

Ingredient Guide

Recommended juicer usage	Frequent (3-4 times weekly)
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Fruits which can be juiced	Juicing advice
Orange	Remove peel
Grapefruit	Remove peel
Tangerines	Remove peel
Pineapple	Top, tail and remove peel
Pomegranates	Remove the skin and pith
Watermelon	Remove rind
Fruits which can't be juiced	
Bananas	