



SLOW MASTICATING JUICER

KASLMJUBLKA, KASLMJUGRYA

Leading a healthy lifestyle

We are dedicated to bringing our consumers towards a fashionable and healthy lifestyle. Our juicer is made to retain the full flavour and nutrients of fruits and vegetables, so that you can enjoy your day filled with energy and vitality.

A glass of fresh juice containing natural vitamins and enzymes, can provide the human body with its daily needs. It is the fastest way to add vitamins and minerals to your body achieve benefits such as having more energy, better looking skin, anti-aging effects and to prevent from various diseases that occur as people get older.

Tips

Avoid drinking juices with higher acidity (for example, citruses) on an empty stomach. With these juices, it is better to eat some food prior to prevent potential stomach discomfort. Like all things, juices should be drunk in moderation. Adults are recommended to drink a cup of juice, 1-2 times a day; preschool children are recommended to drink 150ml of juice, 1-2 times a day.

Masticating juicer

Made for everyday use, this juicer was produced for those who want to keep themselves and their families to lead an easy healthy lifestyle.

A slow masticating juicer extracts all the nutrition from fruits and vegetables via its slow speed juicing technique, maximising the flavour whilst drawing out every drop of vitamin goodness. It also ensures that the juice is absorbed into the body to its fullest potential. Nothing is left to waste. So when you drink juice, you can be rest assured that you gain the absolute health benefits of the fruits and vegetables.



APPLE CARROT JUICE



Ingredients

- 1 apple, core removed
- ½ carrot
- 150g milk
- Honey, to your liking

Method

1. Wash the carrots and apples,
2. Peel the apple and cut into small pieces.
3. Juice the apples and carrots.
4. Add milk and honey for sweetness. Mix well and pour to serve.

Health benefits

Apple carrot juice is rich in Carotene. It can provide vitamins that are beneficial to vision and even play a role in protecting the retina and relieving symptoms of dry eye and night blindness. Apple carrot juice can also clear the blood vessels and effectively separate cancer cells.

KIWI JUICE



Ingredients

- 2 kiwifruits
- 1 tablespoon honey
- 2 lemon wedges
- 4 cups water

Method

1. Wash and peel the kiwifruits.
2. Juice the kiwifruits.
3. Add water, honey, and squeezes of the lemon wedges. Mix well and pour to serve.

Health benefits

As they contain the sugar inositol, kiwifruits have effects of promoting a stable mood and can stimulate brain activity.

It can also help decrease cholesterol levels, promote heart health, digestion, and assist in the removal and prevention of the accumulation of harmful metabolites in the body.

PINEAPPLE JUICE



Ingredients

- 250g pineapple

Method

1. Wash the pineapple and cut into small pieces.
2. Juice the pineapple and pour to serve.

Health benefits

Pineapple has diuretic, fever reducing, hangover recovering, blood pressure lowering and cancer prevention effects. They may also play a role in preventing the build-up of fats, and coronary heart disease.

For people who have nephritis, high blood pressure, dry cough, sore throat and indigestion, pineapple may assist in relieving those issues.

CUCUMBER JUICE



Ingredients

- 250g cucumber

Method

1. Wash and cut the cucumber into pieces.
2. Juice the cucumber and pour to serve.

Health benefits

Cucumber juice is very effective in protecting heart health and the blood vessels. It is great for regulating blood pressure, enhancing brain development, and preventing excessive myocardial tension and atherosclerosis.

Cucumbers also contain less fat and sugar, making them an ideal choice for dieting.

Tip

Avoid adding extra ingredients to cucumber juice as it could affect its sweet taste.

GRAPE JUICE



Ingredients

- 500g seedless grapes
- 20g sugar

Method

1. Wash grapes and drain them off.
2. Juice the grapes and combine with sugar. Mix well and pour to serve.

Health benefits

Grapes are rich in antioxidants which can improve immunity against diseases. They also possess anti-ageing benefits, thin blood to prevent blood clots, lower blood pressure, and enhance liver function.

Care for daily health

After drinking, vegetable and fruit juice blends can provide various vitamins (for example, calcium, phosphorus, potassium, and magnesium), antioxidants, and many other mineral nutrients for our bodies. These nutrients can help balance bodily functions, maintain healthy cells in the body, reduce fatigue, and prevent gastrointestinal diseases (for example, Constipation, diarrhea, bloating, and irritable bowel syndrome).

Wheatgrass

Wheatgrass is rich in different kinds of vitamins, especially Vitamin A, C and E. As these are natural nutrients, they are easily digested and absorbed by our bodies.

Wheatgrass also boasts plenty of minerals. It contains calcium, and phosphorus which are vital for human health. Other minerals such as manganese, sodium, cobalt zinc and most importantly, potassium (which is important to maintaining a healthy blood pressure and a normal water balance for example), are also contained within this one superfood.

Wheatgrass is beneficial for maintaining dental health, improving the body's acid constitution, and reducing fatigue because of its high basicity minerals, which can in turn reduce the absorptivity of phosphoric acid, preventing bone loss, and minimising the risk of heart disease.

Though wheatgrass' nutrients can be retained for a week in refrigerator once juiced, we recommend drinking it immediately after juicing. This is because the nutrients in wheatgrass only retain their quality for around half an hour at room temperature (but longer in the refrigerator).

It has a grassy sweet taste. As it may be an acquired taste for some, we recommend you blend it with other fruits and vegetables when drinking it for the first time.



WHEATGRASS, GREEN APPLE, AND LEMON JUICE



Ingredients

- 20g wheatgrass
- 2-3 green apples, cores removed
- ½ lemon, skin and pith removed

Method

1. Wash all the ingredients with water.
2. Cut the apples into pieces.
3. Juice the ingredients and pour to serve.

WHEAT GRASS, PEAR, AND LEMON JUICE



Ingredients

- 20g wheatgrass
- 2-3 pears, cores removed
- ½ lemon, skin and pith removed

Method

1. Wash all the ingredients with water.
2. Cut the pears into pieces.
3. Juice the ingredients and pour to serve.

TOMATO JUICE



Ingredients

- 1 tomato
- Honey, to your liking

Method

1. Wash the tomato and cut it into small pieces.
2. Juice the tomato and add honey as a sweetener to your liking. Pour to serve.

Health benefits

Tomato juice can not only relax your blood vessels, but also promote calcium and iron absorption, improve skin complexion, increase appetite, improve protein digestion, and reduce stomach swelling.

WHEATGRASS HONEYDEW JUICE



Ingredients

- 20g wheatgrass
- 250g honeydew

Method

1. Wash all the ingredients with water.
2. Cut the honeydew into pieces.
3. Juice the ingredients and pour to serve.

WHEAT GRASS PINEAPPLE JUICE



Ingredients

- 20g wheatgrass
- 250g pineapple

Method

1. Wash all the ingredients with water.
2. Cut the pineapple into pieces.
3. Juice the ingredients and pour to serve.

VEGETABLE APPLE JUICE



Ingredients

- 2 apples, cores removed
- 200g cabbage
- 1 celery stalk

Method

1. Wash all the ingredients with water.
2. Cut the ingredients into pieces.
3. Juice the ingredients and pour to serve.

Health benefits

This refreshing blend can assist in weight loss, improve skin complexion, and prevent fatigue.

CELERY JUICE



Ingredients

- 250g celery stalks

Method

1. Wash the celery stalks in water and cut it into pieces.
2. Juice the celery and pour to serve.

Health benefits

Celery is great for achieving weight loss, a balanced blood pressure, soothing of nerve swells and helps in detoxification.

GINGER JUICE



Ingredients

- 300g ginger, peeled

Method

1. Cut the ginger into pieces.
2. Juice the ginger and pour to serve.

Health benefits

Ginger is a natural antipyretic that can reduce fever and can further relieve vomiting. The spicy compound found in ginger, called gingerol, also contains anti-aging properties.

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