



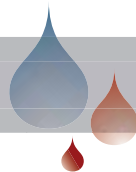
INSTRUCTIONAL MANUAL

Sana Juicer EUJ-707



www.sanaproducts.eu

Important Safeguards



1. Read all instructions.
2. To protect against risk of electrical shock, do not put the main body (motor) in water or any other liquid. Do not operate the appliance with wet hands. It may cause an electric shock or a failure.
3. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliances by a person responsible for their safety.
4. Unplug from outlet before assembling, before taking off parts, before cleaning and when not in use.
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to manufacturer or the nearest authorized service agent
7. The use of attachments not recommended or sold by manufacturer may cause fire, electric shock or injury.
8. Do not let cord hang over edge of table or counter or touch heated surfaces.
9. Always make sure juicer locking clip is locked when juicer is in operation.
10. To disconnect, press/switch **OFF** then remove plug from wall outlet. Make sure the motor stops completely before disassembling.
11. Do not put your fingers or other objects into the juicer while it is in operation. If food becomes lodged in opening, use food plunger 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.
12. Do not unplug from electrical outlet by pulling on the cord. To unplug, grasp the plug, not the cord, and pull.
13. Turn off all controls before unplugging from or plugging into an electrical outlet.

SANA Juicer by Omega EUJ-707

This heavy-duty single-auger juicer is made of high-quality hygienic materials.

The Sana Juicer by Omega EUJ-707 working at low speed of 63-75 RPMs ensures full taste and the highest nutritional value.

The Sana Juicer is easy to assemble and disassemble for quick cleaning.

The Sana Juicer assures you many years of trouble-free, dependable service.

Multi-Purpose Juicer

1. Fruit Juice Extractor

The Sana juicer efficiently juices all common kinds of fruit such as apples, pears, citrus fruits, grapes, kiwi etc.

2. Vegetable Juice Extractor

The Sana juicer efficiently juices all kinds of vegetables, including celery, carrots, peppers, radishes, and cabbage without destroying the natural flavour and nutrition. Fresh taste and full nutrition is guaranteed with this unique extraction process.

3. Grass Juice Extractor

Wheat grasses, aloe leaves and pine tree leaves are just some of the other natural products you can juice with the Sana juicer. Enjoy the best that nature offers in raw foods of all kinds. Juice them for full nutritional benefits.

4. Other food-processing functions

The Sana juicer also chops and processes garlic, scallions, red pepper, ginger, radish and many other foods, including herbs and seasonings, providing natural flavour and nutrition. Soft foods for babies and geriatric patients are quick and easy to prepare with the processing strainer.

5. Pasta Maker

Make fresh noodles in just minutes with the pasta nozzles (p. 9).

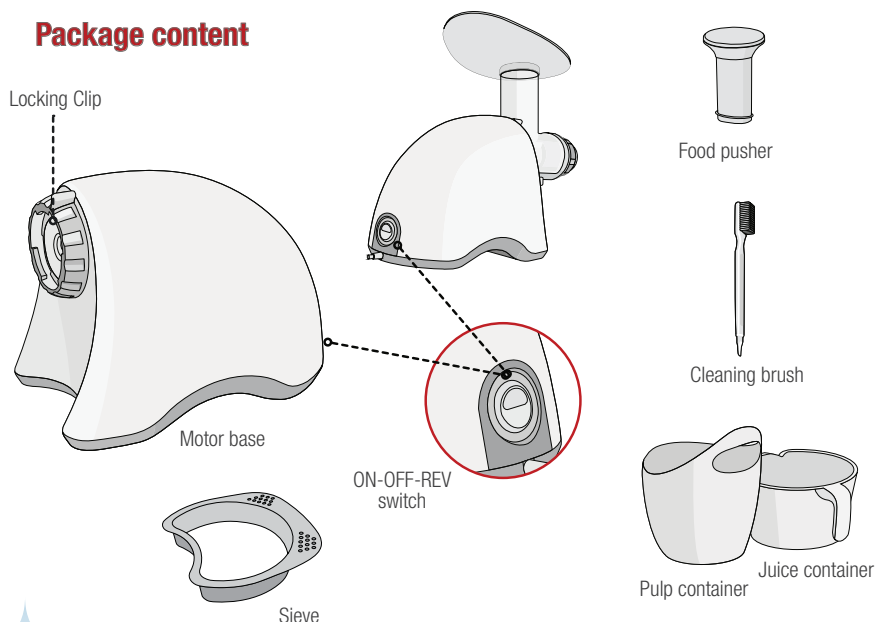
6. Homogenizer

Make fresh frozen desserts (p. 11-13), nut butters (p. 14) and natural baby food (str. 15).

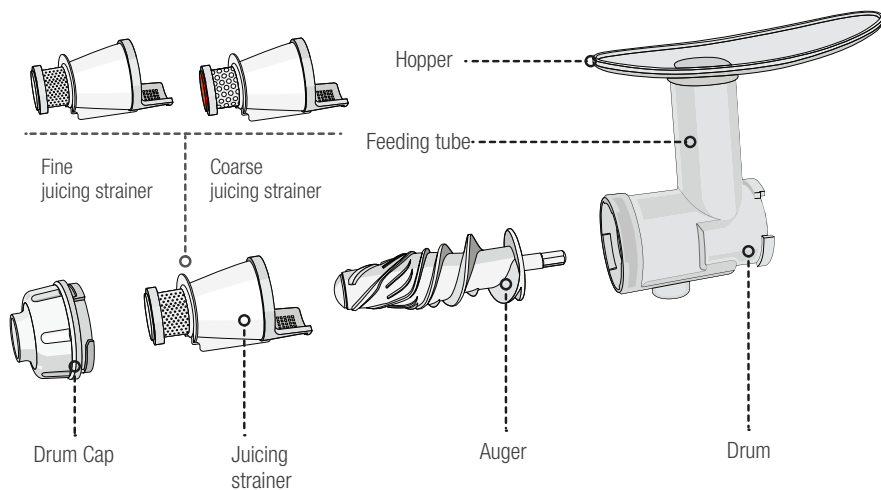
7. Grinder

Grind coffee beans (p. 17).

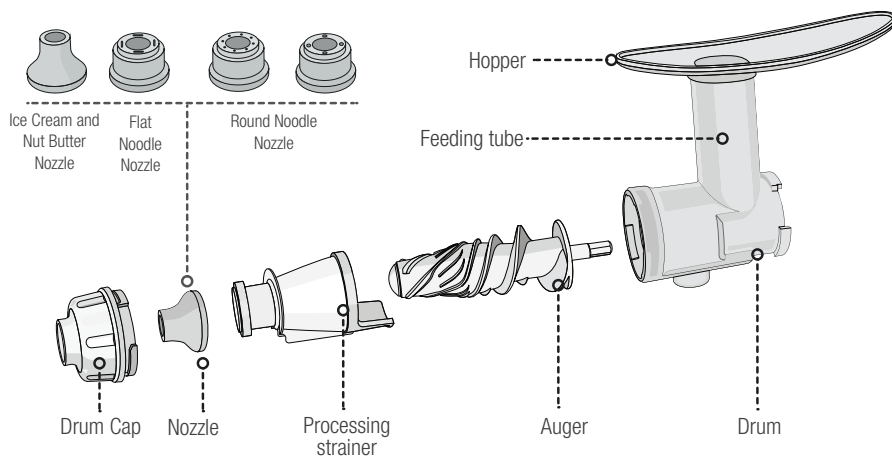
Package content



Parts for Juicing



Parts for Processing



Utilization

Juice fruits and vegetables.

Juice grasses.

Make noodles.

Make baby food and sorbets.

Specifications

Model Name	SANA Juicer by Omega EUJ-707
Dimensions	Length: 420 mm
	Width: 170 mm
	Height: 330 mm
Weight	5,7 kg
Voltage	230 V / 50 Hz (200 W)
Motor	Single-phase induction
Auger RPM	63-75
Fuse	250V 5A 50T
Certified	CE



Parts and Accessories Included with Your Juicer

1 User Manual	2 Juicing Strainer
1 Juice container	1 Processing Strainer
1 Pulp container	1 Food Pusher
2 Round Noodle Nozzle	1 Hopper + Drum
1 Ice Cream and Nut Butter Nozzle	1 Cleaning Brush
1 Flat Noodle Nozzle	1 Drum Cap
1 Auger	1 Sieve
	1 Motor base

Total of 17 parts including this manual

Juicing instruction

1. Peel fruit and vegetables with the rind (orange, banana, pineapple etc.) before juicing. Thoroughly wash unpeeled fruit and vegetables. You do not have to peel fruits such as apples, tomatoes and kiwis.
2. Cut fruit or vegetables into small pieces (about 2 inches) so juice may be extracted more thoroughly.
3. Turn on the machine. Let it run without interruption until all the juice has been extracted.
4. When the juicer is overloaded with the raw materials and the pulp stops to go out, or when you drop something into the feeding tube, turn the machine off (set the switch to the neutral position) and wait until the auger stops completely. Then set the switch to the **REV** position. The reverse rotation releases the accumulated feedstock or assists with removing the foreign object. After clearing the drum or removing the foreign object, turn the switch back to neutral, wait again until the auger stops and then switch to **ON**. Continue juicing.

Attention! When you switch directly from the **REV** position to the **ON** position, the engine will continue to run the device in reverse. Therefore, you must first set the switch to the neutral position, wait until the auger stops completely, and then set the switch to the **ON** position.

5. If the juicer starts to vibrate slightly during operation, turn off the machine. Empty the drum set. Re-assemble and resume normal operation.
6. After placing the last pieces of fruits or vegetables into the hopper, keep the machine running for a few seconds to ensure the machine has extracted the last drops of juice.
7. Turn off the machine.
8. Clean drum set after each use.
9. Do NOT run the machine for more than 30 minutes at a time.

Cleaning Instructions

Wash the auger and parts for juicing in warm, soapy water in your kitchen sink and rinse well.
Do not place parts or accessories in your dishwasher.
Do not immerse the motor base in water. Clean with a damp cloth.

Assembly Instructions

Assembly 1

Place the drum with hopper on the motor base and lock it by turning locking clip clockwise (about 60°).

Assembly 2

Fruit and vegetable juicing

1) Harder material juicing (root vegetables, apples, leafy vegetables, ...)

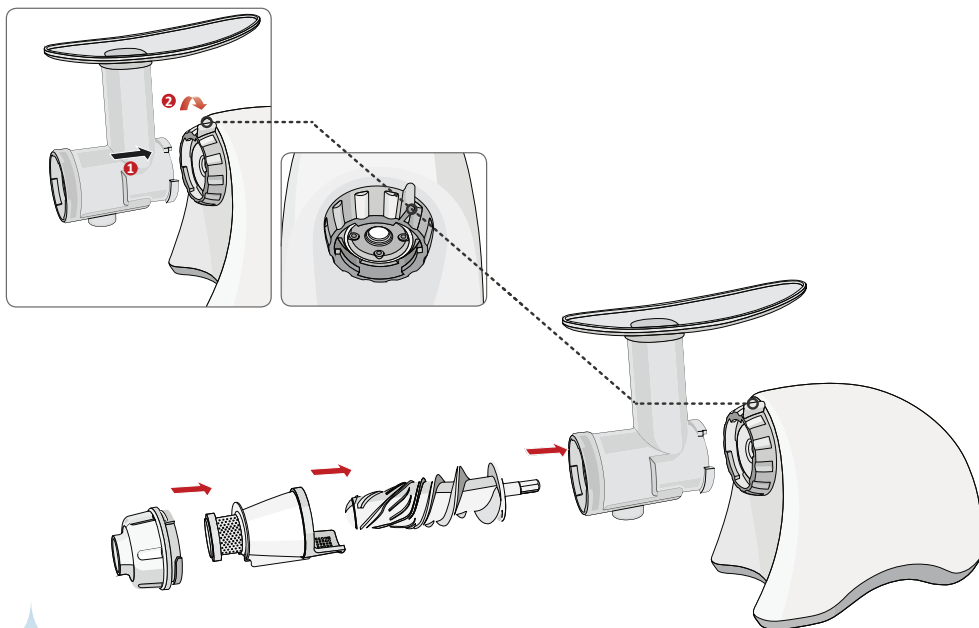
Place the auger into the drum and then insert the fine juicing strainer.

2) Softer material juicing (oranges, pineapple, ...)

Place the auger into the drum and then insert the coarse juicing strainer.

After inserting the strainer (fine or coarse) place the drum cap onto the drum end and turn it counter clockwise until it clicks firmly into place.

The juicer is ready for juicing now.



Food processing

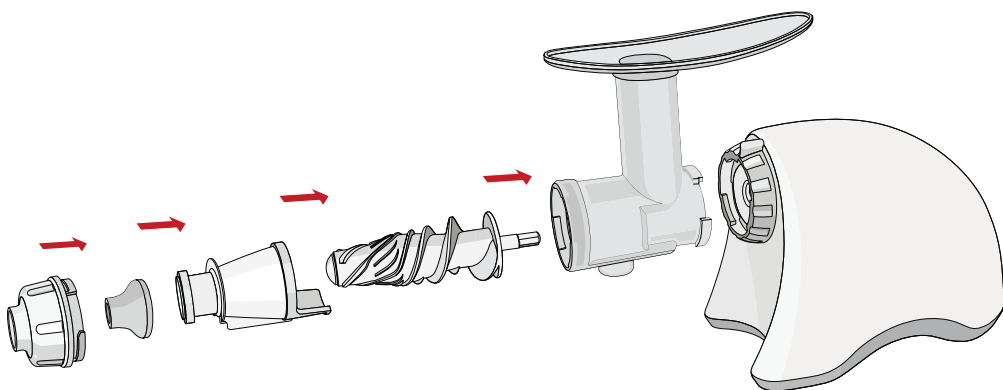
When processing food, follow these steps:

Place the auger into the drum and then insert the processing strainer (instead of the strainer).

Select the desired nozzle according to the type of processed food (nozzle for noodles or for ice cream and nut butter, see the following chapters about food processing for the correct choice) and insert it into the drum cup from its backside.

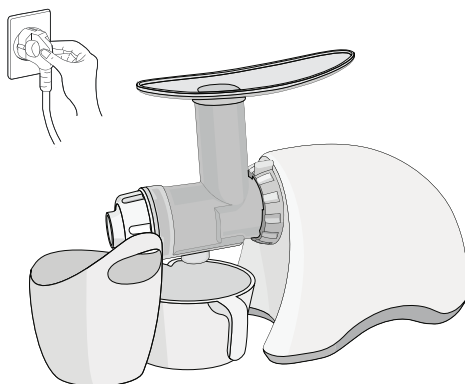
Place the drum cap with the nozzle onto the drum end and turn it counter-clock-wise until it clicks firmly into place.

See the following chapters for the detailed information about processing pasta, sorbet, ice cream, peanut butter, baby food, almond milk or grinding coffee.

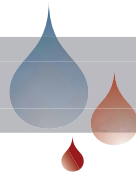


Assembly 3

When juicing, place the pulp container under the pulp outlet and the juice bowl under the juice outlet. When processing food, use both containers as well. Some kinds of food are juicier and juice can flow through the juice outlet also during homogenization. Plug power cord into wall outlet.

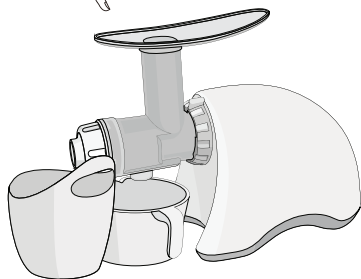


Operating instruction



Assembly 4

Press the **ON** button. Place a few pieces of cut fruit or vegetables, one at a time into the guide. Use the food pusher to press the fruit or vegetables gently down the feeding tube. Leave the machine on as you feed in the fruits/vegetables.

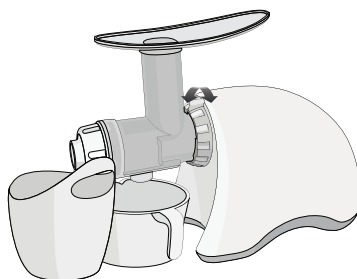


Assembly 5

DO NOT place any metal objects into the hopper. If the drum set is clogged or the machine stops operating, press the reverse button 2 to 3 times which will clear the clogging. Press the on button again to resume normal operation. Use only the original food pusher.

Assembly 6

Switch the juicer **OFF** before changing accessories or touching any moving parts. Remove the drum set from the main body by turning the locking clip counter-clock wise. Pull the auger forward to disassemble it from the drum set. After juicing, wash all parts in warm soapy water. **DO NOT** place any of the juicer accessories in the dishwasher.



Assembly 7

Do NOT run juicer for more than 30 minutes continuously at any one time.



Choosing the Right Strainer

Material	Strainer
Oranges, pears, grapes, strawberries, kiwi, tomatoes, avocado, aloe etc.	Coarse juicing strainer
Cauliflower, radishes, beets, spinach, carrots, apples, sweet potatoes, wheat germ and other leafy and root vegetables.	Fine juicing strainer
Pasta, sorbet, ice cream, peanut butter, baby food, coffee beans (grinding), soaked rice or beans.	Processing strainer

Making pasta

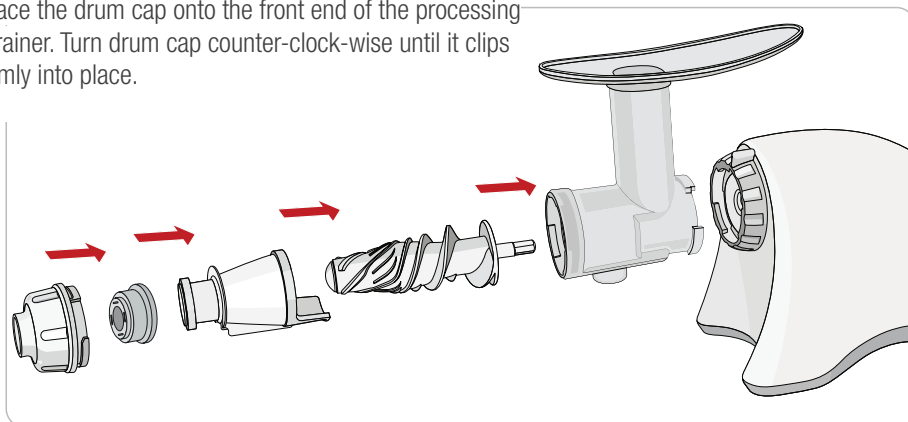
Assembly 1

Open and remove drum cap.

Replace juicing strainer with processing strainer.

Place the desired nozzle into the drum cap (for flat or round noodles).

Place the drum cap onto the front end of the processing strainer. Turn drum cap counter-clock-wise until it clips firmly into place.



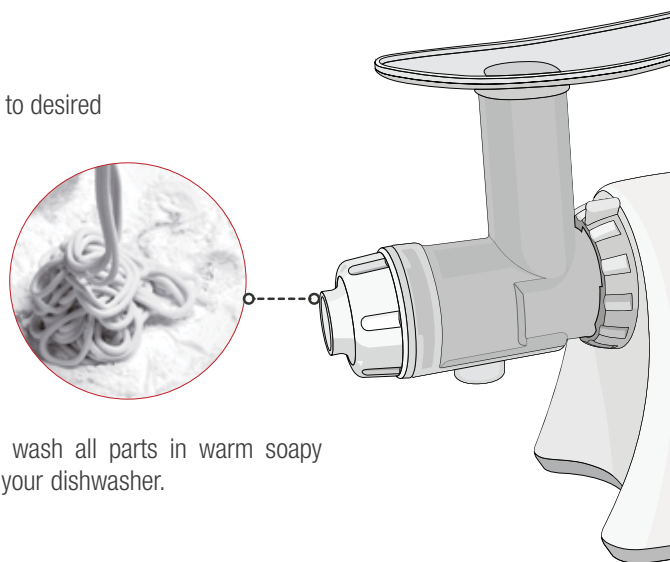
Assembly 2

Sprinkle a small amount of wheat flour on the holding dish placed under the spout. Prepare dough from flour, eggs and optionally salt. If you want to prepare noodles, it is important that the dough is not too stiff because it may damage parts of the juicer. Soften your dough by adding oil.



Assembly 3

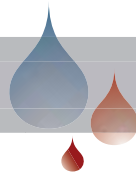
Use scissors to cut the pasta to desired lengths.



Assembly 4

Disassemble the juicer and wash all parts in warm soapy water. NEVER place them in your dishwasher.

Making sorbet



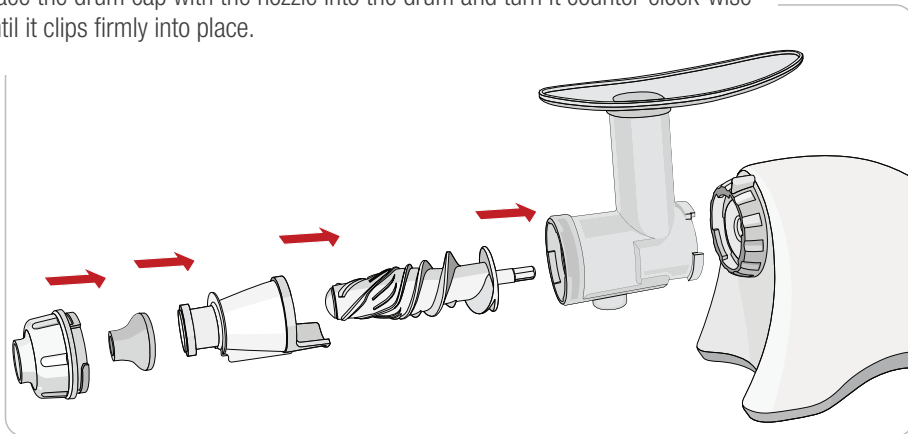
Assembly 1

Remove the drum cap.

Replace the juicing strainer with the processing strainer.

Place the ice cream/nut butter nozzle into the rear end of the drum cap.

Place the drum cap with the nozzle into the drum and turn it counter-clock-wise until it clips firmly into place.



Assembly 2

Place a bowl or a pulp container under the pulp outlet. Sorbet will come out through it.

Put a juice container under the juice outlet due to possible dripping..

There are two ways of preparing sorbet.

- Put frozen fruit into the feeding tube and press it down gently with the food pusher. Never use completely frozen raw materials to prevent damage of parts of the juicer. Always let the frozen fruits melt a bit.
- Put fresh fruit into the feeding tube and press it down gently with the food pusher. Freeze the mixture and process again afterwards.

Our tip

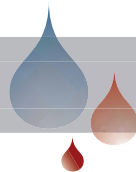
Frozen fruit loses its sweet taste. So you can use e.g. honey to sweeten your sorbet.

Use fresh fruit, grated nuts, chocolate shavings etc. to garnish your sorbet.

Assembly 3

Disassemble the unit and wash all parts in warm soapy water. NEVER place them in your dishwasher.

Making ice cream



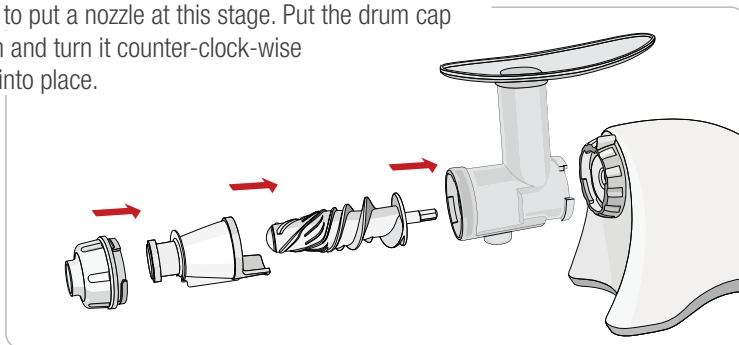
Assembly 1

Ice cream can be prepared several ways. Try the following two ways:

a) Remove the drum cap.

Replace the juicing strainer with the processing strainer.

It is not necessary to put a nozzle at this stage. Put the drum cap back into the drum and turn it counter-clock-wise until it clips firmly into place.



Place a bowl or a pulp container under the pulp outlet. Ice cream will come out through it.

Place a juice container under the juice outlet due to possible dripping.

Put fresh fruit into the feeding tube and press down gently with the food pusher.

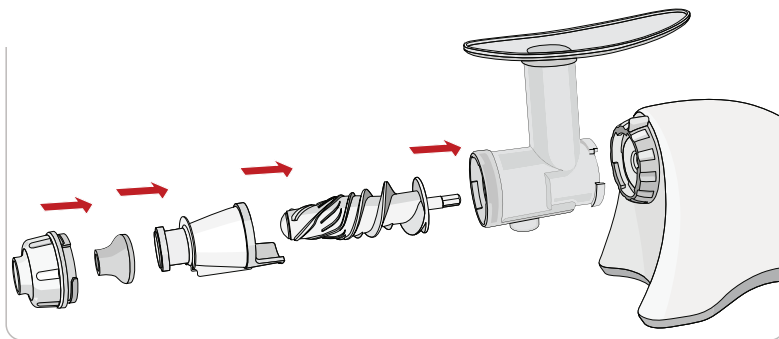
Then mix it with milk and honey, or other ingredients according to your taste, in a bowl.

Put the mixture in a plastic container and freeze.

Remove the drum cap before reprocessing the frozen mixture.

Place the ice cream / nut butter nozzle into the rear end of the drum cap.

Insert the drum cap with the nozzle back into the drum and turn it counter-clock-wise until it clips firmly into place.



Place a bowl or a pulp container under the pulp outlet. Ice cream will come out through it.

Cut the frozen mixture into lengthwise strips, put them gradually into the feeding tube and press down gently by the food pusher.

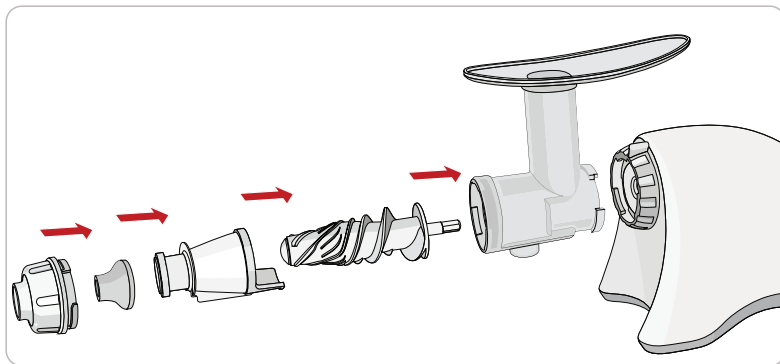


b) Remove the drum cap.

Replace the juicing strainer with the processing strainer.

Place the ice cream/nut butter nozzle into the rear end of the drum cap.

Put the drum cap with the nozzle into the drum and turn it counter-clock-wise until it clips firmly into place.



Put alternately fresh fruit and pieces of pre-frozen milk into the feeding tube.

The mixture may be processed once more to blend the ingredients perfectly.

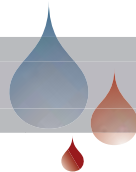
It can be eaten immediately or placed into a freezer for a moment.

Assembly 2

Disassemble the unit and wash all parts in warm soapy water. NEVER place them in your dishwasher.



Making nut butter



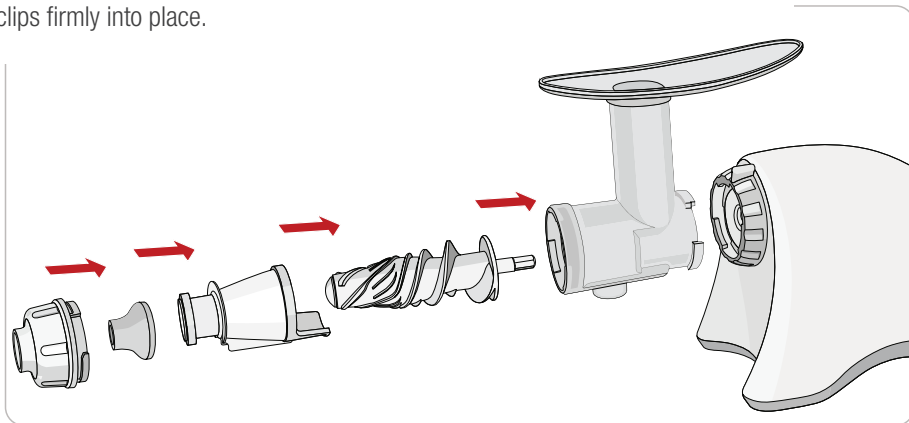
Assembly 1

Remove the drum cap.

Replace the juicing strainer with the processing strainer.

Place the ice cream/nut butter nozzle into the rear end of the drum cap.

Put the drum cap with the nozzle into the drum and turn it counter-clock-wise until it clips firmly into place.



Assembly 2

Place a bowl or a pulp container under the pulp outlet. Butter will come out through the pulp outlet. Prepare nuts. Every kind of nuts can be processed (peanuts, walnuts and cashews are most appropriate – generally kinds which contain more oil).

The shelf life of butter increases when roasted nuts are used.

Salted nuts may be used, as well.

Put nuts gradually into the feeding tube. If no paste comes out, turn the juicer off, remove the drum cap and remove the nozzle for the first round. Insert it back before the second round.

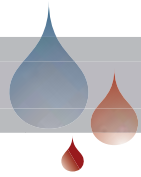
Process the paste more times, ideally four times at least.

Another possibility is to add oil (a little at a time) to nuts – peanut, walnut or possibly sunflower oil. In that case, place a juice container under the juice outlet because of possible dripping. Adding oil helps you to avoid repetitive processing. You get spreadable consistency directly.

Assembly 3

Disassemble the unit and wash all parts in warm soapy water. NEVER place them in your dishwasher.

Making baby food



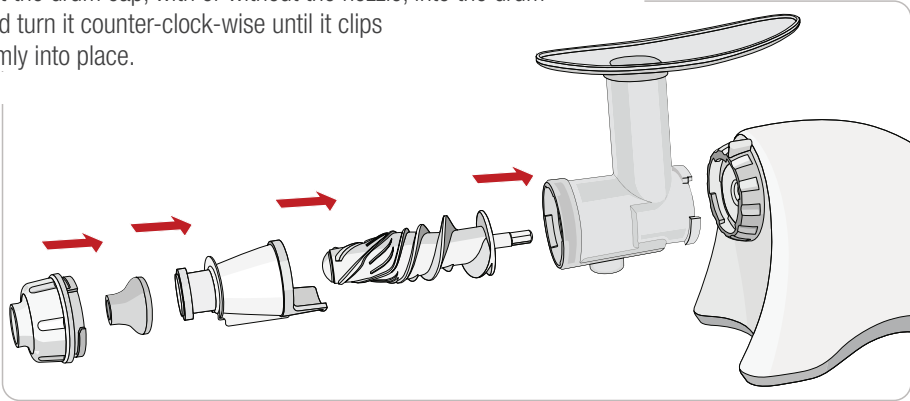
Assembly 1

Remove the drum cap.

Replace the juicing strainer with the processing strainer.

Place the ice cream/nut butter nozzle into the rear end of the drum cap to achieve a fine and smooth consistency of the baby food. Do not use the nozzle if you prefer a coarse consistency.

Put the drum cap, with or without the nozzle, into the drum and turn it counter-clock-wise until it clips firmly into place.



Assembly 2

Place a bowl or a pulp container under the pulp outlet. Baby food will come out through the pulp outlet.

Put a juice container under the juice outlet because of possible dripping of juicy ingredients.

Prepare ingredients. Fruit and vegetable foods can be prepared or, for example, boiled meat with side dish and vegetables can be processed as well.

- a) Put fresh fruit (i.e. peeled and cored apples, bananas, strawberries, peeled oranges and kiwi fruit etc.) into the feeding tube and press down gently by the food pusher.
- b) Put pre-cooked ingredients (i.e. chicken breast, potatoes, carrot, celery and peas) alternately into the feeding tube and press down gently by the food pusher.

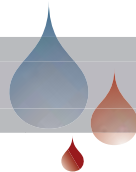
Assembly 3

Stir the produced mixture and serve.

Assembly 4

Disassemble the unit and wash all parts in warm soapy water. NEVER place them in your dishwasher.

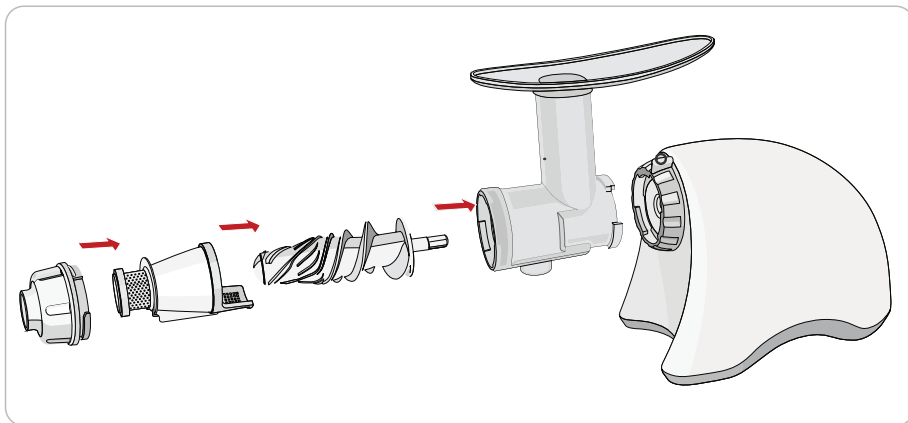
Making almond milk



Assembly 1

Put the anger into the drum and then insert the fine juicing strainer.

Put the drum cap into the drum and turn it counter-clock-wise until it clips firmly into place.



Assembly 2

Place a bowl or a pulp container under the pulp outlet. Almond pulp will come out through the pulp outlet.

Put a juice container under the juice outlet. Almond milk will come out through it. Put almonds, which have been pre-soaked in water for 6 hours, gradually into the feeding tube.

Press down gently with the food pusher if it is needed.

Pour water into the resulting almond pulp and stir.

Then pour the pulp mixed with water, using a ladle, into the feeding tube and press it down gently with the pusher.

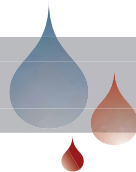
It will result in almond milk.

Dry almond pulp may be used for further processing, i.e. when baking cakes.

Assembly 3

Disassemble the unit and wash all parts in warm soapy water. NEVER place them in your dishwasher.

Coffee grinding

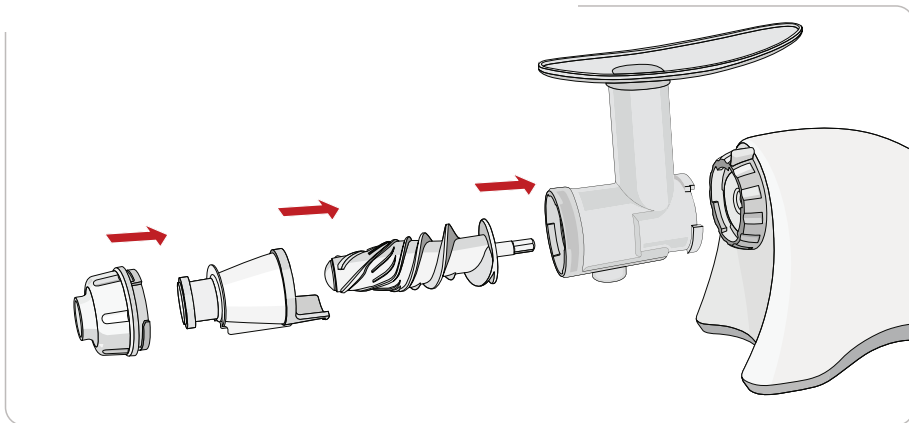


Assembly 1

Remove the drum cap.

Replace the juicing strainer with the processing strainer.

Put the drum cap back into the drum and turn it counter-clock-wise until it clips firmly into place.



Assembly 2

Place a bowl or a pulp container under the pulp outlet. Ground coffee will come out through the outlet.

Put a juice container under the juice outlet regarding possible crumbs of the ground coffee.

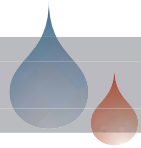
Sprinkle coffee beans gradually and in small portions into the feeding tube.

It will result in coarse ground coffee.

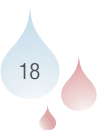
Assembly 3

Disassemble the unit and wash all parts in warm soapy water. NEVER place them in your dishwasher.

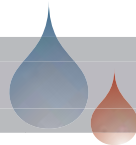
Hints & Tips



- Use caution when juicing the following ingredients:
 - Fruits with seeds that are hard to chew should be pitted before extraction. Fruits such as plums, peaches, and apricots.
 - Stalk vegetables with strong fibre should be cut into smaller sizes of 1 to 2 inches before placing in the hopper. Vegetables, such as water parsley, celery, etc.
 - Do not use sesame, coffee beans, bark of a tree, Chinese pepper, etc. which cannot be extracted.
 - Do not use fruits preserved in alcohol, sugar, honey, etc. It may cause damage or failure.
- Frozen fruit or withered ingredients stored in the refrigerator for a long time, may extract less amount of juice or may even be impossible to juice.
- Do not re-squeeze residue expelled through pulp outlet, except for soft fruits. Soft fruits can be re-squeezed.
- Do not use appliance to grind grains. It may cause damage or failure.
- We recommend you drink juice immediately after extraction.
- Do not use the appliance for more than 30 minutes continuously. It may cause failure due to overheating of the motor.
- Due to the deposit formation, it is necessary to clean the juicer parts thoroughly from time to time. Immerse them for 30 minutes in undiluted bleaching agent or a detergent intended for juicers. Then rinse under running water and wipe any remaining deposits with a sponge. Never immerse the motor base, just wipe it with a damp cloth.



Troubleshooting



Please troubleshoot using the details below before contacting your Dealer or the Service Centre for repair or service. When contacting the Service Centre for after-sales service, please have the manufacturer's serial number or bar code available.

THE APPLIANCE DOES NOT WORK.

- Make sure the power cord is plugged in correctly.
- If the appliance still does not work, please contact your Dealer for additional support.

THE APPLIANCE STOPS DURING NORMAL OPERATION.

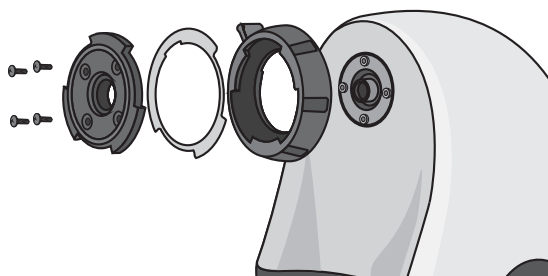
- Let the juicer cool for 60 minutes. The maximum recommended operating time (30 minutes) could be exceeded.
- If the appliance still does not work, please contact your Dealer for additional support.

FINE LINES OR SCRATCH MARKS AROUND THE AUGER.

- This is normal. Do not be concerned. These are marks resulting from the normal manufacturing process.

JUICE LEAKS OVER THE BASE.

- Check for an excessive amount of ingredients in the hopper chute.
- If you try to juice a large amount of food, you may overload the juicer and the juice get into the lock for the drum.
- Do not force too much food into the juicer. Push food gradually for extraction.
- Repeated leaking of the juice can hamper the rotation of the locking clip, In this case, it is necessary to disassemble the lock mechanism by loosening four screws and remove the remnants of dried juice.



JUICER SHAKES WHEN IN-USE.

- Slight shaking of the auger and the drum is normal. It is caused by the engine rotation and it is not a malfunction. Hard ingredients such as carrots, potato, radish, beets, etc. may cause shaking more so than soft ingredients.

Kinds of fruit and vegetable juice

Apple juice

Apple juice reduces cholesterol and eliminates metal and poisons from body, can strengthen the function of organs and reduces the risk of stroke, intestinal and prostate cancer, type II diabetes and asthma. The apples power to cure disease reduce the risk of potential cancers and heart diseases, improve the digestive and prostate gland health and promote weight loss. Apples contain vitamin C, B, iron, magnesium, calcium, zinc, potassium, hydrochloric acid, and cellulose.



Lemon juice

The flesh of lemons is the basic ingredient for the juice, and is characteristic of a high level of vitamin C and flavour. The juice is around pH 3.2, with 6~7 % of acid, also containing citrus acid and a little bit of malic acid and aconitic acid. There's 1~3 % of sugar, and the citral, limonene, and pinene is the cause of the strong scent. The juice is used for flavouring various drinks and as a scent for various make-up tools. It is also effective for the common cold, headache, and urethritis.



Carrot juice

Carrot juice is the main storage for vitamin A, necessary for liver recovery, and carotene, which is a good antioxidant. The effects can be maximized by digesting with a good proportion of other vegetable juices.

Carrot-10 and spinach-6 juice is best for abdominal health, and carrot-8, beet-3, cucumber-5 juice is best for the liver and kidneys.

Carrot is also good for recovering eyesight. Because of these reasons, it is good to include at least 50% of carrot juice for almost every vegetable juice.

The skin may become discoloured to yellow because of the poisons that are released due to carotenes and phytochemicals, but continued consumption will bring the skin colour back to normal.



Asparagus juice

Asparagus contains relatively large amount of an alkaloid called asparagine. Alkaloid is found in live plants, and is crucial for the plant's active life. Plants can neither grow nor live without it.

If the asparagus is cooked or canned, the alkaloid within asparagus becomes useless. Hydrogen and oxygen is released, and natural salts made from the alkaloids and other elements are destroyed.

Asparagus juice is especially good for curing kidneys, for problems with glands with internal and external secretion and rheumatism.



Rheumatism is a consequence of the excessive consumption of meat that leads to excessive production of uric acid in the body. Kidneys are highly loaded but also uric acid is stored in the muscles. This results in limiting rheumatic pain.

It is better to combine the asparagus juice with other ingredients, such as carrots, because its individual effect could be too strong for kidneys. However, in combination with carrot, it effectively and also gently precedes the above-described problems and treats them.

Cabbage juice

This juice is especially good for the duodenum ulcers. The only downside is that it causes a lot of gas. Cabbage juice has a surprising characteristic pertaining to our body's purification and deoxidization. After drinking the juice, the gas formed in the stomach may feel a little uncomfortable; but this is only because the wastes that were stored in the intestines are finally being digested due to the cabbage juice.

The most valued characteristic of cabbages is that it contains sulphur, chlorine, and iodine. The combination of sulphur and chlorine has the power to purify the stomach, only when consumed in its natural condition. Addition of salt will not only devalue the juice, but even be harmful to the body.

Also, cabbage juice is effective for ulcers and constipation. Constipation is often the cause of skin problems, which can be cured effectively by enough cabbage juice.



Celery juice



The best part about natural celery is that it contains a lot of active organic sodium. A property of sodium is that it can maintain calcium in liquid state, which plays an important role in our body. Natural celery contains four times more organic sodium than calcium. Therefore, celery is a necessity for those who consume a lot of starch and sugar.

Sodium plays an important role in our body, the most important being maintenance of a fluent blood flow and lymph fluid. But these properties can only be found in 'organic' sodium, contained only in fresh vegetables and a few fruits.

Cucumber juice

Cucumber is well-known for promoting urine secretion. Because it also contains a lot of silicon and sulphur, it can provide various effects such as promoting hair growth when combined with carrot, lettuce, and spinach juice, and has many other important characteristics.

Cucumber has at least 40% potassium, 10% sodium, 75% calcium, 20% phosphorous, and 7% chlorine. Adding carrot juice to cucumber juice is most effective for rheumatism, which is thought to be caused by excessive build-up of uric acid within the body, especially in joints.

Because cucumber juice contains a lot of potassium, it is good for high or low blood pressure, and also for diseases like Pyorrhea alveolaris, and diseases of the gums and teeth. Cucumber juice prevents hair loss and fracturing of nails. Adding carrot and lettuce to cucumber is effective for various skin disorders.



Dandelion juice

This juice is one of the most valued tonics. It cures hyperacidity and neutralizes excessive alkaline of the body. It contains a lot of potassium calcium, sodium, magnesium, and iron.

Magnesium is good for strengthening the body, and is necessary for softened bones. Combining calcium, iron, and sulphur with organic magnesium is important for producing blood components. Magnesium is used for the structure of many body cells, especially the lungs and the nervous system structures.

The juice of dandelion leaves and roots added with radish leaves or carrot juice is best for the spinal or any other bone disease. It strengthens the teeth, and prevents pyorrhea alveolaris and cavities.



Potato juice

The juice of raw potatoes is especially good for purifying skin. This purification is due to the substances potassium, sulphur, phosphorous, and chlorine. These substances are only valued if the potatoes are kept in an active, organic state.

When combined with carrot and celery, this juice is good for neuralgia, gout, and various other muscle disorders. These can be effectively cured by mixing 1 pint of this juice with 1 pint of carrot, cucumber, and consumed every day. Meat, fish, and poultry should not be consumed during this period.

Sweet potatoes are not related to potatoes in any way, from a botanical standpoint. Sweet potatoes contain 1/3 more carbohydrates, 3 times more calcium, 2 times more sodium, 2 times more silicon, and 4 times more chlorine than potatoes.



Spinach juice

Spinach has been well-known for a long time as a beneficial product for the entire digestive system, including the stomach, duodenum, small and large intestines, and the colon. Its consumption contributes to the natural purification and regeneration.

By consuming this juice, 1 pint each day, many people have seen curative effects pertaining to continued constipation within weeks.

However, spinach juice is beneficial not only for digestion. Raw spinach has a preventive effect against inflammation of the gums, and periodontitis. Periodontitis is actually a mild form of scurvy. Its cause is the lack of such elements in the body which can be found mainly in the juice of spinach and carrots. Its abundant drinking along with eating raw food brings permanent assistance.

Spinach shouldn't be consumed boiled or cooked because it becomes the cause of pain and stomach disorders as oxalic acid builds up in the kidneys.



Tomato juice

Tomato juice is probably the most used juice. Fresh tomato juice is the most effective, producing alkali reactions when digested. But this is also only when consumed without starch or sugar, and if consumed in combination, an oxidative reaction occurs. Tomatoes contain a substantive amount of citrus acid, malic acid, and a little bit of oxalic acid. When the acid is organic, it is necessary and good for all metabolic processes. But if the tomato is boiled or cooked, the acid becomes inorganic and harmful to the body. Fresh tomato juice contains sodium, calcium, potassium and magnesium. There are many types of tomatoes, but if it's fresh, any type can be made in to a juice. However, Cherry tomatoes are the best for juicing.



Water parsley juice

This juice contains a lot of sulphur. It contains more than 1/3 the amount obtained from combining other mineral substances and salts altogether. 45% of this substance contains the ingredients necessary for producing sulphur, phosphorous, and chlorine. Because it is an especially strong digestive system purifier, it is not used alone, but rather mixed with other juices like carrots, or celery.



Lettuce, radish and water parsley juice mixed with carrot and spinach juice is effective for the recovery system of the blood, and contains the necessary substances for increasing oxygen proportions. It is especially good for anaemia, low blood pressure, and low weight.



Onion juice

Onion juice is good for preventing heart diseases, high blood pressure, and respiratory disorders, and is good for preventing cancer, vitalization, and stress. A heart scholar of London, after researching for a long time on heart-healthy people, concluded that onions were more effective than normal heart medicines. There are also cases where people who continually consumed onions each day had less heart diseases and respiratory disorders. Not only that, but onion promotes secretion of insulin, thus serving to prevent and cure diabetes. It is also known to be good for various eye and nose disorders, promoting oxygen processes within the body to help brain activity. It is also good for dizziness and insomnia.

Containing 90% of water, onions have a sweet taste due to the amount of sugar substances. This is why use of onions can reduce the use of other sugars when cooking. Although it has a smaller proportion of fats, it has a higher proportion of proteins, calcium, and iron.

The distinctive taste and scent of onions is allyl sulphide which helps secretion of digestive juices and metabolic processes, especially the absorption of vitamin B1. The onion's antibacterial effects are also due to the allyl sulphide substance, and there are records of feeding onion juice to dysentery patients when antibacterial cures weren't yet available.

For you better health, do not drink too much of this juice. Juice only a half onion and combine it with other juices such as apple or carrot.

Kudzu juice

Donguibogam (an oriental medicinal book) describes the characteristic of kudzu as below: "The substance is smooth and cool. It is sweet, with no poison. It is helpful for headaches, and releases alcohol poison by widening pores and releasing sweat. It revives good taste and recovers digestion, and is helpful for burns. Thirstiness caused by exhaustion cannot be cured without kudzu roots. It is good for alcoholic diseases."



Kudzu roots are retrieved in fall or spring, washed, dried, and cut into small pieces. 70% of kudzu is water, but it also has a well-rounded constitution of sugar, cellulose, protein, iron, phosphorous, and vitamins. It also has curative substances such as daidzin and daidzein for lowering body heat and blood pressure.

Grape juice

The best grape juice can be obtained from Korean wild grapes, and Campbell or kyoho grapes aren't recommended. The grape juices that are in the market have had heat applied to them, which means that after 3~6 months, they contain inactive calcium substances that can eventually clog our blood arteries with too much consumption. Korean wild grape juice, if stored in its frozen state, will prevent any destruction of nutrients, and can be stored in the same state for up to a year. Because there was no heat applied, there is no change in racemic



acid and tartaric acid, and the active calcium and racemic acid that is consumed helps to melt the inactive calcium and impurities in the body, provide enzymes, and help absorb the best nutrients. The taste is also incomparable to those found in the market.

Pomegranate Juice



Pomegranates contain a lot of oestrogen, a woman hormone, but oestrogen, if injected over a long period, is prone to cause side effects and other diseases. However, the estrogen found in natural pomegranates never causes side effects nor does it contain any poisons. By purchasing pomegranates when it's cheap and freeze storing the juice, it can be enjoyed for as long as a year.



Apple and Tangerine Juice

Once squeezed, the apple juice quickly changes colour. The acidic substance that causes the sour taste in tangerines keeps the apple juice colour in its normal state. By mixing half of an apple and half of a tangerine, it delays the oxidation process and becomes a nutritious and good tasting juice. This juice can also be freeze stored and consumed during the year. We recommend purchasing ripe tangerines purchased at the right time.



Cactus Juice (Prickly Pear, Eastern Prickly Pear)

Cactus and its fruits (beknyuncho, chunyuncho) are hard to consume in its natural state. It can be best digested when combined with 1/2 Korean wild grapes, half of the cactus fruits and squeezed in the juicer, and freeze stored in a vinyl pack to be diced and consumed in the morning.



Pineapple, Orange, and Apple Juice

Prepare pineapple, oranges and apples in the same quantity ratio. Remove the peels of the pineapple and orange while maintain the apple peels. Cut the fruit into smaller pieces, juice and freeze. Consume it for up to a year. Children can be served the product in ice, while adults can drink it as a juice.



Pear Juice

The boiled pear juice that is in the market may be more accessible, but the enzymes are destroyed the moment heat is applied. Squeezing the pear juice and freeze storing it in a bottle will ensure a nutritious juice with active enzymes.



Beverages

SOURCE OF STRENGTH



INGREDIENTS

1 slice of watermelon
(about 5 cm at the widest point)
2 oranges
¼ pineapple



PROCEDURE

Peel the oranges and cut them into pieces. Pare the watermelon so that it fits into the tray feeding chute - some people prefer to juice the pulp with the skin (not necessary to remove the seeds)! Cut the pineapple pulp out of the rind. Juice ingredients one after the other and mix the juice together in a tall glass.

After drinking this controlled juice you will gain the strength and focus your thoughts.

LIQUID LUNCH

INGREDIENTS

2 carrots
½ cucumber
2 stalks of celery
½ beet



PROCEDURE

Scrub the celery and the carrots, cut off the end and the top. Scrub the beet carefully and remove the fibrous end. Juice the beet, then the carrot together with the celery and finally the cucumber (the cucumber should wash away the aggressive beet and carrot colour from the juicer). Mix the juice in a glass and garnish it with celery leaves.



In case you do not have much time for lunch, use the effects of this juice. This healthy combination is an excellent replacement for food. If you prefer a sweeter taste, add two oranges.

BARBADOS BREEZE



INGREDIENTS

½ pineapple
½ melon
1 kiwi

PROCEDURE

Peel the kiwi and cut it. Cut the pineapple pulp out of the skin, remove the melon skin. Juice ingredients one after the other and mix them together in a tall glass. Garnish it with a slice of kiwi.

The significant refreshing juice is perfectly suitable for the end of a long day. Fine melon calms your nerves and bromelain in the pineapple soothes your irritated digestive system. Lie down, sip and imagine you're on a warm beach and you can feel the Caribbean breeze.

STRENGTHENS YOUR MUSCLE



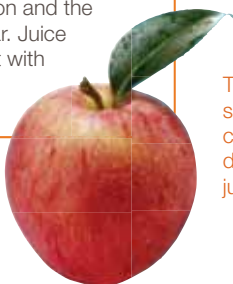
INGREDIENTS

½ lemon
1 orange
1 pear
1 apple



PROCEDURE

Leave a slice of the lemon aside for decoration. Peel the remaining part of the lemon and the orange. Cut the apple and the pear. Juice them and mix in a glass. Garnish it with lemon, orange and apple slices.



This juice is not suitable for people suffering from osteoarthritis, because citrus juices contribute to this joint disease according to some healers. This juice will relieve your muscle pains.

VIRGIN MARY



Bloody Mary is a classic cocktail, usually prepared with vodka. If you leave out vodka, you will have a healthy and tasty drink.



INGREDIENTS

6 tomatoes
1 dash of Tabasco sauce
1 dash of Worcestershire sauce
½ lemon
2 stalks of celery

PROCEDURE

Halve the tomatoes and peel the lemon. Juice the tomatoes, then the lemon and one celery stalk. Mix the juice in a tall glass, add a few drops of Worcestershire and Tabasco sauce. Mix it up well and garnish it with celery stalks.



GAIN THE POWER



INGREDIENTS

2 apples
100 g of white grapes
50 g of beet
1 cm slice of fresh ginger

PROCEDURE

Roughly cut the apples and juice them. Wash and juice the grapes. Scrub the beet, cut it, juice it and then juice the ginger. Finally mix everything in a glass.



Light purple cocktail is easy to drink and leaves you relaxed and ready to sleep.

THE BEST MORNING COCKTAIL



Those who do not trust vegetables do not have to like this juice either. But if you persuade them to taste it, they will definitely not regret it. There are some strawberries inside, so it can't be that bad!

INGREDIENTS

2 oranges
2 carrots
1 apple
1 mango
6 strawberries
ice cubes and orange slices for garnish
150 ml of plain yogurt
2-3 servings



PROCEDURE

Cut off the end and the top of carrots and juice them. Pour the juice into a blender. Peel the apples, remove seeds and cut it. Remove seeds from the mango and scoop out the pulp into the blender. Peel the oranges, split into pieces and place them in the blender together with the cut apples and strawberries. Mix them, add ice - only a few cubes at a time. Add yogurt and blend until the mixture is thick and creamy.



MANGO-LEMON COOLER



INGREDIENTS

1 mango
½ lemon
sparkling mineral water
1 lemon slice for garnish
2 servings

PROCEDURE

Cut the mango in half and remove the pit. Peel it and juice the pulp. Peel the lemon, leave one slice for garnish. Juice the lemon and mix it with mango. Pour it into two glasses and add sparkling water.



This mixed juice staves your thirst off and wakes your children up. (When they need it!)

SHREK



INGREDIENTS

3 kiwis
100 ml of sparkling
lemonade or soda water

PROCEDURE

Peel the kiwi and juice it. Add several blocks of ice into a glass and pour the kiwi juice onto it. Mix it with the lemonade or soda water and add a straw. Ready to drink.

This drink is full of valuable elements despite the fact that its colour reminds you of the ogre Shrek.

PASTEL CITRUS COCKTAIL

INGREDIENTS

1 pink grapefruit
2 oranges
½ lemon



PROCEDURE

Peel all the fruits and break them into segments. Remember to retain as many pits as possible. Juice each fruit in turn and mix it in a glass. Garnish it with a slice of lemon.



It wakes you up nicely in the morning and makes you energetic.

STRAWBERRY SURPRISE

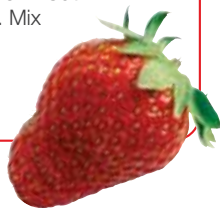


INGREDIENTS

200 g of strawberries
2 apples
100 ml of sparkling water
or lemonade

PROCEDURE

Wash the strawberries and juice them. Cut the apples roughly and juice them. Mix the juices in a glass and add the sparkling drink according to your choice. Garnish it with fruits and a straw.



Garnish it with skewers of strawberries and lemon.

CHILDREN'S CHAMPAGNE



INGREDIENTS

150 g of white grapes
½ lemon
2 oranges
sparkling mineral water or ice
2 servings

PROCEDURE

Peel the oranges and the lemon. Break them into segments. Pour the juice on ice blocks and mix it with lemonade or sparkling water.



This delicious juice looks very nice and can be served at parties or on occasions when adults drink champagne.

FRUIT BOMB



INGREDIENTS

2 apples
150 g of white grapes
25 g watercress or rucola
handful of fresh coriander
15 ml lime juice (1/2 lime)

PROCEDURE

Cut the apples coarsely and juice them. Wash the grapes, remove the stem and juice it. Peel and slice the lime, leave a slice for decoration and juice the rest of it. Wash the watercress (or rucola) and the coriander and juice them. Mix the juice in a glass and garnish it with a lime slice.

This tingly herbal mixture is light and refreshing and makes you energetic.

ALMOND MILK

INGREDIENTS

100 g almonds
300 ml filtered water
1 tablespoon agave nectar (to taste)



PROCEDURE

Soak almonds for six hours in water. Then pour the water, rinse the almonds and drop into the juicer. Pour 300 ml of water into the processed mixture and stir. Using a ladle, put this mixture back into the feeding tube. The result is almond milk. You can flavour it with agave nectar.



Prepare the milk in the same way also from other kinds of nuts.

Foods



PASTA



INGREDIENTS

200 g flour
2 eggs
pinch of salt

You can use this dough for all kinds of pasta that can be produced with this juicer.

PROCEDURE

Mix the ingredients and roll the dough with your hands. Shape rolls, to comfortably fit into the feeding tube. If the dough is too stiff or if you want to do noodles, soften it by adding oil (this will ensure its smooth processing). Then assemble the juicer according to the instructions on p. 9, place the dough into the feeding tube and push down gently with the food pusher.

BANANA ICE CREAM

INGREDIENTS

300 g of bananas
juice of one lemon
½ teaspoon of vanilla sugar
150 ml of cream
50 ml of milk
honey or maple syrup (to taste)



For ice cream, you can use almost any fruit. Besides popular banana, try strawberries, wild fruit, blueberries or mango or kiwi.

PROCEDURE

Cut the bananas in the wider wheels and spread them on a plate or tray lined with baking paper. Insert for 2 hours in the freezer. Wait one hour and then pour the cream, milk and lemon juice into a shallow plastic container, add the vanilla sugar and stir until dissolved. Sweeten with honey or maple syrup to taste. Put mixture for about 1 hour in the freezer. After an hour, remove both. If the mixture or bananas are too stiff, let them melt a bit. Then cut mixture into longitudinal strips and put into the juicer alternately with bananas (see p. 12 for the instructions how to assemble the juicer for ice cream). Process the mixture once again. Serve.

Pulp utilization

There are several ways how to use pulp that remains after juicing. **Fruit pulp** can be added to pies, cakes, muffins and other sweet recipes, but also to yogurt or oatmeal. Make the food flavor particular and enrich it with extra fibre. **Vegetable pulp** fits in soups, sauces or even with meat. You can also prepare the broth and then use it within cooking. If you cannot find use for the pulp immediately, you can freeze it.

PULP PIE



INGREDIENTS

3 cups of fruit pulp
4 eggs
1 ½ cup of sugar cane
½ cup of oil
2 cups of all-purpose flour
baking powder
any roughly chopped nuts
sunflower seeds
dried cranberries
raisins

PROCEDURE

Mix all ingredients in a bowl or in a whipper. Move the dough on a baking sheet and bake at 170 °C. You can bake a cake even in a breadmaker.

VEGETABLE BROTH

INGREDIENTS

500 g of vegetable pulp
2,5 litres of water
½ teaspoon of sea salt
½ teaspoon of ground black pepper
fresh or dried herbs (chives, thyme, rosemary, oregano, basil, parsley)
1 tablespoon of olive oil



PROCEDURE

Put oil in a pan and let it warm up a little. Then add the pulp and grill it for 2 minutes while stirring. Add the water, all the herbs and spices and bring to a boil. Once the water starts to boil, decrease the temperature and cook for about 20-30 minutes (for thicker broth, up to 2 hours). Strain the finished broth.

CONTENT



INSTRUCTIONAL MANUAL

Important Safeguards	1
Multi-Purpose Juicer	2
Package content	2
Utilization	4
Specifications	4
Juicing instruction	5
Cleaning Instructions	5
Assembly Instructions	6
Operating instruction	8
Choosing the Right Strainer	9
Making pasta	9
Making sorbet	11
Making ice cream	12
Making nut butter	14
Making baby food	15
Making almond milk	16
Coffee grinding	17
Hints & Tips	18
Troubleshooting	19

KINDS OF FRUIT AND VEGETABLE JUICE

Apple juice, Lemon juice, Carrot juice	20
Asparagus juice, Cabbage juice, Celery juice	21
Cucumber juice, Dandelion juice, Potato juice	22
Spinach juice, Tomato juice, Water parsley juice	23
Onion juice, Kudzu juice, Grape juice	24
Pomegranate Juice, Apple and Tangerine Juice, Cactus Juice, Pineapple, Orange, and Apple Juice, Pear Juice	25

BEVERAGES

SOURCE OF STRENGTH	26
LIQUID LUNCH	26
BARBADOS BREEZE	27
STRENGTHENS YOUR MUSCLE	27
VIRGIN MARY	28
GAIN THE POWER	28
THE BEST MORNING COCKTAIL	29
MANGO-LEMON COOLER	29
SHREK	30
PASTEL CITRUS COCKTAIL	30
STRAWBERRY SURPRISE	31
CHILDREN'S CHAMPAGNE	31
FRUIT BOMB	32
ALMOND MILK	32

FOODS

PASTA	33
BANANA ICE CREAM	33

PULP UTILIZATION

PULP PIE	34
VEGETABLE BROTH	34

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