

Sana

INSTRUCTION MANUAL

Sana 606



www.sanaproducts.com



Important safeguards

1. Read all instructions.
2. To protect against risk of electrical shock, do not put the main body (motor) in water or any other liquid. Do not operate the appliance with wet hands. It may cause an electric shock or a failure.
3. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliances by a person responsible for their safety.
4. Unplug from outlet before assembling, before taking off parts, before cleaning and when not in use.
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug, after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the manufacturer or the nearest authorized service agent
7. The use of attachments not recommended or sold by manufacturer may cause fire, electric shock or injury.
8. Do not let cord hang over edge of table or counter or touch heated surfaces.
9. Always make sure juicer locking clip is locked when juicer is in operation.
10. To disconnect, press/switch OFF then remove plug from wall outlet. Make sure the motor stops completely before disassembling.
11. Do not put your fingers or other objects into the juicer while it is in operation. If food becomes lodged in opening, use the pusher or another piece of fruit or vegetable to push down the lodged food. When this method is not possible, turn off the machine, remove the plug from the wall outlet and disassemble the juicer to remove any stuck food.
12. Do not unplug from the electrical outlet by pulling on the cord. To unplug, grasp the plug, not the cord, and pull.
13. Turn off all controls before unplugging from or plugging into an electrical outlet.

Sana 606

- This heavy-duty single-auger juicer is made of high-quality hygienic materials.
- The Sana 606 works at a low speed of 63-75 RPM to ensure full taste and the highest nutritional value.
- The Sana Juicer is easy to assemble and disassemble for quick cleaning.
- The Sana Juicer assures you many years of trouble-free, dependable service.

Multi Purpose Juicer

1. Fruit Juice Extractor

The Sana juicer efficiently juices **all** common kinds of fruit such as apples, pears, citrus fruits, grapes, kiwi etc.

2. Vegetable Juice Extractor

The Sana juicer efficiently juices **all** kinds of vegetables, including celery, carrots, peppers, radishes, and cabbage without destroying the natural flavor and nutrition. Fresh taste and **full** nutrition is guaranteed with this unique extraction process.

3. Grass Juice Extractor

Wheat grass and pine needles are just some of the other natural products you can juice with the Sana juicer. Enjoy the best that nature offers in raw foods of **all** kinds. Juice them for the **full** nutritional benefit.

4. Other food-processing functions

The Sana juicer also chops and processes garlic, scallions, red pepper, ginger, radish and many other foods, including dried herbs, providing natural flavor and nutrition.

5. Pasta Maker

Make fresh noodles in just minutes with the pasta nozzles (p. 9).

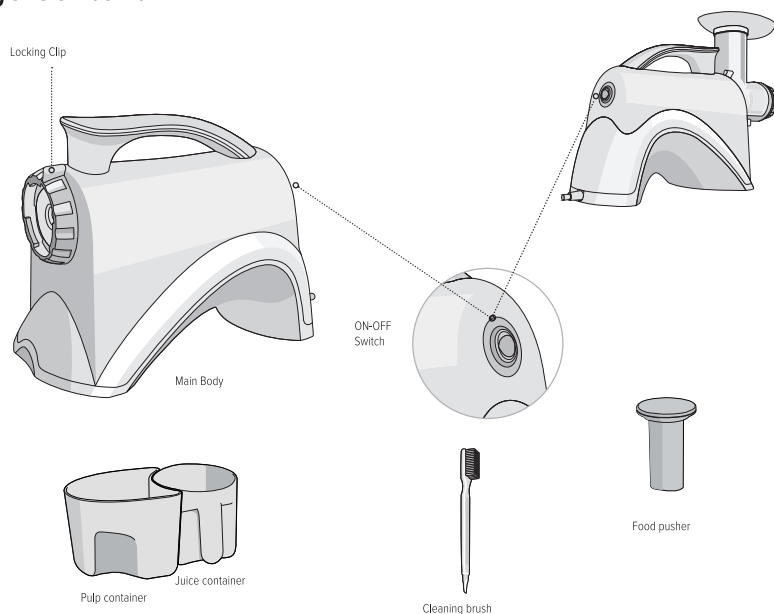
6. Homogenizer

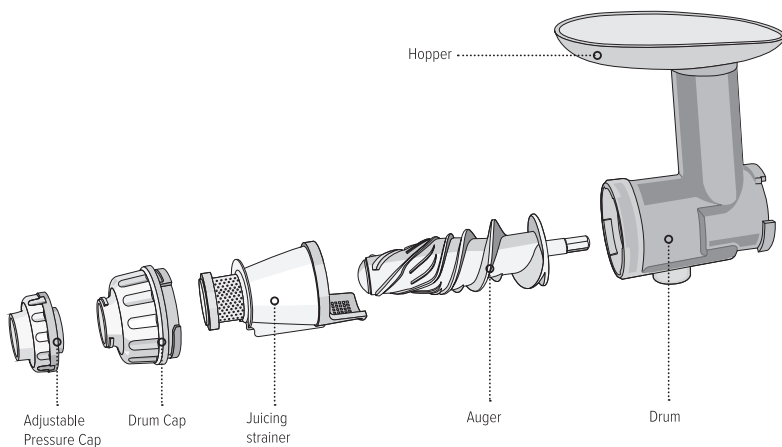
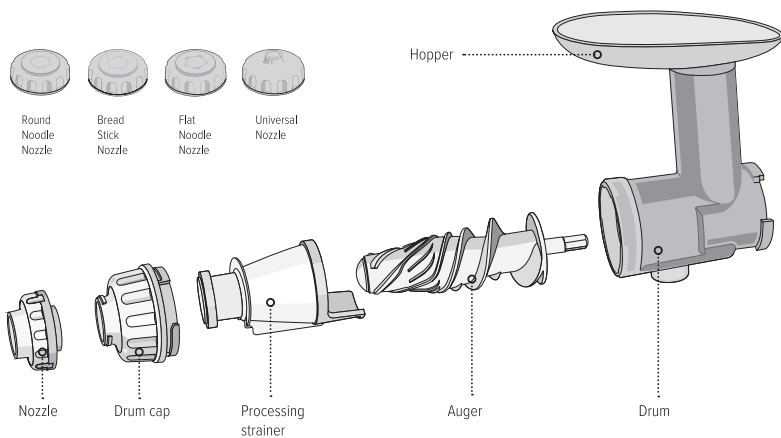
Make fresh frozen desserts (p. 11-13), nut butters (p. 14) and natural baby food (p. 15).

7. Grinder

Grind coffee beans (p. 17).

Package Content



Parts for juicing**Parts for processing**

The Sana 606

Juice fruits and vegetables.

Juice grasses.

Make noodles.

Make baby food and sorbets.

Specifications

Model name	606
Dimensions	Length: 484 mm
	Width: 183 mm
	Height: 320 mm
Voltage	230 V / 50 Hz (200 W)
Motor	Single-phase induction
Auger RPM	63-75
Fuse	250V 5A 50T
Certified	CE



Parts and accessories included with your juicer*

1 User manual	1 Processing strainer
2 Containers	1 Food pusher
1 Round noodle nozzle	1 Hopper + drum
1 Bread noodle nozzle	1 Cleaning brush
1 Flat noodle nozzle	1 Drum cap
1 Universal nozzle	1 Adjustable pressure cap
1 Auger	1 Juicing strainer

*Total of 15 parts including this manual

Juicing instructions

1. Peel fruit and vegetables with a rind (orange, banana, pineapple etc.) before juicing. Thoroughly wash unpeeled fruit and vegetables. You do not have to peel fruits such as apples, tomatoes and kiwis.
2. Cut fruit or vegetables into small pieces (about 2 inches) so juice may be extracted more thoroughly.
3. Turn on the machine. Let it run without interruption until all the juice has been extracted.
4. When the juicer is overloaded with produce and jams, or if you accidentally drop something into the feeding tube, turn the machine off and wait until the auger completely stops. Then hold the switch in the REV position. The reverse rotation releases any jammed produce or helps with removing the foreign object. After clearing the drum or removing the foreign object, turn the switch back to OFF, wait again until the auger stops and then switch to ON. Continue juicing.
5. If the juicer starts to vibrate slightly during operation, turn off the machine. Empty the drum set. Reassemble and resume normal operation.
6. After placing the last pieces of fruits or vegetables into the hopper, keep the machine running for a few seconds to ensure the machine has extracted the last drops of juice.
7. Turn off the machine.
8. Clean drum set after each use.
9. Do NOT run the machine for more than 30 minutes at a time.

Cleaning instructions

Wash the auger and parts for juicing in warm, soapy water in your kitchen sink and rinse well.

Do not place parts or accessories in your dishwasher.

Do not immerse the motor base in water. Clean with a damp cloth.

Assembly instructions

Assembly 1

Place the drum with hopper on the motor base and lock it by turning locking clip clockwise (about 60°).

Assembly 2

Fruit and vegetable juicing

1) Harder material juicing (root vegetables, firm apples, leafy greens, ...)

Place the auger into the drum.

Insert the juicing strainer into the drum.

2) Softer material juicing (oranges, pineapple, berries, ...)

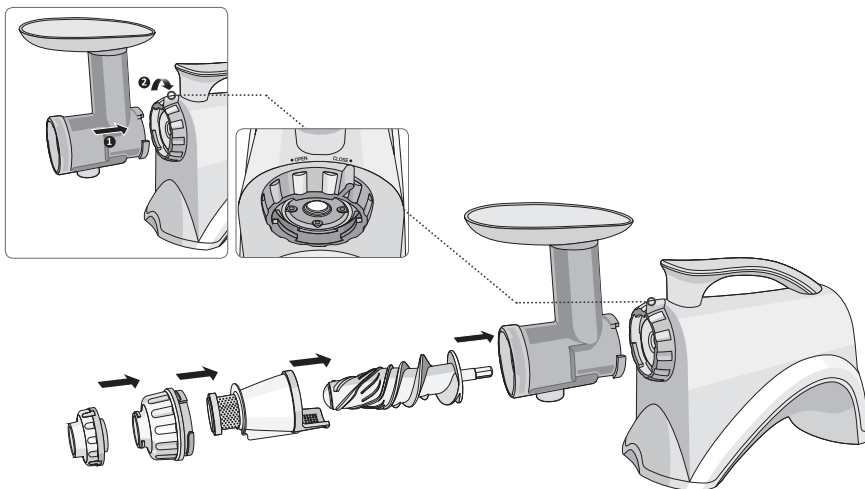
Fruit and vegetable juicing

Place the auger into the drum

Insert the juicing strainer into the drum

Place the drum cap on the drum end and turn it counterclockwise until it clicks firmly into place.

Attach the adjustable pressure cap to the drum cap. Set at low pressure (1-2) for softer fruits. Set at higher pressure (3-5) for harder fruits and vegetables.



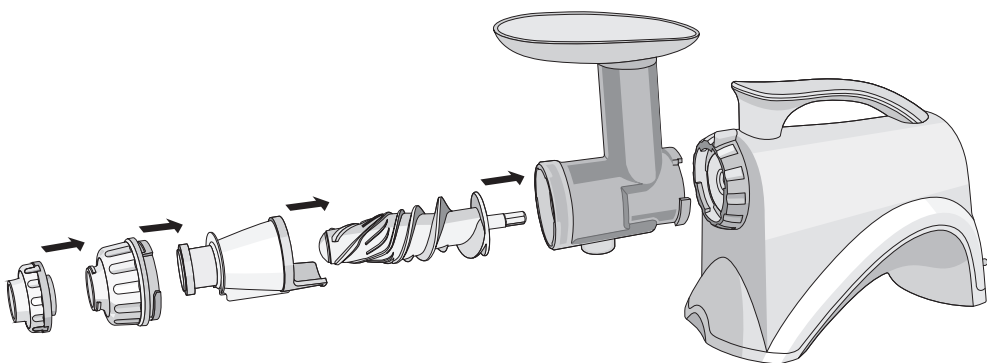
Food processing

When processing food, follow these steps:

Place the auger into the drum and the insert the processing strainer (instead of the juicing strainer).

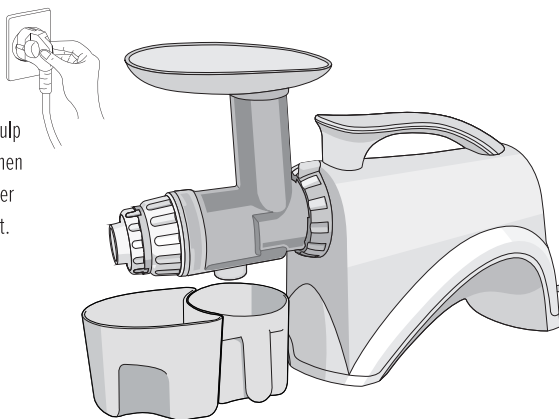
Select the desired nozzle according to the type of processed food (noodle nozzles for pasta, bread stick nozzle for bread sticks, universal nozzle for all other functions). Insert the nozzle into the drum cup from the back. Place the drum cap with the nozzle onto the drum end and turn it counterclockwise until it clicks firmly into place. See the following pages for specific instructions for food processing.

When juicing, place the pulp container under the pulp outlet and the juice bowl under the juice outlet. When processing food, use both containers as some juicier items can drip a little juice through the juice outlet. Plug the power cord into the wall outlet.



Assembly 3

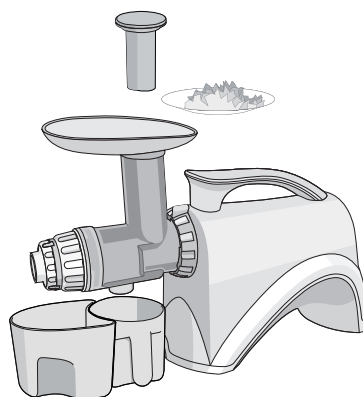
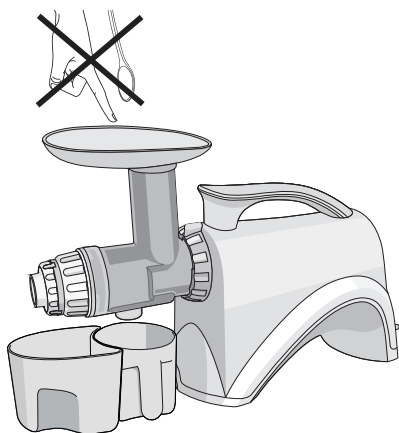
When juicing, place the pulp container under the pulp outlet and the juice bowl under the juice outlet. When processing food, use both containers as some juicier items can drip a little juice through the juice outlet. Plug the power cord into the wall outlet.



Operating instructions

Assembly 4

Press the ON button. Place a few pieces of cut fruit or vegetables, one at a time into the feeding tube. Use the food pusher to press the fruit or vegetables gently down the feeding tube. Leave the machine on as you feed in the produce.

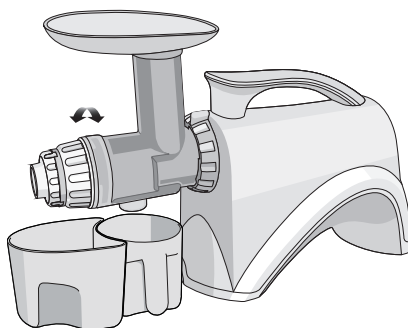


Assembly 5

DO NOT place any metal objects into the hopper. If the drum set is clogged or the machine stops operating, press the reverse button 2 to 3 times which will clear the clogging. Press the on button again to resume normal operation. Use only the original food pusher. Any other objects can damage the auger or strainers and will void the warranty.

Assembly 6

Switch the juicer OFF before changing accessories or touching any moving parts. Remove the drum set from the main body by turning the locking clip counterclockwise. Pull the auger forward to disassemble it from the drum set. After juicing, wash all parts in warm soapy water. Do NOT place any of the juicer parts in the dishwasher.



Assembly 7

Do NOT run juicer for more than 30 minutes continuously at any one time.

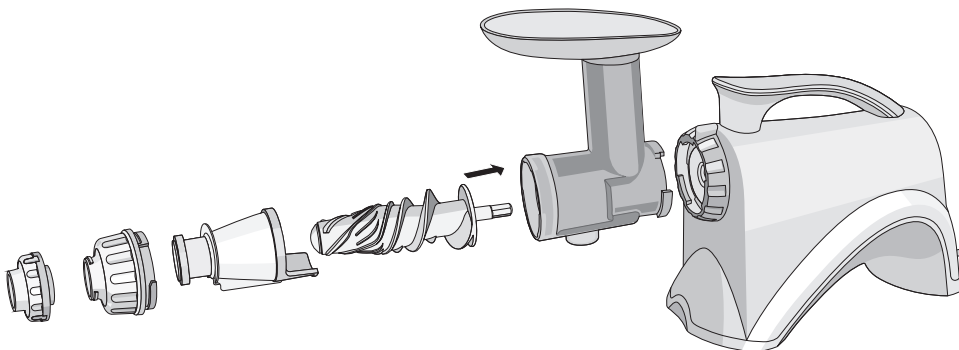
Choosing the right strainer

Material	Strainer
Pasta, sorbet, ice cream, peanut butter, baby food, coffee beans (grinding), soaked rice or beans.	Processing strainer
Oranges, pears, grapes, strawberries, kiwi, tomatoes, avocado, aloe etc., Cauliflower, radishes, beets, spinach, carrots, apples, sweet potatoes, wheatgrass and other leafy and root vegetables.	Juicing strainer

Making pasta

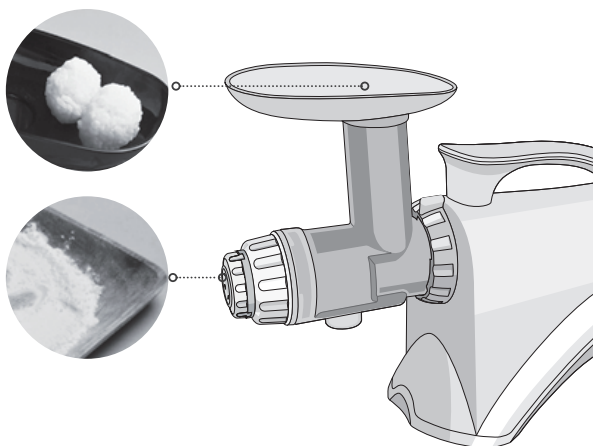
Assembly 1

Open and remove drum cap. Replace juicing strainer with processing strainer. Place the desired nozzle into the drum cap (for flat or round noodles). Place the drum cap onto the front end of the processing strainer. Turn drum cap counterclockwise until it clips firmly into place.



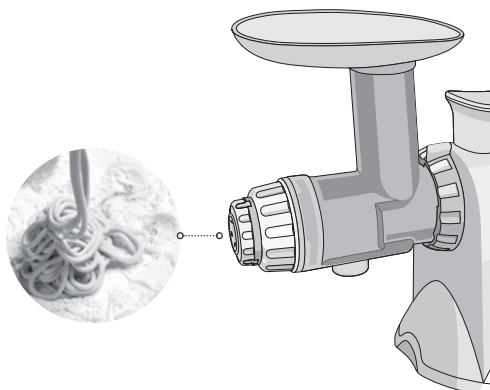
Assembly 2

Place a plate or dish under the nozzle, and sprinkle a small amount of wheat flour on it. Prepare dough from flour, eggs and optionally salt. If you want to prepare noodles, it is important that the dough is not too stiff because it may damage parts of the juicer. Soften your dough by adding oil.



Assembly 3

Turn on the juicer and slowly add dough. Use the pusher to force the dough into the drum. Use scissors to cut the pasta to the desired length.



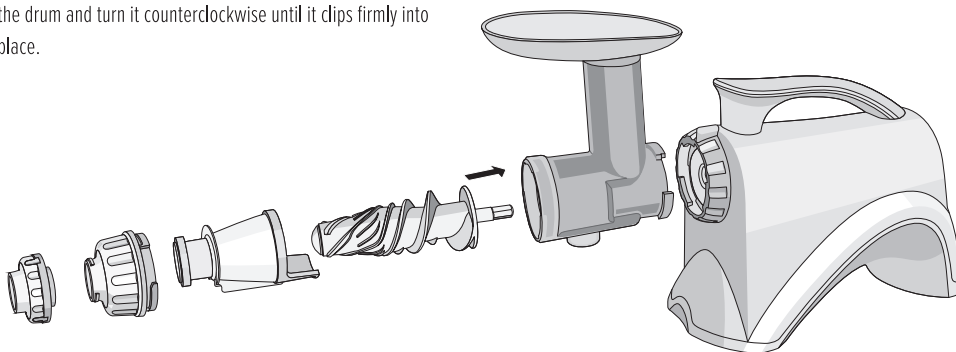
Assembly 4

Disassemble the juicer and immediately wash all parts in warm soapy water. **Do not place parts in the dishwasher.**

Making sorbet

Assembly 1

Remove the drum cap. Replace the juicing strainer with the processing strainer. Place the universal nozzle into the rear end of the drum cap. Place the drum cap with the nozzle into the drum and turn it counterclockwise until it clips firmly into place.



Assembly 2

Place a bowl or a pulp container under the pulp outlet. Sorbet will come out through it. Put a juice container under the juice outlet due to possible dripping. There are two ways of preparing sorbet:

- a) Put frozen fruit into the feeding tube and press it down gently with the food pusher. Never use completely frozen fruit as it can damage the juicer. Always let frozen fruit thaw a bit.
- b) Put fresh fruit into the feeding tube and press it down gently with the food pusher. Freeze the mixture and process again afterwards.

Note: Frozen fruit loses some of its sweetness. Add a little honey or maple syrup if desired. Garnish sorbet with fresh berries, grated nuts, chocolate shavings, etc.

Assembly 3

Disassemble the juicer and immediately wash all parts in warm soapy water. Do not place parts in the dishwasher.

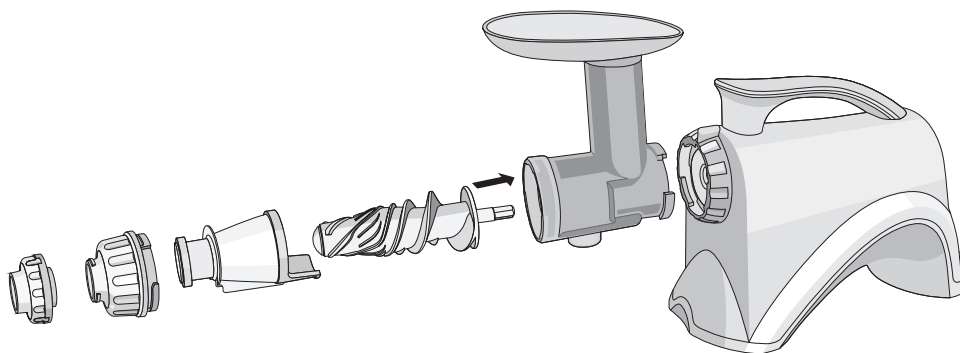
Making ice cream

Assembly 1

There are two ways to prepare ice cream

Method 1:

- Remove the drum cap
- Replace the juicing strainer with the processing strainer. It is not necessary to use a nozzle at this stage. Put the drum cap back into the drum and turn it counterclockwise until it clips firmly into place.
- Place a bowl or a pulp container under the pulp outlet. Ice cream will come out through it.
- Place a juice container under the juice outlet due to possible dripping.
- Put fresh fruit into the feeding tube and press down gently with the food pusher. Then mix it with milk and honey, or other ingredients according to your taste, in a bowl.
- Put the mixture in a plastic container and freeze.
- Remove the drum cap before reprocessing the frozen mixture.
- Place the universal nozzle into the rear end of the drum cap.
- Insert the drum cap with the nozzle back into the drum and turn it counter-clock-wise until it clips firmly into place.
- Place a bowl or a pulp container under the pulp outlet. Ice cream will come out through it.
- Cut the frozen mixture into lengthwise strips, put them gradually into the feeding tube and press down gently using the food pusher.

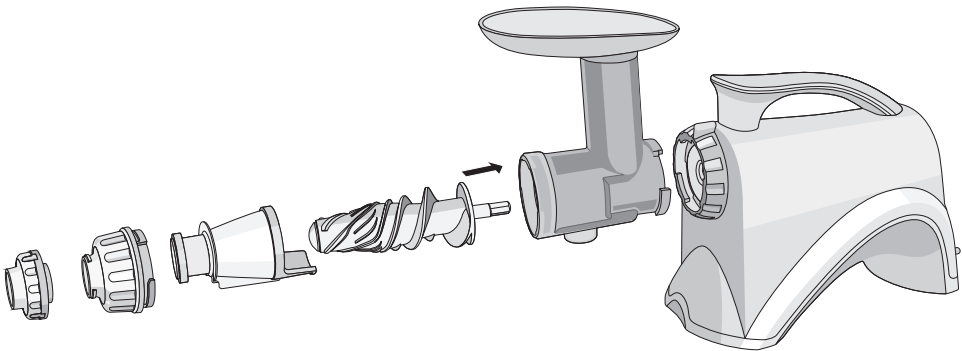


Method 2:

- Remove the drum cap.
- Replace the juicing strainer with the processing strainer.
- Place the universal nozzle into the rear end of the drum cap.
- Put the drum cap with the nozzle into the drum and turn it counterclockwise until it clips firmly into place.
- Alternately insert fresh fruit and pieces of frozen milk into the feeding tube.
- The mixture may be processed once more to blend the ingredients perfectly.
- Serve immediately or place into a freezer to make more firm.

Disassemble the unit and wash all parts in warm soapy water.

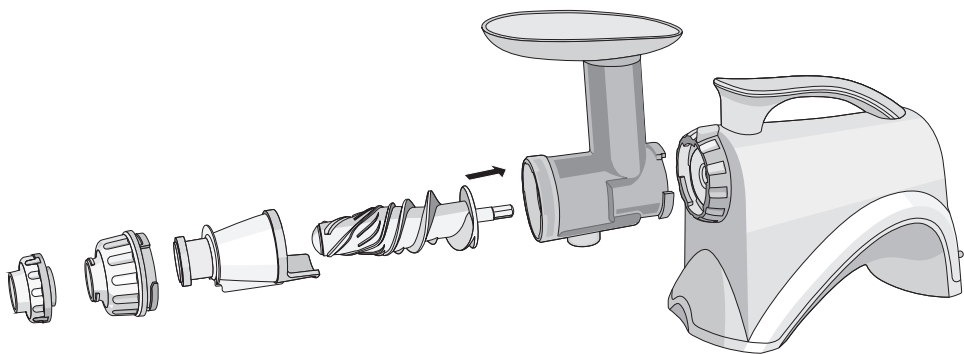
Do not place any juicing parts in the dishwasher.



Making nut butter

Assembly 1

- Remove the drum cap.
- Replace the juicing strainer with the processing strainer.
- Place the universal nozzle into the rear end of the drum cap.
- Put the drum cap with the nozzle into the drum and turn it counterclockwise until it clips firmly into place.



Assembly 2

Place a bowl or a pulp container under the pulp outlet. Nut butter will come out through the pulp outlet. Use nuts with a high oil content like peanuts, walnuts, and cashews. It's best to use roasted nuts as they have a higher oil content and a longer shelf life. Salted nuts are also fine, depending on taste. Nuts will need to be run through the juicer a few times to obtain a spreadable consistency. Alternately, add sunflower or peanut oil to the nuts in a bowl, and process it all at once to get a spreadable consistency the first time.

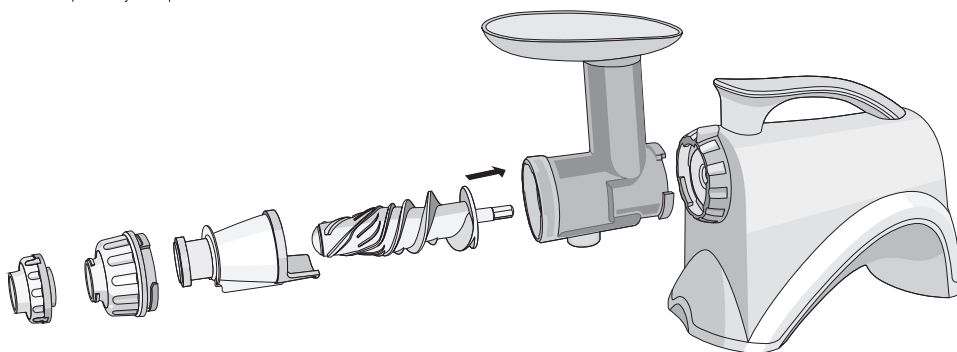
Assembly 3

Disassemble the unit and wash all parts immediately in warm soapy water. Do not wash any juicing parts in the dishwasher.

Making baby food

Assembly 1

- Remove the drum cap.
- Replace the juicing strainer with the processing strainer.
- Place the universal nozzle into the rear end of the drum cap.
- Put the drum cap with the nozzle into the drum and turn it counterclockwise until it clips firmly into place.



Assembly 2

Place a bowl or a pulp container under the pulp outlet. Baby food will come out through the pulp outlet.

Put a juice container under the juice outlet because of possible dripping of juicy ingredients.

Prepare ingredients. Fruit and vegetable foods can be prepared or, for example, boiled meat with vegetables can be processed as well.

- Put fresh fruit (i.e. peeled and cored apples, bananas, strawberries, peeled oranges and kiwi fruit etc.) into the feeding tube and press down gently with the food pusher.
- Put pre-cooked ingredients (i.e. chicken breast, potatoes, carrot, celery and peas) alternately into the feeding tube and press down gently with the food pusher.

Assembly 3

Stir the processed mixture and serve.

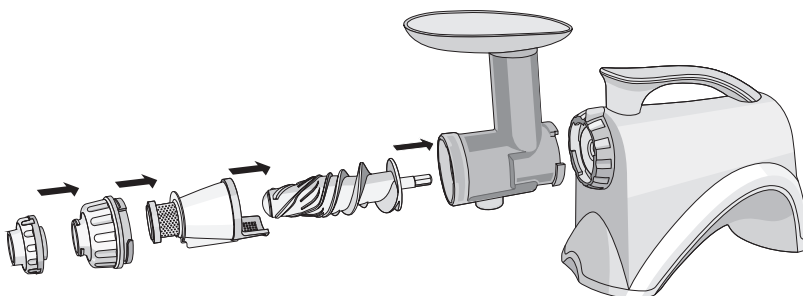
Assembly 4

Disassemble the unit and wash **all** parts immediately in warm soapy water. Do not wash any juicing parts in the dishwasher.

Making almond milk

Assembly 1

Put the auger into the drum and then insert the processing strainer. Put the drum cap onto the drum and turn it counterclockwise until it clips firmly into place. The adjustable pressure cap is not needed.



Assembly 2

Place a bowl or a pulp container under the pulp outlet. Almond pulp will come out through the pulp outlet. Put a juice container under the juice outlet. Feed almonds, which have been pre-soaked in water for at least 6 hours, slowly into the feeding tube. Press down gently with the food pusher if needed. Pour water into the resulting almond pulp and stir. Use a ratio of 2:1 or 3:1 water to almond pulp, depending on the desired thickness of milk. Let it soak for 2-3 minutes and stir again. Remove the processing strainer from the drum and replace with the fine juicing screen. Attach drum cap but not adjustable pressure cap. Pour the pulp mixed with water, using a ladle, into the feeding tube and press it down gently with the pusher if needed. Almond milk will come out the juice outlet, and dry almond pulp from the pulp outlet. Use the dry almond pulp in bread, biscuits, cakes, or muffins.

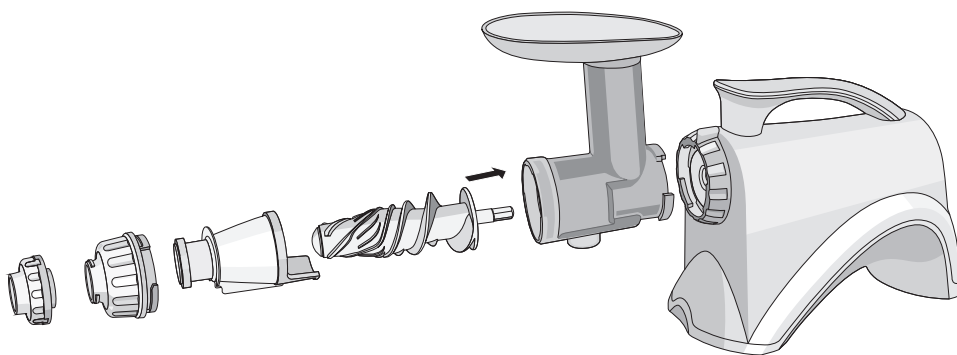
Assembly 3

Disassemble the unit and wash all parts immediately in warm soapy water. Do not wash any juicing parts in the dishwasher.

Coffee grinding

Assembly 1

- Remove the drum cap.
- Replace the juicing strainer with the processing strainer.
- Put the drum cap back into the drum and turn it counterclockwise until it clips firmly into place. The adjustable pressure cap is not needed.



Assembly 2

- Place a bowl or a pulp container under the pulp outlet. Ground coffee will come out through the outlet.
- Put a bowl under the juice outlet to catch any stray coffee grounds.
- Add coffee beans slowly into the feeding tube, a little at a time.

Assembly 3

- Disassemble the unit and wash all parts immediately in warm soapy water. Do not wash any juicing parts in the dishwasher.

Hints & tips

Use caution when juicing the following ingredients:

- Fruits with pits such as peaches, plums, and apricots, should be pitted before juicing.
- Check root vegetables carefully for any small stones. Stones can damage the auger or juicing screen.
- Do not use fruits preserved in alcohol, sugar, honey, etc. It may cause damage or failure.
- Do not use frozen fruit, except for sorbet

Do not use the juicer to grind grain. It can cause damage.

It is best to consume juice immediately after juicing for the best nutritional content. You can store it in a refrigerator up to 24 hours. A vacuum pitcher will extend the life of fresh juice up to 72 hours.

Do not use the juicer more than 30 minutes continuously. It can cause overheating and motor failure.

Due to the mineral deposits, it is necessary to clean the juicer parts thoroughly from time to time. Immerse them for 30 minutes in a detergent intended for juicers, or a mixture of 3 parts water, 1 part vinegar, and half a squeezed lemon. Then rinse under running water and wipe any remaining deposits with a sponge. Never immerse the motor base, just wipe it with a damp cloth.



Troubleshooting

THE APPLIANCE DOES NOT WORK.

- Make sure the power cord is plugged in correctly.
- Make sure the juicer is properly assembled.
- If the appliance still does not work, please contact your dealer for additional support.

THE APPLIANCE STOPS DURING NORMAL OPERATION.

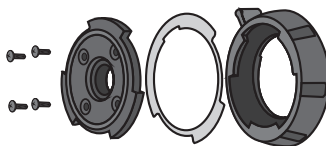
- Let the juicer cool for 60 minutes. The maximum recommended operating time (30 minutes) may have been exceeded.
- If the appliance still does not work, please contact your dealer for additional support.

FINE LINES OR SCRATCH MARKS AROUND THE AUGER.

- This is normal. These are marks resulting from the normal manufacturing process.

JUICE LEAKS OUT THE BACK OF THE DRUM.

- Check for an excessive amount of ingredients in the hopper chute.
- If you try to juice a large amount of food, you may overload the juicer and the juice can back up into the locking collar.
- Do not force too much food into the juicer. Feed produce slowly.
- Repeated leaking of juice can hamper the rotation of the locking clip. In this case, disassemble the lock mechanism by removing the four screws. Clean the dried juice and reassemble the lock mechanism.



DRUM AND AUGER MOVE UP AND DOWN WHEN JUICING.

- A slight up and down movement of the juicing chamber and auger is normal. It is caused by the engine rotation and is not a malfunction. Hard ingredients such as carrots, potato, radish, beets, etc. may cause more of an orbital rotation effect than soft ingredients.

Kinds of fruit and vegetable juice

Apple juice

Apple juice reduces cholesterol and eliminates metal and poisons from body, can strengthen the function of organs, and reduces the risk of stroke, intestinal and prostate cancer, type II diabetes and asthma. Apple juice can reduce the risk of potential cancers and heart diseases, improve the digestive and prostate gland health and promote weight loss. Apples contain vitamin C, B, iron, magnesium, calcium, zinc, potassium, hydrochloric acid, and cellulose.



Lemon juice

Lemons contain a high level of vitamin C. The juice is around pH 3.2, with 6-7 % acid, and also contains citric acid and a little bit of malic acid and aconitic acid. Lemons have a 1-3 % sugar content, and the citral, limonene, and pinene oils are the cause of the strong scent. The juice is used for flavouring drinks and as a scent for cosmetics. It is also effective for the common cold, headache, and urethritis.



Carrot juice

Carrot juice is a main source of vitamin A, necessary for liver recovery, and carotene, which is a good antioxidant. The effects can be maximized by digesting with a good proportion of other vegetable juices. Carrot and spinach juice is best for abdominal health, and carrot-beet-cucumber juice is good for the liver and kidneys. Carrot is also good for ocular health. Because of these reasons, it is good to include at least 50% of carrot juice in almost every vegetable juice. The skin may become discoloured to yellow because of the poisons that are released due to carotenes and phytochemicals, but continued consumption will bring the skin colour back to normal.



Asparagus juice



Asparagus contains a relatively large amount of an alkaloid called asparagine. If the asparagus is cooked or canned, the alkaloid within asparagus becomes useless. Hydrogen and oxygen is released, and natural salts made from the alkaloids and other elements are destroyed. Asparagus juice is especially good for curing kidneys, for glandular issues, and rheumatism. Rheumatism is a consequence of the excessive consumption of meat that leads to excessive production of uric acid in the body. It is better to combine the asparagus juice with other ingredients, such as carrots, because its individual effect could be too strong for the kidneys. However, in combination with carrots, it effectively and also gently precedes the above-described problems and treats them.

Cabbage juice

This juice is especially good for duodenum ulcers. The only downside is that it causes a lot of gas. Cabbage juice has a surprising characteristic pertaining to our body's purification and deoxidization. After drinking the juice, the gas formed in the stomach may feel a little uncomfortable; but this is only because the wastes that were stored in the intestines are finally being digested due to the cabbage juice. The most valued characteristic of cabbages is that it contains sulphur, chlorine, and iodine. The combination of sulphur and chlorine has the power to purify the stomach, only when consumed in its natural condition. Addition of salt not only makes the juice ineffective, but can even be harmful to the body. Also, cabbage juice is effective for ulcers and constipation. Constipation is often the cause of skin problems, which can be cured effectively by enough cabbage juice.



Celery juice



The best part about natural celery is that it contains a lot of active organic sodium. A property of sodium is that it can maintain calcium in liquid state, which plays an important role in our body. Natural celery contains four times more organic sodium than calcium. Therefore, celery is a necessity for those who consume a lot of starch and sugar. Sodium plays an important role in our body, the most important being maintenance of a fluent blood flow and lymph fluid. But these properties can only be found in 'organic' sodium, contained only in fresh vegetables and a few fruits. Antioxidants in celery can combat inflammation and help to treat a variety of inflammatory diseases.

Cucumber juice

Cucumber is well-known for promoting urine secretion. Because it also contains a lot of silicon and sulphur, it can provide various effects such as promoting hair growth when combined with carrot, lettuce, and spinach juice, and has many other important characteristics. Cucumber contains significant amounts of potassium, sodium, calcium, phosphorous, and chlorine. Adding carrot juice to cucumber juice is most effective for rheumatism, which is thought to be caused by excessive build-up of uric acid within the body, especially in joints. Because cucumber juice contains a lot of potassium, it is good for high or low blood pressure, and also for diseases like Pyorrhea alveolaris, and diseases of the gums and teeth. Cucumber juice prevents hair loss and fracturing of nails. Adding carrot and lettuce to cucumber is effective for various skin disorders.



Dandelion juice



Dandelion is one of the most valuable juices. It cures hyperacidity and neutralizes excessive alkaline of the body. It contains a lot of potassium calcium, sodium, magnesium, and iron. Magnesium is good for strengthening the body, and is necessary for softened bones. Combining calcium, iron, and sulphur with organic magnesium is important for producing blood components. Magnesium is used for the structure of many body cells, especially the lungs and the nervous system structures. The juice of dandelion leaves and roots added with radish leaves or carrot juice is best for the spinal or any other bone disease. It strengthens the teeth, and prevents pyorrhea alveolaris and cavities.

Potato juice

The juice of raw potatoes is especially good for purifying skin. This purification is due to potassium, sulphur, phosphorous, and chlorine. These substances are only effective if the potatoes are kept in an active, organic state. When combined with carrot and celery, this juice is good for neuralgia, gout, and various other muscle disorders. These can be effectively cured by mixing 1 pint of this juice with 1 pint of carrot and cucumber and drinking it every day. Meat, fish, and poultry should not be consumed during this period. Sweet potatoes are not related to potatoes in any way, from a botanical standpoint. Sweet potatoes contain 1/3 more carbohydrates, 3 times more calcium, 2 times more sodium, 2 times more silicon, and 4 times more chlorine than potatoes.



Spinach juice

Spinach has been well-known for a long time as being beneficial for the entire digestive system, including the stomach, duodenum, small and large intestines, and the colon. Its consumption contributes to the natural purification and regeneration of the digestive system. By consuming this juice, 1 pint each day, many people have seen curative effects within weeks. However, spinach juice is beneficial not only for digestion. Raw spinach has a preventive effect against inflammation of the gums, and periodontitis. Periodontitis is actually a mild form of scurvy. Its cause is the lack of such elements in the body which can be found mainly in the juice of spinach and carrots. Its abundant drinking along with eating raw food brings permanent assistance. Spinach shouldn't be consumed boiled or cooked due to oxalic acid buildup in the kidneys.



Tomato juice

Tomato juice is probably the most common vegetable juice. Fresh tomato juice is the most effective, producing alkaline reactions when digested. But this is also only when consumed without starch or sugar. If consumed with starch or sugar, an oxidative reaction occurs. Tomatoes contain a substantive amount of citric acid, malic acid, and a little bit of oxalic acid. When the acid is organic, it is necessary and good for all metabolic processes. But if the tomato is boiled or cooked, the acid becomes inorganic and harmful to the body. Fresh tomato juice contains sodium, calcium, potassium and magnesium. There are many types of tomatoes, but if it's fresh, any type can be made in to a juice. However, cherry tomatoes are the best for juicing due to their firmness and high juice content.



Water parsley juice

This juice is very high in sulphur. Because it is an especially strong digestive system purifier, it is not used alone but rather mixed with other juices like carrots or celery. Lettuce, radish and water parsley juice mixed with carrot and spinach juice is effective for blood purification, and contains the necessary substances for increasing free oxygen in the blood. It is especially good for anemia, low blood pressure, and weight control.



Onion juice

Onion juice is good for preventing heart diseases, high blood pressure, respiratory disorders, and is good for preventing cancer. A heart scholar of London, after researching for a long time on heart-healthy people, concluded that onions were more effective than normal heart medicines. There are also cases where people who continually consumed onions each day had less heart diseases and respiratory disorders. Not only that, but onion promotes secretion of insulin, thus serving to prevent and control diabetes. It is also known to be good for various eye and nose disorders, promoting oxygen processes within the body to help brain activity. It is also good for dizziness and insomnia. With a 90% water content, onions have a sweet taste due to the amount of sugar contained. This is why use of onions can reduce the use of other sugars when cooking. Although it has a smaller proportion of fats, it has a higher proportion of proteins, calcium, and iron. The distinctive taste and scent of onions is allyl sulphide which helps secretion of digestive juices and metabolic processes, especially the absorption of vitamin B1. The onion's antibacterial effects are also due to allyl sulphide, and there are records of feeding onion juice to dysentery patients when antibacterial cures weren't yet available. For the best effect, do not drink too much of this juice. Juice only a half onion and combine it with other juices such as apple or carrot.



Kudzu juice

Dongeuibogam, an ancient Korean medicinal guide, describes the characteristic of kudzu as below: "The substance is smooth and cool. It is sweet, with no poison. It is helpful for headaches, and releases alcohol poison by widening pores and releasing sweat. It revives good taste and recovers digestion, and is helpful for burns. Thirstiness caused by exhaustion cannot be cured without kudzu roots. It is good for alcoholic diseases." Kudzu roots are retrieved in fall or spring, washed, dried, and cut into small pieces. 70% of kudzu is water, but it also has a well-rounded constitution of sugar, cellulose, protein, iron, phosphorous, and vitamins. It also has daidzein for lowering body heat and regulating blood pressure.



Grape juice

Grapes are rich in antioxidants, including resveratrol and flavonoids. These antioxidants are found mainly in the skin, stem, leaf and seeds of grapes, rather than in their pulp. Cold pressed grape juice can provide several benefits, including reducing the risk of blood clots, reducing low-density lipoprotein (LDL, or "bad") cholesterol, preventing damage to blood vessels in your heart, and controlling blood pressure. The amount of antioxidants in grapes depends on many factors, including the type of grape, its geographic origin and how it's processed. Dark red and purple grapes tend to be higher in antioxidants than white or green grapes.



Pomegranate Juice



Pomegranate juice is rich in compounds called polyphenols, which have anti-inflammatory and antioxidant effects. Research suggest it may help fight prostate, breast, lung, colon and skin cancers. The juice protects cholesterol from oxidation, which reduces the development of atherosclerotic plaque, reducing the risk of heart attack and stroke. The juice also lowers blood pressure. Be aware that pomegranate juice should not be taken if you are using blood thinners, as it can have an adverse impact.

Apple and Tangerine Juice

Once squeezed, the apple juice begins to oxidize and change color. The acidic substance that causes the sour taste in tangerines keeps the apple juice from oxidizing. By mixing half of an apple and half of a tangerine, it delays the oxidation process and becomes a nutritious and good tasting juice. This juice can also be frozen and consumed during the year. Other citrus juices such as lemons or limes have the same effect, but also add a sour taste.



Cactus Juice (Prickly Pear, Eastern Prickly Pear)

Cactus fruit is hard to consume in its natural state. It can be best digested when combined with grape juice. Alternate cactus fruit and dark grapes in a 1:1 ratio. This juice can also be frozen in an ice cube tray and made into a tasty and nutritious sorbet.



Pineapple, Orange, and Apple Juice

Prepare pineapple, oranges and apples in equal amounts. Remove the peels of the pineapple and orange while keeping the apples unpeeled but cored to remove the seeds. Cut the fruit into smaller pieces, juice and freeze. It can stay nutritious for up to a year. It can be processed into sorbet, or thawed into an icy juice.



Pear Juice

Most pear juice sold in stores is heat pasteurized, destroying the valuable enzymes. Fresh pear juice contains many nutritional benefits. Be sure to use the firmest and freshest pears, and use the coarse screen for the best results.



Beverages



SOURCE OF STRENGTH

Ingredients

1 watermelon slice (5cm wide)
2 oranges
¼ pineapple

Instructions

Peel the oranges and separate the segments. Slice the watermelon so that it fits into the feeding tube. Watermelon seeds are okay to juice, but don't juice the rind unless you cut off the outer skin. Don't juice the pineapple skin. Juice ingredients one after the other and mix the juice together in a tall glass.

This drink will provide quick energy and alertness.



LIQUID LUNCH

Ingredients

2 carrots
½ cucumber
2 celery stalks
½ beet

Instructions

Cut off the tops and bottoms of the celery and carrots and wash thoroughly. Wash the beet and cut off the top. Slice the beet lengthwise and juice it first, followed by the carrot, celery, and cucumber. Stir the juice before drinking and garnish with celery leaves.

This drink is a quick meal substitute for breakfast or lunch. If you prefer something sweet, add one or two oranges.





BARBADOS BREEZE

Ingredients

½ pineapple
½ golden melon
1 kiwi



Instructions

Peel and slice the kiwi. Remove the skin from the melon and pineapple. Juice ingredients alternately and mix in a tall glass. Garnish with a kiwi slice and ice cubes.

This juice is refreshing at the end of a long day. Melon calms the nerves, and the bromelain in the pineapple soothes the digestive system. It's great for slow sipping in the garden, relaxing in the sunshine.

POWER PACK

Ingredients

½ lemon + one slice
1 orange
1 pear
1 apple



Instructions

Peel the lemon and orange. Slice the apple and pear. Juice all ingredients alternately and mix in a glass. Garnish the glass with the lemon slice.

This combination will help reduce muscle pain after a workout. It isn't recommended for people with osteoarthritis, as citrus juice can adversely affect joints.



MORNING COCKTAIL

Ingredients

2 oranges
2 carrots
1 firm apple
1 mango
6 strawberries
150 ml plain yogurt
Ice cubes
Orange slices for garnish



Instructions

Cut off the tops and bottoms of the carrots. Slice the apples. Juice the carrots and apples together. Pour the juice into a blender. Remove the pit from the mango and scoop the flesh into the blender. Add ice and yogurt and blend until the mixture is smooth and creamy.



This is a great way to get some veggies into a juice for those who don't usually like juiced vegetables. It is healthy, creamy, and very refreshing.

MANGO-LEMON COOLER

Ingredients

1 mango
½ lemon
Sparkling mineral water
1 lemon slice for garnish

Instructions

Cut the mango in half and remove the pit. Scoop out the flesh and juice it. Peel the lemon and juice it. Mix the juices together and add sparkling water.

This tart juice provides a great wake up and also quenches your thirst.





GREEN MONSTER

Ingredients

3 kiwis
100ml sparkling water or
lemonade
Ice



Instructions

Peel and juice the kiwis. Mix with the sparkling water or lemonade. Add ice cubes and a straw. Garnish with kiwi slices.

The green color is unique among sweet juices. The kiwi is tart, so sweetened lemonade will make it tastier for children.

PASTEL CITRUS COCKTAIL

Ingredients

1 pink grapefruit
2 oranges
½ lemon



Instructions

Peel all the fruits and separate into segments. Juice the fruits together and mix it in a glass. Add ice and garnish with lemon and orange slices.

This recipe not only provides a refreshing kick, it also has a unique delightful pastel color.





STRAWBERRY SURPRISE

Ingredients

200 g strawberries
2 firm apples
100 ml sparkling water or lemonade



Instructions

Wash and juice the strawberries. Slice and juice the apple. Mix the juice in a glass and add the sparkling water or lemonade. Add ice cubes and garnish with a sliced strawberry.

You can also garnish it with skewers of strawberries and lemon, or a sprig of mint leaves.



CHILDREN'S CHAMPAGNE

Ingredients

150 g of grapes (red or white)
½ lemon
2 oranges
Sparkling mineral water
Ice



Instructions

Wash and juice the strawberries. Slice and juice the apple. Mix the juice in a glass and add the sparkling water or lemonade. Add ice cubes and garnish with a sliced strawberry.

This is a great juice to serve at parties where the adults are served champagne. It looks elegant and tastes amazing.





FRUIT BOMB

Ingredients

2 apples
150 g white grapes
25 g watercress or rucola
Handful of fresh cilantro
½ lime

Instructions

Slice and juice the apples. Wash the grapes and juice them without the stems. Peel the lime and juice it. Wash the watercress or rucola and cilantro and juice them. Mix the juice in a glass and garnish with a slice of lime.

This refreshing recipe has an herbal kick and gives quick energy.

ALMOND MILK

Ingredients

100 g almonds
300 ml filtered water
1 T maple syrup (to taste)

Instructions

Soak the almonds for 6 hours and rinse them well. Process the almonds with the processing strainer. Mix the almond pulp with the water and let sit a few minutes, stirring well. Replace the processing screen with the juicing screen. Process the almond water mixture slowly through the juicer. Add maple syrup to taste.

You can also prepare milk from other nuts such as cashews, walnuts, or peanuts.



Foods



PASTA

Ingredients

200 g flour
2 eggs
Pinch of salt

This is a universal recipe for all kinds of pasta and noodles.

Instructions

Mix the ingredients and roll the dough with your hands. Shape rolls to comfortably fit into the feeding tube. If the dough is too stiff or if you want to make noodles, soften it by adding oil (this will ensure its smooth processing). Then assemble the juicer according to the instructions on p. 9, place the dough into the feeding tube and push down gently with the food pusher.

BANANA ICE CREAM

Ingredients

300 g bananas
Juice of one lemon
½ t vanilla sugar
150 ml cream
50 ml milk
Maple syrup or honey to taste

This recipe can be used with many different fruits including strawberries, blueberries, raspberries, mango, and kiwi.



Instructions

Cut the bananas into 3-4 cm slices and spread them on a plate or tray lined with baking paper. Freeze for at least two hours. Pour the cream, milk and lemon juice into a shallow plastic container, add the vanilla sugar and stir until dissolved. Sweeten with honey or maple syrup to taste. Put mixture for about 1 hour in the freezer. After an hour, remove both. If the mixture or bananas are too hard, let them melt a bit. Then cut mixture into strips and put into the juicer alternately with bananas (see p. 12 for the instructions how to assemble the juicer for ice cream). Process the mixture once again. Serve immediately.

Pulp utilization

There are several ways to use pulp that remains after juicing. Fruit pulp can be added to pies, cakes, muffins and other sweet recipes, but also to yogurt or oatmeal. Pulp can add extra fiber and flavor. Vegetable pulp works with soups, sauces or even with meat. You can also prepare a broth from vegetable pulp and then use it in recipes. Pulp can also be frozen for use later.



PULP PIE

Ingredients

3 cups of fruit pulp
4 eggs
1 ½ cups of cane sugar
½ cup vegetable oil
2 cups of all-purpose flour
baking powder
any roughly chopped nuts
sunflower seeds
dried cranberries
raisins

Instructions

Mix all ingredients in a bowl with a hand mixer. Put the dough into a greased and floured cake pan. Bake at 170 °C for about 30 minutes until done.

VEGETABLE BROTH

Ingredients

500 g of vegetable pulp
2-1/2 litres of water
½ teaspoon of sea salt
½ teaspoon of ground black pepper
fresh or dried herbs (chives, thyme, rosemary, oregano, basil, parsley)
1 tablespoon of olive oil



Instructions

Put oil in a pan and let it warm up a little. Then add the pulp and grill it for 2 minutes while stirring. Add the water, all the herbs and spices and bring to a boil. Once the water starts to boil, decrease the temperature and cook for about 20-30 minutes (for thicker broth, up to 2 hours). Strain the finished broth.

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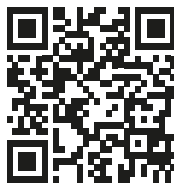


Increase the versatility of your Sana 606 juicer with the Sana 702 oil extractor attachment. Using the Sana 606's powerful motor, the Sana oil extractor makes pressing your own oil simple and easy. Just attach the oil extractor to your Sana 606 juicer, turn on the juicer, and pour your seeds or chopped nuts into the hopper. Make just as much fresh cold-pressed oil as you need.

The Sana oil extractor is designed to extract oil from many different seeds including flax, sesame, sunflower, pumpkin, black cumin, rape, hemp, evening primrose, and poppy. And it has a "surprise" feature: processing oat groats will make perfect oatmeal flakes!

The Sana oil extractor is made from heavy-duty food-grade stainless steel. This not only ensures durability and hygiene, but it also makes it easy to clean. It is made from just a few solid parts which can be rinsed in warm water.





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