

# WIZNmix™

ALL-IN-ONE

## JUICER



## Thank you for purchasing our product

### Juicer specifications

The juicer includes a bowl with a pouring spout, and a compressor for separating liquids from solids. With the multi-purpose 3D blade, the juicer can make fresh and healthy juices in seconds.

### Unique juicer - intended for home use only

We are proud to introduce you to our new juicer, which you can use to make natural, fresh, refreshing and healthy juices and drinks.

You can make juice from a variety of fruit: grapes, watermelon, melon, kiwi, pomegranate, mango, plum/peach/nectarine (pitted), strawberries, pears and other fleshy fruits.

We recommend adding 3-4 ice cubes to each 100 ml of liquid (juice/milk/water). Using our juicer, you will discover how easy and fast it is to make a variety of drinks for your family.

The juicer and all of its parts are made of quality materials. We recommend that you try different combinations of all the types of fruit listed above.

You can combine wheatgrass with four ice cubes and 100 ml of liquid to create a healthy smoothie with many antioxidants. Run the juicer using pulses for about 10 seconds and then keep running continuously at high speed for about 30 seconds.

Website: [www.wiznmix.com](http://www.wiznmix.com)

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## How to use the juicer



**1**

For your safety, hold the blade unit by the top shaft.



**2**

Only place the fruit in the bowl after the 3D Multi-Knife has been installed.  
Note: Place no more than 500 ml fruits



**3**

To lock the container lid, rotate it in the direction of the arrow.



**4**

Make sure the two locking arrows are facing each other.



**5**

To lock the appliance, turn the motor unit in the direction of the arrow.



**6**

Locked mode.



**7** Press the high speed button to activate.



**8** At the end of the operation, turn the motor unit in the direction of the arrow to unlock.



**9** Remove the 3D Multi-Knife. For your safety hold it by the top shaft.



**10** Insert the compressor into the Bowl



**11** After the compressor is pressed all the way down, open the spout and pour the juice into a glass.



## Care, use and maintenance

The juicer parts can be washed under running water or in a dishwasher.



# WIZNmix™

ALL-IN-ONE

## JUICER



## Fruit kind

## Benefits

Apple juice is one of the most famous types of juice, as it has many health benefits due to its richness in vitamins and healthy minerals. Here are the most important potential benefits of apple juice: There are many benefits of apple juice, and the most important benefits of apple juice are the following:

1. Increases body hydration
2. It contains useful plant compounds, especially polyphenols.
3. Supports Heart Health
4. Protects your brain with age

## Quantities

- Two apples
- a glass of water
- two tablespoons of any sweetener you want.

## How to make it

- 1- Wash the apples well, then cut them into quarters, remove the seeds.
- 2- Put the apple slices in the bowl of the, add sweetener, and a cup of water.
- 3- Run the wixmix device on high speed for 20 second until all ingredients are combined.
- 4- Push the strainer piece on the bowl and now you have fresh taste juice.
- 5- Pour the juice into serving glasses.



**Apples**

## Benefits

Watermelon juice is the best option during the summer to induce a feeling of satiety, keep the body cool, prevent dehydration, and provide essential vitamins and minerals for the body. Watermelon juice is also low in carbohydrates and calories and rich in fiber and amino acids such as lycopene. Watermelon meets 17 percent of the daily requirement for vitamin A and 21 percent of the daily requirement for vitamin C. The health benefits of watermelon juice are numerous and varied, and among the most important and prominent benefits of these watermelon juice are the following:

1. Weight loss
2. Reducing inflammation
3. Detoxification of the body
4. Improved vision
5. Reducing the incidence of cancer
6. Improve energy levels
7. Strengthen blood flow

## Quantities

750 ml of watermelon

## How to make it

- 1- Cut the watermelon into small pieces, so that it is easy to put in the bowl of wixmix.
- 2- Then put the watermelon in the juicer bowl.
- 3- Turn on the wixmix device for only 10 second in high speed until the juice becomes smooth.
- 4- Push the strainer piece on the bowl and now you have fresh taste juice
- 5- Pour the juice into serving glasses



**watermelon**

## Fruit kind



### Orange

## Benefits

Orange juice is rich in many different minerals and vitamins, and this makes it have many different health benefits. This means that eating it provides you with health benefits. Here are the most important benefits of orange juice:

1. Strengthens the work and efficiency of the immune system.
2. Reduces the risk of cancer.
3. It cleanses the body of toxins
4. Increases the flow of blood circulation.
5. Reducing the risk of various infections.
6. Reducing high blood pressure levels.
7. Rebalance cholesterol levels in the body.
8. Protection from kidney stones.
9. Promote the health of the heart as a whole.

## Quantities

750 ml of orange

## How to make it

- 1- Cut the orange into small pieces, so that it is easy to put in the bowl of wznmix.
- 2- Then put the orange in the juicer bowl.
- 3- Turn on the wznmix device for only 10 second in high speed until the juice becomes smooth.
- 4- Push the strainer piece on the bowl and now you have fresh taste juice.
- 5- Pour the juice into serving glasses.



### Pear

## Benefits

Benefits of pear juice may include:

- |  |  |
|--|--|
| 1. Improve digestion.                    | 7. Accelerate healing and reduce the chances of infection. |
| 2. Losing excess weight.                 | 8. Enhance the beauty of hair and skin.                    |
| 3. Improve heart and circulatory health. | 9. Bone strengthening.                                     |
| 4. Promote a healthy immune system.      | 10. Blood sugar control.                                   |
| 5. Cancer prevention.                    | 11. Pain relieving agent.                                  |
| 6. Preventing fetal defects.             |  |

## Quantities

- Three Pear.
- A glass of water.
- Two tablespoons of any sweetener you want.

## How to make it

- 1- Wash the Pear well, then cut them into quarters, and remove the seeds.
- 2- Put the Pear slices in the Juicer bowl of wznmix, add sweetener, and a cup of water.
- 3- Run wznmix device on high speed for 15 second until all ingredients are combined.
- 4- Push the strainer piece on the bowl and now you have fresh taste juice.
- 5- Pour the juice into serving glasses.

## Fruit kind



### Cherries

## Benefits

Cherry juice has many benefits for human health and skin, the following are the most important benefits of cherry juice:

1. Reduce gout symptoms.
2. Antioxidants.
3. Boost the immune system.
4. Improving eyesight.
5. Arthritis.
6. Recovery after exercise.
7. Boost memory.
8. Protecting people from various types of cancer, especially colon cancer.
9. Reducing the level of harmful fats in the blood.
10. Reduce blood pressure.
11. Giving people energy.
12. Helps to relax and enhance the desire to sleep.

## Quantities

- ¼ kilogram of cherries without seeds.
- ½ glass of water.
- Pinch of sugar - to taste.

## How to make it

- 1- Put the seedless cherries in the juicer bowl of the wznmix with the addition of sugar, and a ½ cup of water.
- 2- Run the wznmix device for 15-25 seconds until all the ingredients are well mixed.
- 3- Push the strainer piece on the bowl and now you have fresh taste juice.
- 4- Pour the juice into serving glasses.



### Strawberries

## Benefits

Strawberry juice has many different health benefits, including the following:

1. Promote skin health and maintain its freshness.
2. Bone strengthening.
3. Lowering high blood pressure.
4. Adjust blood sugar levels.
5. Promote blood circulation in the body.
6. Protection from some types of cancer.
7. Improve metabolism.
8. Strengthening the immune system.

## Quantities

- 1.5 cups of strawberries
- 1.5 tablespoons of sweetener you want
- A cup of water

## How to make it

- 1- Put the strawberries in the wznmix strainer bowl.
- 2- Add a cup of water to the strawberries and then add the sweetener.
- 3- Run the wznmix device on high speed for 15-25 seconds until all ingredients are mixed.
- 4- Push the strainer piece on the bowl and now you have fresh taste juice.
- 5- Pour the juice into serving glasses.

## Fruit kind



## Nectarine

### Benefits

Nectarine has many important benefits for your health and beauty. Here are the most important ones:

1. Improve digestion
2. Protection from anemia
3. Boost immunity
4. Losing excess weight
5. Beneficial for the health of the pregnant woman
6. Prevention of potassium deficiency
7. Improving the health of the heart and circulatory system.
8. An excellent source of antioxidants that protect against cancer.
9. Prevention of diabetes.
10. Improving vision and protecting the eyes from various diseases.
11. Improving the appearance of the skin.
12. Regulating blood pressure

### Quantities

- 6 Nectarine without seeds.
- ½ glass of water.
- Two tablespoons of any sweetener you want.

### How to make it

1. Wash the Nectarine well, then cut them into quarters, after removing the seeds.
2. Put the Nectarine slices in the Juicer bowl of wznmix, add sweetener, and a ½ cup of water.
3. Run wznmix device on high speed for 15 second until all ingredients are combined.
4. Push the strainer piece on the bowl and now you have fresh taste juice.
5. Pour the juice into serving glasses.



## Grape

### Benefits

The benefits of grape juice are numerous, due to its rich contents in various nutrients, and the most important benefits of grape juice are the following:

1. For brain health.
2. Regulating blood pressure.
3. Skin and hair care.
4. Fighting cancers.
5. Strengthening the body's immunity.
6. Preventing the risk of blood clots.
7. Increase body energy.

### Quantities

- 700ml of grape
- ¼ cup of water

### How to make it

- 1- Wash the grape well.
- 2- Put the grape in the Juicer bowl of wznmix, and a ¼ cup of water.
- 3- Run wznmix device on high speed for 15 second until all ingredients are combined.
- 4- Push the strainer piece on the bowl and now you have fresh taste juice.
- 5- Pour the juice into serving glasses.



## Fruit kind



**Mango**

### Benefits

1. Contributes to the prevention of cancer.
2. Helps improve digestion.
3. Get rid of annoying acidity.
4. Promote the health of the circulatory system.
5. It improves eyesight.
6. Reduces cholesterol levels.
7. It is useful for diabetics.
8. Helps to get clear skin.

### Quantities

- One large mango peeled and cut into large pieces.
- A tablespoon of sugar.
- Cup of cold water.

### How to make it

- 1- Wash the mango well, peel and cut the mango into large pieces.
- 2- Put the mango pieces in the Juicer bowl of wiznmix, with a cup of water and A tablespoon of sugar.
- 3- Run wiznmix device on high speed for 10-20 second until all ingredients are combined.
- 4- Push the strainer piece on the bowl and now you have fresh taste juice.
- 5-Pour the juice into serving glasses.



**Blueberry**

### Benefits

1. Improves heart health
2. Treatment of urinary tract infections

### Quantities

- 2 cups of Blueberry
- 2 tablespoons of sugar
- 2tablespoons of strawberry sorbet.

### How to make it

- 1- Wash the Blueberry well.
- 2- Add Blueberry to the wiznmix juicer bowl, then add sugar, and strawberry sorbet.
- 3- Run wiznmix device on high speed for 10-15 second until all ingredients are combined.
- 4- Push the strainer piece on the bowl and now you have fresh taste juice.
- 5- Pour the juice into serving glasses.

## Fruit kind



## Pomegranate

### Benefits

1. A natural antioxidant
2. Rich in Vitamin C
3. Fighting cancer
4. Protection from Alzheimer's
5. Promote digestion
6. Fighting infections
7. Anti-arthritis
8. Protect the heart
9. Fighting high blood pressure
10. Fighting infections and viruses
11. Rich in vitamins
12. Enhance memory
13. Improving fertility and sexual performance
14. Improving endurance and athletic performance
15. Anti-diabetes

### Quantities

- 750 ml of Pomegranate

### How to make it

- 1- Add Pomegranate to the wiznmix juicer bowl.
- 2- Run wiznmix device on high speed for 10-15 second.
- 3- Push the strainer piece on the bowl and now you have fresh taste juice.
- 4- Pour the juice into serving glasses.



## Papaya

### Benefits

1. Promote heart health
2. Promote healthy hair and skin
3. Promote bone health
4. Diabetes prevention
5. Improve digestion
6. Cancer Prevention
7. Prevention of asthma
8. Fighting infections and infections
9. Losing excess weight
10. To relieve tooth pain
11. Acne treatment
12. Regulating the menstrual cycle

### Quantities

750 ml of Papaya

### How to make it

- 1- Add Papaya pieces to the wiznmix juicer bowl.
- 2- Run wiznmix device on high speed for 10-15 second.
- 3- Push the strainer piece on the bowl and now you have fresh taste juice.
- 4- Pour the juice into serving glasses.

## Fruit kind



**Kiwi**

## Benefits

1. Contributes to the treatment of respiratory problems
2. Reduces the risk of heart disease
3. Reduces stress levels
4. Helps fight wrinkles
5. Cleanse the body of toxins
6. Accelerate the wound healing process
7. Promote hair growth and luster

## Quantities

- 700 ml of Kiwi.
- ½ cup of water.
- 1 tablespoons of any sweetener you want.

## How to make it

- 1- Add Kiwi to the wiznmix juicer bowl, then add sweetener, and water.
- 2- Run wiznmix device on high speed for 10-15 second until all ingredients are combined.
- 3- Push the strainer piece on the bowl and now you have fresh taste juice.
- 4- Pour the juice into serving glasses



**Pineapple**

## Benefits

1. Anti-inflammatory properties of bromelain
2. Prevention of certain types of cancer
3. Promote heart health
4. Improve eye health
5. Increase fertility in men and women
6. Treatment of osteoporosis
7. A source of manganese
8. Improve digestion
9. Strengthening immunity.
10. Promote healthy skin.
11. Reducing allergies, colds and coughs.
12. Mood improvement.
13. Promote collagen production.

## Quantities

750 ml of Pineapple

## How to make it

- 1- Add Pineapple pieces to the wiznmix juicer bowl.
- 2- Run wiznmix device on high speed for 10-15 second.
- 3- Push the strainer piece on the bowl and now you have fresh taste juice.
- 4- Pour the juice into serving glasses

## Fruit kind



### Melon

## Benefits

1. Contribute to reducing the risk of cancer
2. Reducing menstrual pain
3. Help treat constipation
4. Protecting the eyes from health problems
5. Possessing antioxidant properties.
6. Protect and promote heart health.
7. Reducing digestive problems, such as: indigestion.
8. Reducing the symptoms of insomnia.
9. Helping in the process of losing weight.

## Quantities

750 ml of Melon

## How to make it

- 1- Cut the melon into small pieces, so that it is easy to put in the bowl of wznmix.
- 2- Then put the melon in the juicer bowl.
- 3- Turn on the wznmix device for only 10 second in high speed until the juice becomes smooth.
- 4- Push the strainer piece on the bowl and now you have fresh taste juice
- 5- Pour the juice into serving glasses



### Almond

## Benefits

- 1- Low in calories
- 2- It does not raise the level of sugar in the blood
- 3- It is dairy-free
- 4- Contributes to strengthening bones
- 5- Protecting the heart and promoting its health

## Quantities

- 1 cup of Almond
- 2 cup of water.

## How to make it

- 1- Add Almond seeds to the wznmix juicer bowl and add the water.
- 2- Run wznmix device on high speed for 10-20 second.
- 3- Push the strainer piece on the bowl and now you have fresh taste Almond milk.
- 4- Pour the juice into serving glasses

## Fruit kind



## Carrot&Orange

### Benefits

1. Antioxidants
2. Immunity booster
3. Vision improvement
4. Low blood pressure
5. Contains many vitamins and minerals

### Quantities

- 1.5 cup of Carrot
- 1.5 cup of Orang

### How to make it

- 1- put the 1.5 cup of carrot on the juicer bowl of the wiznmix.
- 2- Run the wiznmix device on high speed 30 second until the carrot becomes grated.
- 3- Add the 1.5 cup of orang on it and run the device 10-20 second
- 4- Push the strainer piece on the bowl and now have a fresh taste juice
- 5- Pour the juice into serving glasses.

### Benefits

Here are the health benefits of wheatgrass juice:

1. Prevention of serious diseases  
Wheatgrass juice helps prevent serious diseases such as heart disease, cancer, arthritis, and neurodegenerative diseases.
2. Help kill cancer cells
3. Regulating blood sugar levels
4. Reducing inflammation in the body
5. Promote weight loss

### Quantities

- ½ - cup chopped wheat grass.
- 2 cups of water

### How to make it

- 1- put the ½ cup chopped wheat grass on the juicer bowl of the wiznmix then add the 2 cups of the water.
- 2- Run the wiznmix device on high speed 10-20 second until the mixed becomes smooth.
- 3- Push the strainer piece on the bowl and now have a fresh taste juice.
- 4- Pour the juice into serving glasses.



## wheatgrass



[www.wiznmix.com](http://www.wiznmix.com)

