

The **PowerXL Self-Cleaning Juicer** is a centrifugal juicer that uses a high-speed motor for optimal juice extraction. Because of the motor's high speed, some vibrations and noises during operation are normal.

Some varieties of produce are more difficult to juice than others. The amount of juice you process depends on which fruits and vegetables you select. Produce such as oranges, apples, melons, and cucumbers tend to yield more juice and should be mixed with those that yield less juice. Use these Juicing Charts to select the best operating speed and help take the guesswork out of juicing.

**IMPORTANT:** Unpack all parts from the box. Remove the cardboard insert near the filter. Remove any protective film or packaging materials that may be on the components. Wash with warm, soapy water before first use.

Speed 1 SOFT FRUIT & VEGETABLES	
Blackberries	Nectarines (Very Ripe)
Blueberries	Oranges
Cherries (Pitted)	Peaches (Very Ripe)
Grapefruits	Pears (Very Ripe)
Grapes	Peppers
Green Peas	Pineapple (Very Ripe)
Kiwi	Raspberries
Kiwi (Very Ripe)	Strawberries
Lemon	Tangerines
Lime	Tomatoes
Mango	Watermelon
Mushroom	

  

Speed 1 HIGH JUICE CONTENT	
Apples	Lemon
Cantaloupe	Lettuces
Celery	Lime
Clementines	Oranges
Cranberries	Peppers
Cucumber	Pineapple
Grapefruits	Tangerines
Grapes	Tomatoes
Honeydew Melon	Watermelon

Speed 2			
LEAFY GREENS		FIRM FRUIT	
Basil	Mustard Greens	Apples	Nectarines
Collard Greens	Parsley	Apricot	Okra
Dandelion Greens	Peppermint	Cantaloupe	(Skin Removed)
Endive	Radicchio	Celery	Onion
Kale	Spinach	Clementines	Papaya
Leeks	Swiss Chard	Cranberries	Passion Fruit
Lettuces	Watercress	Cucumber	Peaches (Harder)
Mint	Wheat Grass	Green Beans	Pears (Harder)
		Guava	Pineapple
		Honeydew	Plums
		Melon	Pomegranate Seeds

Speed 3			
HARD FRUIT & VEGETABLES		ROOT VEGETABLES	
Asparagus	Cauliflower	Beets*	Parsnip
Broccoli	Fennel	Carrots	Potatoes
Brussels Sprouts	Jicama	Garlic	Radishes
Cabbages	Summer Squash	Ginger*	Turnip
		Horseradish*	
		*Cut into small ½-inch pieces.	

