUEEZES FRUITS AND VEGETABLES.
11	JUICE STRAINER (WITH MESHED STRAINER)	FILTERS EXTRACTED JUICE FROM INGREDIENTS.
12	END CAP	PULP IS RELEASED THROUGH THE END CAP.

PARTS & FUNCTION (OPTIONAL ACCESSORIES)



No.	Part Name	Function
13	SLICING PUSHER	SLICES INGREDIENTS.
14	SLICING DRUM & FEED CHUTE	TO SLICE OR SHRED, THE SLICING DRUM CONNECTS TO THE BODY. INGREDIENTS ARE PLACED INTO THE FEED CHUTE AT THE TOP OF THE DRUM.
15	SLICING KNIFE	TO SLICE INGREDIENTS, THE SLICING KNIFE ATTACHES TO THE SLICING DRUM.
16	SHREDDING KNIFE	TO SHRED INGREDIENTS, THE SHREDDING KNIFE ATTACHES TO THE SLICING DRUM.
17	SORBET DRUM & FEED CHUTE	TO MAKE FROZEN SORBET, THE SORBET DRUM & FEED CHUTE CONNECTS TO THE BODY. FROZEN INGREDIENTS ARE PLACED INTO THE FEED CHUTE AT THE TOP OF THE ICE MIXING DRUM.
18	SORBET AUGER	TO MAKE FROZEN SORBET, THE SORBET AUGER IS PLACED INSIDE THE DRUM AND CONNECTS TO THE BODY. THE AUGER GRINDS AND SQUEEZES FROZEN FRUITS, VEGETABLES AND ICE.
19	COVER SEAL RING	TO MAKE FROZEN SORBET, THE COVER SEAL RING IS PLACE ON THE BACK SIDE OF THE COVER. THE COVER SEAL RING SEALS AND PREVENTS LEAKS.
20	COVER	TO MAKE FROZEN SORBET, THE COVER HOLDS IN THE SORBET.

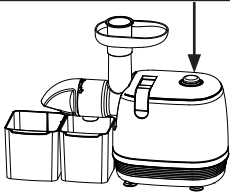
Optional Accessories

Can be ordered online at: www.omegajucers.com/collections/replacement-parts

Or call customer service: 800-633-340 | support@omegajucers.zendesk.com

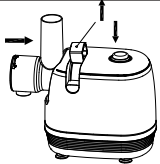
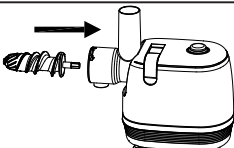
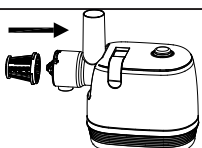
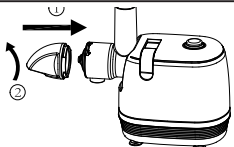
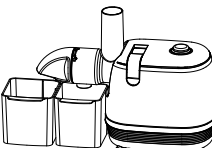
DIRECTIONS FOR USE

Before the first use of product, please completely clean the components contacting ingredients. (See Maintenance)

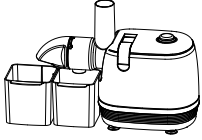
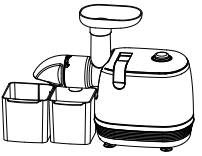
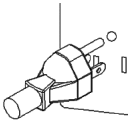
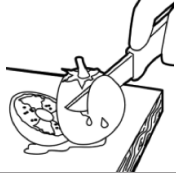
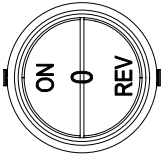
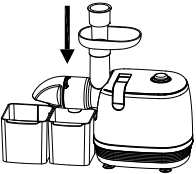
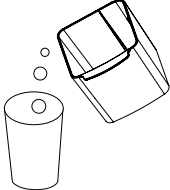
	<p>BUTTON OPERATION INSTRUCTIONS:</p> <ul style="list-style-type: none"> • FORWARD (ON) BUTTON: NORMAL USE • "0" STOP • REVERSE (REV) BUTTON: USE WHEN PULP BLOCKS OUTPUT OR THE MOTOR IS LOCKED. AUGER WILL BEGIN TO REVERSE. AFTER THIS BUTTON IS RELEASED, THE AUGER WILL STOP REVERSING. IF THE "FORWARD" (ON) BUTTON IS PRESSED AGAIN, THE AUGER WILL RESUME NORMAL PROCESS.
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For Juicing:

This product will not start working until all the parts and components are correctly assembled.

1		<ol style="list-style-type: none"> 1. PULL THE LOCK LATCH UP. 2. PLACE THE CENTER POSITION OF THE DRUM INTO THE OPENING IN THE CENTER OF THE FRONT OF THE BODY. 3. HOLD THE DRUM & FEED CHUTE WITH ONE HAND AND PRESS THE LOCK LATCH DOWN WITH THE OTHER HAND 4. THE DRUM & FEED CHUTE WILL BE AFFIXED TO THE BODY.
2		<p>ALIGN THE SCREW END OF THE AUGER WITH THE HOLE ON THE BODY OF THE MACHINE. PUSH STRAIGHT INTO THE DRUM AND INTO THE MACHINE.</p> <p>IN CASE OF MISALIGNMENT, ROTATE THE AUGER SLIGHTLY.</p>
3		<ol style="list-style-type: none"> 1. ALIGN THE WIDER END OF THE JUICE STRAINER WITH DRUM OPENING. 2. ALIGN THE THREE BUCKLES ON THE JUICE STRAINER WITH THE THREE SLOTS ON THE DRUM. 3. LOCK SCREEN BY TURNING COUNTER-CLOCKWISE?
4		<p>ALIGN THE THREE BUCKLES ON THE ENDCAP AND THE THREE BUCKLES ON THE DRUM. LOCK THE ENDCAP BY TURNING COUNTER-CLOCKWISE.</p>
5		<p>PLACE THE JUICE CONTAINER UNDER THE JUICE SPOUT.</p>

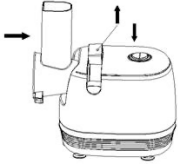
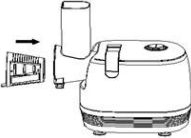
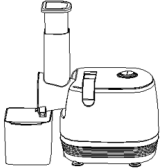
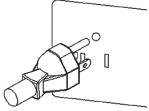
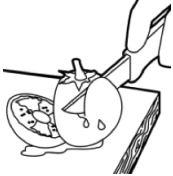
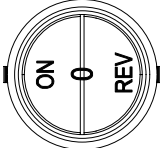
DIRECTIONS FOR USE

6		PLACE THE PULP CONTAINER UNDER THE ENDCAP.
7		ATTACH THE TRAY ON TOP OF THE FEED CHUTE. THE TRAY HELPS TO KEEP THE INGREDIENTS FROM SPILLING.
8		1. MAKE SURE THE MACHINE'S SWITCH IS ON "OFF". 2. PLUG THE POWER CORD INTO POWER OUTLET.
9		WASH ALL FRUIT AND VEGETABLES. CUT INTO PIECES THAT WILL FIT INTO FEED CHUTE. REMOVE ALL PITS AND SEEDS. REMOVE THICK SKINS BEFORE INSERTING.
10		TURN ON BY PRESSING REVERSE ON THE POWER SWITCH. DO NOT OPERATE FOR MORE THAN 10 MINUTES. DO NOT TOUCH THE POWER SWITCH WITH WET HANDS, OTHERWISE AN ELECTRIC SHOCK OR FIRE MAY OCCUR.
11		USE THE PUSHER TO PUSH INGREDIENTS INTO THE FEEDING CHUTE. DO NOT FORCE THE INGREDIENTS. PUSH WITH APPROPRIATE PRESSURE. (NEVER PUT FINGERS OR OTHER OBJECTS INTO THE FEED CHUTE. IF A CLOG OCCURS, DISCONNECT THE POWER SUPPLY. REMOVE THE PULP AND POUR THE JUICE INTO A GLASS BEFORE CONTINUING TO USE THE APPLIANCE.)
12		WHEN JUICING IS COMPLETE, SWITCH OFF. DISCONNECT THE POWER PLUG FROM THE POWER SUPPLY. DO NOT TOUCH THE POWER SWITCH WITH WET HANDS OTHERWISE AN ELECTRIC SHOCK OR A FIRE MAY OCCUR.

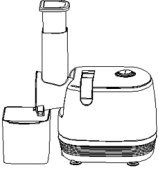
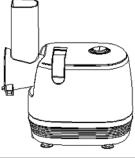
DIRECTIONS FOR USE (OPTIONAL ACCESSORIES)

For Slicing / Shredding:

This product will not start working until all the parts and components are correctly assembled.

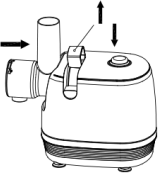
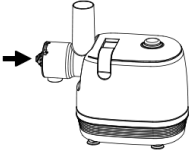
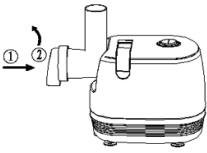
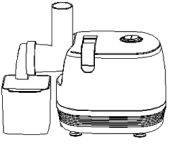
1		<ol style="list-style-type: none">1. PULL THE LOCK LATCH UP.2. PLACE THE CENTER POSITION OF THE DRUM INTO THE OPENING IN THE CENTER OF THE FRONT OF THE BODY.3. HOLD THE DRUM & FEED CHUTE WITH ONE HAND AND PRESS THE LOCK LATCH DOWN WITH THE OTHER HAND4. THE DRUM & FEED CHUTE WILL BE AFFIXED TO THE BODY.
2		<p>ALIGN THE HOLE IN THE MIDDLE OF THE SLICING KNIFE WITH THE BUCKLES INSIDE THE SLICING DRUM. PUSH GENTLY UNTIL THE SLICING KNIFE IS SECURE. IN CASE OF MISALIGNMENT, ROTATE THE AUGER SLIGHTLY.</p>
3		<p>PLACE A CONTAINER UNDER THE SPOUT TO COLLECT THE SLICES/SHREDS OF INGREDIENTS.</p>
4		<ol style="list-style-type: none">1. MAKE SURE THE MACHINE'S SWITCH IS ON "OFF".2. PLUG THE POWER CORD INTO POWER OUTLET.
5		<p>WASH ALL FRUIT AND VEGETABLES. CUT INTO PIECES THAT WILL FIT INTO FEED CHUTE. REMOVE ALL PITS AND SEEDS. REMOVE THICK SKINS BEFORE INSERTING.</p>
6		<p>TURN ON BY PRESSING REVERSE ON THE POWER SWITCH. DO NOT OPERATE FOR MORE THAN 10 MINUTES. DO NOT TOUCH THE POWER SWITCH WITH WET HANDS, OTHERWISE AN ELECTRIC SHOCK OR FIRE MAY OCCUR.</p>

DIRECTIONS FOR USE (OPTIONAL ACCESSORIES)

7		<p>USE THE SLICING PUSHER TO PUSH INGREDIENTS INTO THE FEEDING CHUTE. DO NOT FORCE THE INGREDIENTS. PUSH WITH APPROPRIATE PRESSURE. (NEVER PUT FINGERS OR OTHER OBJECTS INTO THE FEED CHUTE. IF A CLOG OCCURS OR THE CUP IS FULL, DISCONNECT THE POWER SUPPLY. REMOVE THE CLOG AND/OR EMPTY THE CUP BEFORE CONTINUING TO USE THE APPLIANCE.)</p>
8		<p>WHEN SLICING AND SHREDDING IS COMPLETE, SWITCH OFF. DISCONNECT THE POWER PLUG FROM THE POWER SUPPLY. DO NOT TOUCH THE POWER SWITCH WITH WET HANDS OTHERWISE AN ELECTRIC SHOCK OR A FIRE MAY OCCUR.</p>

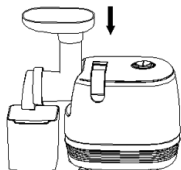
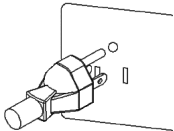
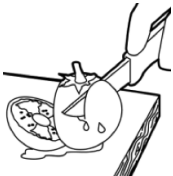
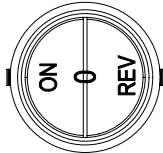
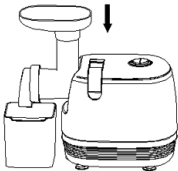
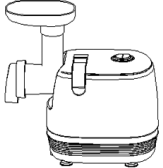
For Sorbet:

This product will not start working until all the parts and components are correctly assembled. This product should not be used to crush ice.

1		<ol style="list-style-type: none"> 1. PULL THE LOCK LATCH UP. 2. PLACE THE CENTER POSITION OF THE DRUM INTO THE OPENING IN THE CENTER OF THE FRONT OF THE BODY. 3. HOLD THE DRUM & FEED CHUTE WITH ONE HAND AND PRESS THE LOCK LATCH DOWN WITH THE OTHER HAND 4. THE DRUM & FEED CHUTE WILL BE AFFIXED TO THE BODY.
2		<p>ALIGN THE SCREW END OF THE SORBET AUGER WITH THE HOLE ON THE BODY OF THE MACHINE. PUSH STRAIGHT INTO THE DRUM AND INTO THE MACHINE. IN CASE OF MISALIGNMENT, ROTATE THE AUGER SLIGHTLY.</p>
3		<p>PLACE THE COVER SEAL RING OVER THE END OF THE COVER. WITH THE COVER'S SPOUT FACING SLIGHTLY RIGHT FROM CENTER BOTTOM, PLACE THE COVER OVER THE SORBET AUGER. TURN COVER COUNTER-CLOCKWISE TO SECURE THE COVER TO THE SORBET DRUM.</p>
4		<p>PLACE A CONTAINER UNDER THE SPOUT TO COLLECT THE SORBET.</p>

DIRECTIONS FOR USE (OPTIONAL ACCESSORIES)

For Sorbet:

5		OPTIONAL: ATTACH THE TRAY ON TOP OF THE SORBET FEED CHUTE. THE TRAY HELPS TO KEEP THE INGREDIENTS FROM SPILLING.
6		1. MAKE SURE THE MACHINE'S SWITCH IS ON "OFF". 2. PLUG THE POWER CORD INTO POWER OUTLET.
7		WASH ALL FRUIT AND VEGETABLES. CUT INTO PIECES THAT WILL FIT INTO FEED CHUTE. REMOVE ALL PITS AND SEEDS. REMOVE THICK SKINS BEFORE INSERTING.
8		TURN ON BY PRESSING REVERSE ON THE POWER SWITCH. DO NOT OPERATE FOR MORE THAN 10 MINUTES. DO NOT TOUCH THE POWER SWITCH WITH WET HANDS, OTHERWISE AN ELECTRIC SHOCK OR FIRE MAY OCCUR.
9		USE THE PUSHER TO PUSH INGREDIENTS INTO THE SORBET FEEDING CHUTE. DO NOT FORCE THE INGREDIENTS. PUSH WITH APPROPRIATE PRESSURE. DO NOT PROCESS ICE. (NEVER PUT FINGERS OR OTHER OBJECTS INTO THE FEED CHUTE. IF A CLOG OCCURS OR THE CUP IS FULL, DISCONNECT THE POWER SUPPLY. REMOVE THE CLOG AND/OR EMPTY THE CUP BEFORE CONTINUING TO USE THE APPLIANCE.)
10		WHEN SORBET IS COMPLETE, SWITCH OFF. DISCONNECT THE POWER PLUG FROM THE POWER SUPPLY. DO NOT TOUCH THE POWER SWITCH WITH WET HANDS OTHERWISE AN ELECTRIC SHOCK OR A FIRE MAY OCCUR. IT IS BEST TO ENJOY SORBET IMMEDIATELY.

Optional Accessories

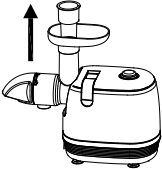
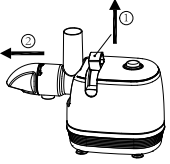
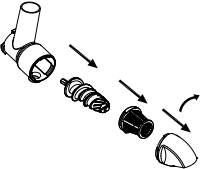
Can be ordered online at: www.omegajuicers.com/collections/replacement-parts

Or call customer service: 800-633-340 | support@omegajuicers.zendesk.com

MAINTENANCE AND CLEANING

1. Before cleaning, switch off appliance and disconnect the power plug from the power supply.
2. Clean the product immediately after use.
3. Do not submerge the machine body in water. Wipe the body with a dampened cloth.
4. Before storing the appliance, make sure that the appliance and components are clean and dry.

The following procedure can be referred to clean detachable components:

1		REMOVE PUSHER AND TRAY.
2		1. PULL THE LOCK LATCH UP. 2. REMOVE DRUM FROM THE OPENING IN THE CENTER OF THE FRONT OF THE BODY.
3		REMOVE THE END CAP FROM THE JUICE STRAINER. REMOVE THE STRAINER FROM THE AUGER. REMOVE THE AUGER FROM THE DRUM AND FEED CHUTE.

SAFETY INDEXES

RATED VOLTAGE	120V~
RATED POWER	150W
RATED FREQUENCY	60HZ
CONTINUOUS OPERATING TIME	≤10 MIN.
TIME INTERVAL	≥20 MIN.



benefits of juicing



Metabolism
is converting
food into
energy

You know when you eat a big meal and you can't move?

That's because all of your energy is going towards digesting, absorbing and metabolizing food. When you eat solids, chewing and enzymes break down the food... looking for the nutrients inside.

With the Omega Cold Press 365, all the nutrients are extracted for you, so your body doesn't have to do any of the work. Even if you have a compromised digestive system, the nutrients in pressed juice get absorbed into your cells very efficiently so all of your energy can go towards healing and going about your busy day vs. digesting.



BENEFITS OF JUICING

Don't look at juicing as a meal replacement, look at it as a daily self-care practice.

With Just One Omega Cold Press 365 A Day –

Your body becomes more alkaline.

Do you drink soda? Coffee? Alcohol? Do you eat processed food? Meat? Dairy? Grains, eggs, nuts...sugar? You are not alone, but when you eat too many of these acidic foods, and not enough vegetables, your body's pH can quickly become too acidic and will start to pull alkalizing minerals, like calcium, right from your bones in order to balance your blood pH.

Your body needs alkaline foods to balance out the acidic foods – and plants are the top alkalizers! Starting your day with a nutritious, alkalizing glass of pressed green juice is the most efficient way to avoid some of the scary health issues associated with being too acidic... like kidney stones, heart disease, osteoporosis, liver issues and even cancer.

Know Your Body's pH

ALKALINE

NEUTRAL

ACIDIC

pH What is pH?
The measure of how acidic or alkaline your blood is

How is pH balanced?
The body works to create balance. The ideal way to balance pH is to have alkaline foods.

What are alkaline foods?
Most fruits, vegetables, herbs, nuts and seeds are alkaline-forming foods.

The infographic features a human silhouette with a color gradient from purple (top) to red (bottom). To the left is a vertical dashed line with 'ALKALINE' at the top, 'NEUTRAL' in the middle, and 'ACIDIC' at the bottom. To the right are three circular icons: a pH symbol, a scale of justice, and a bowl of fruit.



Your gut health is improved.

You can't go anywhere without hearing about gut health. And why? Because we are almost ALL suffering from some type of gut issue...and ANYTHING we can do to optimize the way we digest, absorb and utilize the food we eat, the healthier we will be. If your gut health is compromised, it can affect every aspect of your health. Signs that you may have some gut issues include: gas and bloating, skin issues like acne and eczema, weight gain, fatigue, mood swings and depression, difficulty concentrating...even joint pain. All of these signs can point back to compromised gut health...but guess what...you can help heal your gut with one green juice a day!! With juicing, the compounds from the plant are delivered into your body in an easy-to-digest way. It's so easy to digest that you know you are able to absorb the vitamins, minerals and nutrients you need to rebuild your intestinal wall. Straight celery juice and broccoli juice are great for this! They can reduce intestinal inflammation and seal a leaky gut, improving your gut health which in turn improves your overall health and quality of life.

Signs that you may have gut issues:

- ✓ Food sensitivities or allergies
 - ✓ Digestive problems like gas and bloating
 - ✓ Weight gain
 - ✓ Skin issues like acne, eczema & rosacea
 - ✓ Fatigue
 - ✓ Mood swings
 - ✓ Autoimmune disorders
 - ✓ Depression
 - ✓ Anxiety
 - ✓ Difficulty concentrating
-





BENEFITS OF JUICING



Your toxic build up gets flushed out.

It's impossible to avoid toxins in the modern world.

They are in water, plastic, your clothing, your furniture, the air...toxins are impossible to avoid. Your liver is the primary organ for cleaning out toxins, but you have to nourish your liver for it to do it's job well. Green juices are great for your liver, especially cruciferous vegetables like broccoli, cabbage and bok choy.

When toxins build up in your body, you just don't feel good.

There may not be the kind of symptoms that have you running to your doctor, but some common indicators that you are in need of detox include: bad breath, overall fatigue, aches and pains, skin issues like acne and rashes and even weight gain. A green juice a day can clean out those toxins, get your liver in fighting shape and have you feeling yourself again in a few short weeks.



BENEFITS OF JUICING

WHY EAT ALL THIS?
JUICE IT!



EASY TO DRINK
+
EASY TO DIGEST

Your immune system gets stronger.

Pressed green juices are loaded with vitamins and minerals that are easily absorbed right into your cells. Daily juicing can quickly build up the levels of the antioxidants you need to fight off sickness, like the beta carotene found in carrots, beets and spinach. Or the nutritious vitamin E, that's been shown to slow down the aging process, in chard, red peppers and broccoli. And don't forget the antioxidant king, vitamin C, from pressed juices made with kale, tomato and grapefruit! Your aging process slows down.

Free radicals cause oxidative stress. Oxidative stress results in aging. Antioxidants neutralize oxidative stress. So, the consumption of more antioxidants, which are found in concentrated amounts in fruits and vegetables will start putting the brakes on the aging process.

Your produce intake increases.

How many people are consuming at least 5 servings of fruits and veggies on a daily basis?

- Less than 1% of men & 4% of women ages 18 to 24
- Less than 6% of men & 9% of women ages 25 to 34
- Less than 14% of men & 16% of women ages 35 to 49
- Less than 24% of men & 22% of women ages 50 to 64

Studies performed at the University College London discovered that those who ate 7+ servings of fruits and veggies daily (a serving of fruit being 1 cup and 2 cups for leafy greens) were 42% LESS LIKELY to die prematurely.

They also discovered that these people were 25% LESS LIKELY to die from cancer.

Your energy level increases.

One serving of green juice provides a ton of easily digestible, essential vitamins and minerals. When your body receives this nutrition, every day, your energy levels pick up naturally... without caffeine or energy drinks.



the perfect juice

The power of celery juicing

Daily celery juicing is one of the quickest, most effective, health promoting practices you can add to your daily routine. With daily celery juicing you can start every day on the right foot with an easily digestible, highly condensed wallop of vitamins, minerals, phytonutrients, enzymes and chlorophyll. We like to look at celery juice more like medicine than a meal. There is so much nutrition packed into every glass that just one a day is going to transform your health, energy and outlook on life - especially if you haven't been getting enough daily produce!

Even if you don't like vegetables, a daily celery juice makes it easy to get vital nutrition down the hatch... for you, for your children, for everyone that you love. It couldn't be easier! You have fresh, nutritious celery juice in no time!

Join the thousands of avid celery juicers including Kim Kardashian, Gwyneth Paltrow, Pharrell Williams and Naomi Campbell.

**With Cold Press 365, it couldn't be easier!
Just one powerful ingredient - cut off the ends, rinse and run through juicer!**

If you find the taste of celery juice too strong, juice half of a cucumber or half of an apple with the celery to adjust to the flavor. As you get used to it, keep increasing the ratio of celery until your juice is only celery. The greatest benefit comes from consuming celery juice on its own.

BENEFITS OF JUICING

Centrifugal vs. Masticating

Masticating Juicers (Cold Press/Slow Juicers) use gentle gears to slowly grind food whereas centrifugal juicers use harsh, quick blades to pulverize food. The term Cold Press comes from that fact that unlike centrifugal juicers, no heat is generated, so the juice maintains all of its beneficial nutrients and enzymatic strength. Plus, Cold Press juicers break down fibers more thoroughly, so you get more juice output from the same ingredients.

The bottom line is, with masticating juicers like the Cold Press 365 you get more, higher quality juice from your produce so you get the greatest health benefits, plus you save money!



BENEFITS OF JUICING



Food Waste – Cold Press 365 presses more juice from foods than centrifugal juicers, because the gears squeeze the food vs chop/blend. So you get can save money on buying less produce.



Enzyme Strength – The heating of centrifugal juicers is slated to decrease enzyme/nutrient strength in juices. With Cold Press 355, there is no heat to destroy the enzymes and antioxidants in the food. Foods maintain their nutritional integrity.



Oxidation – Masticating juicers like Cold Press 365 use a gentle combination of high power + low speed, exposing the foods to less oxygen which preserves enzyme and nutrient strength and yields higher nutritional value overall.



Noise – Cold Press 365 is significantly more quiet than centrifugal juicers.



Wheat Grass, Sprouts & Leafy Greens - Cold Press 365 gently presses the juice out of tender foods like wheat grass, sprouts and leafy greens, whereas centrifugal juicers tear them apart with very little juice extraction. The benefits of the chlorophyll found within these leafy greens and grasses go a long way towards improving health – chlorophyll is a cleanser, an antiseptic cell stimulator and a red blood cell builder!



Longer Storage Life – Masticated Juices remain fresh for a longer period of time. With most cold press juice, you can store in a refrigerator for 72 hours.



BENEFITS OF JUICING

Juicing vs. Blending

When it comes to juicing vs blending, we see them as two very different things. Cold Press 365 makes nutrient-rich, natural cold pressed juice that the body absorbs easily and efficiently. It's a digestion no-brainer. Plus, there are so many extremely healthy ingredients you should be eating that you would NEVER blend in a smoothie! Like celery, cabbage, onion & garlic to name a few!

We suggest you drink your Cold Press 365 juice first thing in the morning, on an empty stomach. Then, don't eat or drink anything for 15 – 30 minutes. That's how you get the most nutritional benefits! All of the enzymes, all of the nutrition is quickly absorbed, without ANY obstacles.

We like to think of your Cold Press 365 as your first thing, start-the-day-off-on-the-healthiest-foot, daily self-care practice, whereas a smoothie is a meal or snack.

Do both if you'd like to!



BENEFITS OF JUICING

JUICING

VS

BLENDING

SEPARATES JUICE FROM PULP & FIBER

BENEFITS:

- Better absorption of vitamins, minerals & phytonutrients.
- Juices are easy to digest.
- Without the fiber, you can pack more fruits & vegetables in.

BEST FRUITS & VEGETABLES TO JUICE

- Apples
- Pineapples
- Carrots
- Beets
- Cucumber
- Celery



NO PULP REMOVAL & NO SEPARATION

BENEFITS:

- Full of fiber, supporting digestive health & aiding in elimination.
- Satisfies hunger & sustains energy.
- Balances blood sugar.

BEST FRUITS & VEGETABLES TO JUICE

- Bananas
- Mango
- Berries
- Avocado
- Spinach
- Microgreens





recipes for inflammation

Inflammation, in the simplest sense, is your immune system fighting off something harmful. That can be an injury, virus, bacteria, toxins, even foods your body deems harmful to you. Long term exposure to immune system irritants such as infection, chemicals and inflammatory foods can result in chronic inflammation. Study after study shows chronic inflammation to be at the root of most disease. From allergies and asthma, to heart disease and cancer, to autoimmune diseases including rheumatoid arthritis and lupus, chronic inflammation is present and plays a big role.

Eating fruits and vegetables has shown to significantly help with reducing inflammation. Fresh juices make it so easy to increase your intake of the fruits and vegetables that contain the most anti-inflammatory compounds.

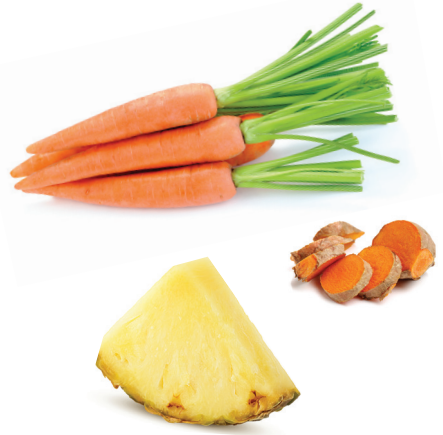
We've put together a few delicious combos that are easy to make, easy to drink and will give your inflammation a run for its money.

Fire Fighter

Prepare and juice

- 4 Carrots.**
- 1 Wedge Pineapple.**
- 1 Chunk Turmeric.**

Delicious, refreshing and full of the antioxidants that help squelch inflammation.



Apple Berry Elixir

Prepare and juice

- 2 Cups of Blueberries.**
- 2 Apples.**
- 2 Cups of Spinach.**

Blueberries are one of the top anti-inflammatory foods! Pair that with delicious apple and the inflammation curbing vitamin K found in spinach and you have a great way to start your day!



The Zesty Zinger

Prepare and juice

- 1 Lemon Wedge.**
- 1 Slice of Ginger.**
- 1 Cup of Grapes.**
- 1 Bunch of Kale.**

Ginger is a well-known inflammation buster. Coupled with the vitamin and mineral rich kale and the vitamin C in lemon, this juice is a powerhouse of prevention.



365 Celery Juice

Prepare and juice

- 1 Head of Celery.**

Celery juice is a natural anti-inflammatory! High in phytonutrients and antioxidants, this single ingredient juice couldn't be easier to create... and get down the hatch!





weight loss

The idea is not to lose weight to be healthy, it's that when we are healthy we lose unnecessary weight. When we increase the healthy foods we eat, we crowd out the unhealthy foods... and a bi-product of that is dropping unwanted pounds and inches. Starting your day with a fresh juice not only gives you the vitamins and minerals to reduce cravings, it sets the stage for having a healthy day. When you start with something super nutritious, you tend to make better decisions over the course of the day.

Bottoms up to healthy choices!



RECIPES

Green and Clean

Prepare and juice

2 Lemons.

4 Green Apples.

1 Cucumber.

Chock full of flavor, nutrients and antioxidants, this tart and hydrating blend is a fantastic way to start your day on the right foot.



Turn up the Beet

Prepare and juice

2 Lemons.

2 Carrots.

2 Apples.

2 Beets.

Start your day with this rainbow of phytonutrients and you're sure to continue making healthy food choices throughout the day.



RECIPES

Spice of Life

Prepare and juice

1 Lemon.

1 Cucumber.

1 Chunk Ginger.

1 Pinch Cayenne.

Wake up your metabolism with this zesty powerhouse! These simple ingredients are full of the nutrition and flavor you need to spice up your morning!



365 Celery Juice

Prepare and juice

1 Head of Celery.

Celery juice is a natural anti-inflammatory! High in phytonutrients and antioxidants, this single ingredient juice couldn't be easier to create... and get down the hatch!





RECIPES

mood

We're tired, we're cranky, we have a hard time focusing...all of that typically leads to being in a bad mood. When we're properly hydrated and nourished, that can have a huge impact on our daily temperament and our ability to focus and pay attention. These recipes give you what you need to clear your head and keep on keeping on, with a smile on your face.

The Juice Buzz

Prepare and juice

2 Lemons.

4 Green Apples.

1 Cucumber.

Spinach.

You'll have smiles for miles when you start your day off with this light, refreshing, nutrient packed masterpiece!



Fog Lifter

Prepare and juice

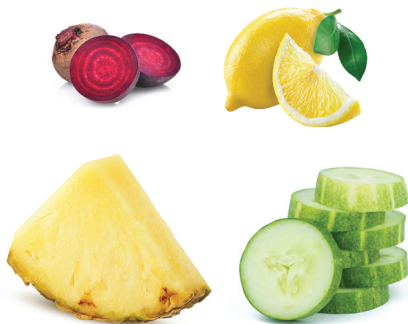
1 Beet.

1 Lemon.

2 Pineapple Spears.

1 Cucumber.

Brain fog can be a real bummer. Clear the skies with this vitamin rich, refreshing dose of healthy antioxidants.



365 Celery Juice

Prepare and juice

1 Head of Celery.

Start your day off with refreshing, hydrating, celery juice and instead of the typical ups and downs of the day, see how even you feel!





RECIPES

energy

Not enough sleep. The afternoon slump. It's time to workout and you've got no juice. There are so many reasons we reach for coffee, energy drinks and anything we can get our hands on to keep moving. They work for a little while, but then you crash. These juices give you the energy you need, in a way that offers nutrition and even, crash-free energy. Start your day with fresh juice, or reach for a juice when you need to recharge, you'll feel the difference in days.

Agua Zesta

Prepare and juice

Watermelon Spears.
1 Chunk Ginger.

Full of flavor, phytonutrients, vitamins and enzymes...you'll love starting your day with this beautiful and tasty juice!



Morning Glory

Prepare and juice

4 Carrots.
1 Chunk Ginger.
2 Lemons.

Full of flavor, phytonutrients, vitamins and enzymes...you'll love starting your day with this beautiful and tasty juice!



365 Celery Juice

Prepare and juice

1 Head of Celery.

Forget coffee, the best way to start your day with clean, energizing, nutritious fuel...celery juice. This simple, one ingredient juice has an entire movement behind it! They all agree, they have more energy throughout the day!





RECIPE

sleep

In a stress filled world, we all have a hard time getting a good night of rest. Whether you have a hard time falling asleep, or staying asleep, the nutrition packed juices in this section will help you get the zzz's you need. Juicing for sleep gives your body the vitamins and minerals it needs to truly rest. This isn't a quick fix that will leave you groggy in the AM, following a juicing lifestyle gets to the root of the problem and helps you sleep all night, every night.

Shut Eye

Prepare and juice

4 Leaves Romaine Lettuce.

1 Handful Parsley.

1/2 Cucumber.

2 Carrots.

1 Rib Celery.

Add this soothing juice to your nighttime routine, no less than an hour before you go to bed. Within days, you'll feel a difference.

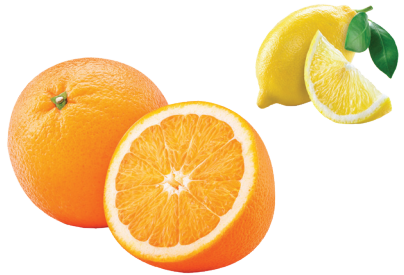


Citrus Soother

Prepare and juice

2 Lemons. 2 Oranges.

Vitamin C has been shown to reduce cortisol, the stress hormone that is often associated with sleep issues. Enjoy this delicious juice no less than an hour before bed and get ready to sleep the night away.



Cucumber Slumber

Prepare and juice

1 Cucumber. 1 Lemon. Green Apple.

Cucumbers contain a lot of magnesium, a mineral which has shown to help with both sleep quality and duration. Enjoy this delicious juice no less than an hour before bed and get ready make some zzz's.





RECIPES

constipation

Even though it's one of the most frequently reported gastrointestinal issues, no one likes to talk about constipation. Getting backed up is a horrible feeling. The bloating, the discomfort, the frustration...it's pretty horrible. Quick fix, over the counter solutions don't get to the root of the problem in the same way that daily proper nutrition can. Simply add one of these juices to your day and we're confident you'll see "movement" in the right direction.

The Unicorn

Prepare and juice

½ Head Red Cabbage.

2 Lemons.

1 Apple.

Cabbage has been shown to soften stool, which can help keep things moving.

But who likes to eat cabbage?

Now you can drink it in this delicious, stunningly beautiful drink. You won't believe how pretty this juice is!



Clean and Green

Prepare and juice

1 Pear.

1 Lemon.

2 Handfuls Spinach.

Pears have always been a go-to fruit when the topic of constipation comes up.

This refreshing blend has all the vitamins, minerals and enzymes you need to get your digestive juices flowing.





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