

Ingredient Guide

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| Recommended juicer usage | Daily |
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| Fruits which can be juiced | Juicing advice | Speed setting |
|-----------------------------------------|--------------------------|------------------|
| Apples | No need to peel | High |
| Apricots | Stone removed | Low |
| Beetroot | Trimmed | High |
| Blueberries | No need to peel | Low |
| Broccoli | No need to peel | Low |
| Brussels sprouts | Trimmed | High |
| Cabbage | No need to peel | Low |
| Carrots | Trimmed | High |
| Cauliflower | No need to peel | Low |
| Celery | No need to peel | High |
| Cucumber | Peeled | Low |
| Cucumber, soft skinned | No need to peel | High |
| Fennel | No need to peel | High |
| Grapes | Seedless | Low |
| Kiwi Fruit | Peeled | Low |
| Mangoes | Peeled and stone removed | Low |
| Melons | Peeled | Low |
| Nectarines | Stone removed | Low |
| Oranges | Peeled | High |
| Peaches | Stone removed | Low |
| Pears | Stalk removed | High |
| Pineapple | Peeled | High |
| Plums | Stone removed | Low |
| Raspberries | No need to peel | Low |
| Tomatoes | No need to peel | Low |
| Watermelon | Peeled | Low |
| Fruits which can't be juiced | | |
| Sugar cane | | |
| Bananas | | |
| Mangoes | | |
| Avocados | | |
| Papaya | | |
| Figs | | |