

WARING PRO[®]

JUICE EXTRACTOR



JEX328

For your safety and continued enjoyment of this product,
always read the instruction book carefully before using.

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IMPORTANT: Always unplug the Waring Pro® Juice Extractor from outlet when disassembling and assembling.

IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS.**
2. **Unplug from outlet when not in use, before putting on or taking off parts and before cleaning.**
3. To protect against risk of electrical shock, do not immerse the Waring Pro® Juice Extractor base housing in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Avoid coming into contact with moving parts.
6. Do not operate the Waring Pro® Juice Extractor or any other electrical equipment with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to nearest Waring Pro Service Center for examination, repair, or adjustment.

Do not operate your appliance in an appliance garage or under

a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

7. Do not operate the Waring Pro® Juice Extractor if the strainer basket is damaged.
8. The use of any attachments not recommended or sold by Waring may cause fire, electric shock, or injury.
9. Do not let power cord hang over edge of table or counter, or touch hot surfaces.
10. Always make sure the Waring Pro® Juice Extractor cover is secure before motor is turned on. If cover is not secure, safety interlock will not turn on. Do not loosen cover while the Waring Pro® Juice Extractor is in operation.
11. Be sure to turn switch to OFF position and unplug from outlet after each use of your Waring Pro® Juice Extractor. Make sure the motor stops completely before disassembling.
12. **Never put your fingers or other objects into the Waring Pro® Juice Extractor Feed Chute while it is in operation.** If food becomes lodged in opening, use pusher or another piece of fruit or vegetable to push food down. When this method is not possible, turn the switch off, unplug from outlet and disassemble the Waring Pro® Juice Extractor to remove the remaining food.
13. Do not use outdoors.
14. Do not use unit for other than intended use.

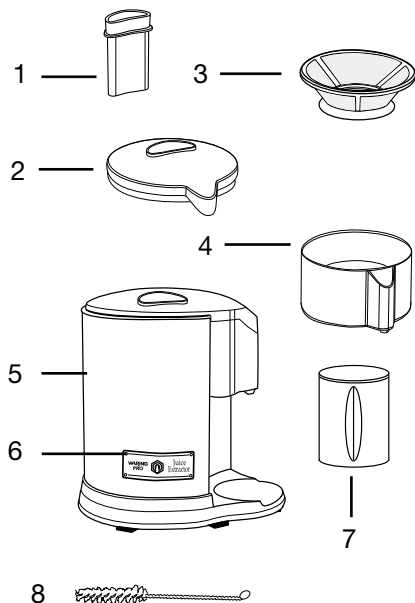
This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

This appliance is for 120 volts only and should not be used with a converter.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

PARTS

1. Pusher
2. Feed tube and cover
3. Strainer basket with shredder disk
4. Pulp collector with juice spout
5. Motor housing
6. Power switch
7. 32 oz. stainless steel juice collector cup
8. Cleaning brush for strainer basket



IMPORTANT UNPACKING INSTRUCTIONS

Remove your new Waring Pro® Juice Extractor from the box. With the unit facing you, unlock cover by turning cover clockwise.

- Remove cover and take out any packaging material used to protect the shredder disc (part 3).
- Lift and remove strainer basket (part 3).
- Unlock and remove pulp collector (part 4) by turning it clockwise, then remove.

ASSEMBLY

- Fit the pulp collector (4) on top of the motor housing (5) and lock into place.
- Place strainer basket with shredder disk (3) inside pulp collector (4) over drive coupling.
- Place cover and feed tube (2) over pulp collector (4) with the nose just left of the juice spout.
- Lock cover and feed tube (2) by twisting counterclockwise until it snaps shut and the nose lines up with the juice spout.

A UNIQUE NUTRITIONAL EXPERIENCE AWAITS YOU AND YOUR FAMILY

Raw juices derived from fresh fruits and vegetables are invaluable as an aid in maintaining a balanced diet. Raw juice in its most natural and complete form contains precious vitamins, minerals, bioflavonoids and enzymes. Nutritional authorities claim that raw juice in food is one of its most easily digestible forms.

Be sure to use your Waring Pro® Juice Extractor daily, or as often as you can manage, according to the recommendations in this instruction manual.

Because of the cleansing and rebuilding properties contained in juices, it is recommended that you use juices in small amounts the first week and then gradually increase amounts as you can comfortably enjoy them.

Vegetable juices can be mixed, but if fruit juices are added, do not use more than one kind.

We recommend that juices be taken alone, between meals, and at room temperature – not with meals.

For further information on the consumption of juices, we recommend that you visit your health food store or bookstore and pick up one or more of the many juice books available on this subject.

The Waring Pro® Juice Extractor is the result of intensive research and scientific developments, and we are sure you will be delighted with its performance.

USING THE JUICE EXTRACTOR

1. Place unit on level, dry surface.
2. Prepare fruits or vegetables. If skin is not removed, wash well.
3. Cut up fruits/vegetables as necessary to fit into the feed tube.
4. Make sure stainless steel juice collector cup is in position.
5. Plug in and turn on.
6. Place fruits/vegetables into feed tube one at a time.

7. Push fruit/vegetable down feed tube with pusher.
NEVER USE YOUR FINGERS. The juice and pulp are automatically separated. The juice flows out of the outlet in the pulp collector and into the juice collector cup. If pulp collector becomes full, switch OFF, remove and clean out before continuing.
8. Turn off and remove plug when finished.
9. If produce is overripe, check to insure that outlet does not become blocked by very thick juice.
10. This appliance is not recommended for use by children.
11. **Note:** This unit will not process any type of grass, i.e. wheatgrass, lemon grass, etc.

CLEANING AND MAINTENANCE

Do not immerse the motor housing in water or spray it with water. Clean only by wiping with a damp sponge, cloth or paper towel. Use any liquid dishwashing detergent, but do not use any products containing ammonia or scouring powders. These products will dull, scratch or mar the finish.

DISASSEMBLY INSTRUCTIONS

1. Unplug juice extractor.
2. Remove pusher.
3. Twist pulp collector clockwise until it snaps open.
4. Remove feed tube and cover.
5. Remove strainer basket and pulp collector.
6. First rinse in cold water, then proceed with hot water. Wash the pulp collector, feed tube and cover, strainer basket, pusher and stainless steel juice collector cup in hot, sudsy water, or place in top rack of dishwasher. **DO NOT USE A METAL BRUSH OR PAD.**
7. Cutter blade should be washed under cold running water, using a stiff nylon brush.
8. Towel-dry all parts and assemble.
9. If necessary, wipe motor housing with a damp cloth.

IMPORTANT FACTS YOU SHOULD KNOW ABOUT YOUR WARING PRO® JUICE EXTRACTOR

- Do not put any parts of your juice extractor on the stove.
- Wash remaining parts by hand or place in top rack of dishwasher.
- Do not dry parts on stove.
- The amount of juice you can make before emptying pulp collector depends on what you are juicing and the amount of juice that the fruit or vegetable contains.

The following hints will help you get optimum performance from your Waring Pro® Juice Extractor:

- Vegetables should always be fresh and crisp. All fruits and vegetables should be fed into the feed chute. With hard fruits and vegetables (carrots, beets, apples, etc.), we recommend feeding through chute using a hard, pulsating, uneven motion.
- With softer fruits and vegetables such as peaches and spinach, we recommend a slow, continuous, even motion when pushing through the feed chute, to allow the skins to be torn apart completely.

MOST POPULAR JUICES

Their vitamin and mineral content and how to juice them

We have listed some of the most popular fruits and vegetables used for juicing. Of course, you may have access to vegetables we have not listed. In this case, please apply the following instructions for fruits or vegetables that are most like your particular fruit or vegetable.

CARROT JUICE: A, B, C AND G

Potassium, iron, magnesium, calcium, manganese, sodium, silicon and iodine. Carrot juice is the favorite of many and can be mixed with almost any other juice to create a tasty blend. Carrots should be scrubbed with a nylon brush. Do not peel or cut into small pieces. Leave carrots whole and cut them only if they are too large to fit into the feed chute. For best juice extraction, carrots should be juiced at room temperature rather than when they are cold. Carrot juice should be consumed as soon as it is made, but can be stored in the refrigerator for use the same day. If a few drops of orange or lemon juice are added, carrot juice will keep its color much longer.

CABBAGE JUICE: A, B, C, G and U

Chlorine, calcium, sodium and iron

After washing, cut into wedges so that they can be fed into the juice extractor.

CELERY JUICE: A, B, E and C

Potassium, calcium and sulfur

Separate stalks and push into juicer with leaf end first.

BEET JUICE: A, B, C and G

Sodium, iron, calcium, potassium and chlorine

Wash thoroughly and cut into sections to fit feed chute.

CUCUMBER JUICE: B, C and B2

Potassium, calcium, sodium, sulfur and chlorine

Wash thoroughly; peel if desired. Quarter the cucumber lengthwise and use a slow, continuous, even motion to feed.

LEAFY VEGETABLE JUICE: A, B12, B6, C and E

Parsley, lettuce, spinach, turnip greens, dandelion, watercress, etc. Wash thoroughly, then wrap in a dry towel and refrigerate until greens become crisp. When ready for juicing, twist and roll into a small ball and use pusher to feed through chute. Greens should be juiced first when making a combination drink with other firmer produce.

APPLE JUICE: A, B1, B2 and C

Magnesium, iron, silicon, potassium, phosphorus, sodium, calcium, sulfur and chlorine Wash thoroughly. It is not necessary to peel or core apples, but we do recommend removing the stems. Cut into sections to fit feed chute. **FOR BEST RESULTS USE HARD, FIRM APPLES**

Note: While it may be difficult, very soft fruits and vegetables such as tomatoes, peaches and grapes can be juiced. However, they should be run alternately with firmer fruits and vegetables for more efficient yield of juice. Care should be taken in selection. For example, use seedless grapes and take skins off peaches and tomatoes.

SUGGESTIONS FOR JUICE COMBINATIONS

Most everyone enjoys juices in their freshest natural form – the way they are extracted from the Waring Pro® Juice Extractor. If this is not the case for you, you can combine different juices in proportions to suit your taste. Experiment with different combinations to discover the right combination for each member of the family.

Vegetable and fruit cocktails can be enjoyed at any time. Nothing surpasses these delicious, nutritious drinks for producing quick energy.

Following are some tasty juice combinations you may wish to try:

- 5 oz. carrot juice with 3 oz. celery juice – for improved flavor, process a small amount of ginger (½-in. diameter x ½-in. long) or add a few drops of lemon juice
- 4 oz. carrot juice with 4 oz. apple juice
- 6 oz. carrot juice with 2 oz. cabbage juice
- 5 oz. celery juice with 3 oz. apple juice
- 5 oz. carrot juice with 2 oz. cucumber juice and 1 oz. beet juice
- 4 oz. carrot juice with 3 oz. celery juice and 1 oz. parsley juice (or any leafy green juice)
- 4 oz. apple juice with 3 oz. carrot juice and 1 oz. spinach juice
- 2 oz. carrot juice with 4 oz. apple juice and 2 oz. cabbage juice
- 7 oz. celery juice with 1 oz. lemon juice
- 4 oz. apple juice with 4 oz. orange juice

USE OF PULP

With the Waring Pro® Juice Extractor, nothing need be wasted. The leftover pulp may be used for flavoring in soups, casseroles, breads, cakes, salads and gelatin molds. Many people also use the pulp as compost for gardens, shrubbery, flowers and plants.

SPECIFICATIONS

Model	JEX328
Power Requirements	120V AC, 60 HZ
Power Consumption	400 Watts
Safety Interlock	

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NOTES

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