

Sirena[®] Supreme Juicer

INSTRUCTION MANUAL

Includes 25 Simple and Healthy Recipes

FOR HOUSEHOLD USE ONLY



Model: JMNA

Read this manual thoroughly before using and save it for future reference

WARRANTY DETAILS

REGISTRATION OF SIRENA SUPREME JUICER IS REQUIRED FOR WARRANTY.

PLEASE GO TO SIRENASYSTEM.COM TO REGISTER.

This product is guaranteed under the premise of a 1-year limited warranty period, applicable to the original purchaser and not transferable to a third-party user.

Repair and replacement of defective parts are at the seller's discretion. In the event that repair isn't possible, the seller will replace the product or part.

Product defects not covered under the warranty provisions include normal wear and damage incurred from use or accidental negligence, misuse of instruction specifications, or repair by unauthorized parties. The manufacturer is not liable for any incidental or consequential damages incurred under such circumstances.

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Register Your Warranty

SIRENA SUPREME JUICER

Parts List



1. Drive unit
2. 3-position switch
3. Pusher
4. Lid
5. Feeder tube
6. Filter
7. Filter holder
8. Juice outlet
9. Juice container
10. Power cord with plug (at the rear)
11. Rating label (on underside of juicer)
12. Locking clip
13. Drive shaft
14. Pulp container
15. Locking recesses

Before First Time Use

Before the Sirena Supreme Juicer is used for the first time, it must be cleaned as described in the *Cleaning and Care* section.

DO NOT PUT DRIVE UNIT IN DISHWASHER! ALL OTHER PARTS ARE DISHWASHER SAFE.

Short-time Operation

The Sirena Supreme Juicer is designed for short-term operation only (i.e. it should not be operated continuously for more than 1 minute). Allow it to cool down sufficiently before switching on again.

Useful Information

- a. Cut up the fruit or vegetable so that it fits down the feeder tube; remove any stones, pips or cores to prevent damage to the juicer.
- b. The following fruits and vegetables are not suitable for juice extraction; **figs, avocados, eggplants, raisins, elderberries, rhubarb, cranberries.**
- c. Peeled bananas should be added for aromatic purposes only, as very little juice can be extracted.

Switch

The Sirena Supreme Juicer is equipped with a 3-position switch.

- 0 juicer switched off
- 1 slow juice extraction
- 2 fast juice extraction

Operation

1. Place the filter holder onto the drive unit.
2. Fit the filter into its holder, pushing it firmly down until it is heard locking into place. It is important that the filter is securely attached and not at an angle.
3. Slide the pulp container on the left side on the unit under the rim of the filter holder, tilting the container slightly
4. Place the transparent lid onto the filter holder. The left side of the lid must engage in the pulp container. Secure the lid with the locking clip, which will activate the safety switch. Ensure that the locking clip engages firmly on both sides into the locking recesses on the lid.
5. Slide the splash guard onto the juice outlet and place the juice container below the outlet.
6. Insert the plug into the wall outlet and put the switch to the required setting.
7. Feed the clean, pre-cut fruit or vegetable pieces down the feeder tube while the unit is running. **Use the Pusher to push the pieces down lightly, observing the arrow mark and the guide slot on the Pusher.**
8. **Caution: Excessive pressure may result in damage to motor or filter.**
9. When processing large quantities of fruit or vegetables, the pulp container and juice container must be emptied from time to time as necessary.
10. After use, switch the Sirena Supreme Juicer off and remove the plug from the wall socket.

Juice Container

The juice container incorporates a removable foam screen. If the juice is poured out carefully, the foam caused during juice extraction will remain inside the container.

Cleaning and Care




















- **DO NOT PUT DRIVE UNIT IN DISHWASHER! ALL OTHER PARTS ARE DISHWASHER SAFE.**
- Always remove the plug from the wall socket and allow the Sirena Supreme Juicer to cool down before cleaning.
- Please note: the filter has small, sharp points. There is a risk of injury.
- Do not use abrasives, harsh cleaning solutions or hard brushes for cleaning.
- To avoid the risk of electric shock, do not clean the drive unit with water and do not immerse it in water.
- The drive unit may be wiped with a slightly damp, lint-free cloth.
- The pulp container, filter holder, splash guard, lid, Pusher and juice container may all be cleaned using hot water and a mild detergent.
- The filter should also be cleaned each time after use, using a soft, commercially available nylon brush. Do not clean the filter with any hard objects, as that may render it unusable.

Disposal

Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.



Warning

	Before cleaning the Sirena Supreme Juicer, ensure it is disconnected from the power supply and has cooled down completely.
	To avoid the risk of electric shock, do not clean the drive unit with water and do not immerse it in water.
	For detailed information on cleaning the Sirena Supreme Juicer, please refer to the section ' <i>Cleaning and Care</i> '.
	The filter has sharp points. To prevent injuries, always exercise extreme caution when emptying it.
	Do not operate the Sirena Supreme Juicer if the rotating filter shows any kind of damage.
	Always remove the plug from the wall socket: <ul style="list-style-type: none">- before assembling or disassembling the Sirena Supreme Juicer,- after use,- in case of any malfunction,- before opening the lid,- when there is no supervision,- before cleaning the Sirena Supreme Juicer.
	Any misuse can cause severe personal injury.
	The Sirena Supreme Juicer may only be used by persons with reduced physical, sensory or mental capabilities, or lacking experience and knowledge, if they have been given supervision or instruction concerning the use of the Sirena Supreme Juicer and fully understand all dangers and safety precautions involved.
	Children must not be permitted to operate the Sirena Supreme Juicer. The Sirena Supreme Juicer and its power cord must be kept well away from children.
	Children must not be permitted to play with the Sirena Supreme Juicer.
	Keep any packaging materials well away from children – these materials are a potential source of danger, e.i. of suffocation.
	Every time the Sirena Supreme Juicer is used, the main body including the power cord as well as any attachment fitted should be checked thoroughly for any defects. Should the Sirena Supreme Juicer, for instance, have been dropped onto a hard surface, or if excessive force has been used to pull the power cord, it must no longer be used: even invisible damage may have adverse effects on the operational safety of the Sirena Supreme Juicer.
	Do not leave the Sirena Supreme Juicer unattended while connected.
	For safety reasons, use the Pusher at all times when feeding fruit or vegetables into the feeder tube. Under no circumstances use your hands or fingers.
	After switching off, always wait until the motor has come to a complete stand still before opening the lid.
	Do not allow the Sirena Supreme Juicer or its power cord to touch hot surfaces or to come into contact with any heat sources.
	When removing the plug from the wall socket, never pull on the power cord; always grip the plug itself. Do not let the power cord hang free.
	No responsibility will be accepted if damage results from improper use, or if these instructions are not complied with.
	This Sirena Supreme Juicer is intended for domestic or similar applications, such as <ul style="list-style-type: none">- in shops, offices and other similar working environments,- by customers in hotels, motels etc. and bed-and breakfast type establishments.

25 Quick Start Recipes

Best Vegetables for Juicing

- Kale
- Celery
- Spinach
- Cucumber
- Beets
- Carrots

Best Fruits for Juicing

- Apples
- Pineapple
- Grapefruit
- Orange
- Lemon

How Many Days Should You Juice Cleanse?

1 Day – This is great for beginners and perfect to give your body a reset after a particularly indulgent weekend.

3 Days – A three-day juice cleanse will help eliminate toxins, boost energy, stimulate weight loss and benefit your immune system.

5-7 Days – Need an extra nutritional boost. Try a five to seven-day cleanse to further eliminate toxins. It's particularly useful in times of high stress.

Instructions

For All Recipes:

1. Thoroughly wash all vegetables and fruits before using.
2. Juice all the ingredients following the instructions for normal juicing in this Sirena Supreme Juicer manual.
3. Drink immediately or let chill for an hour and then enjoy.

Recipes

Green Goddess Juice

- 3 stalks of celery
- 1/2 large cucumber, cut into quarters
- 1 medium green apple, cut into eighths
- 1 medium pear, cut into eighths

Ginger Zinger Juice

- 2 medium apples, cut into eighths
- 5 carrots (no need to peel)
- 1/2-inch fresh ginger
- 1/4 lemon (remove peel to avoid bitterness)

Tropi-Kale Juice

- 1/4 of a fresh pineapple, skin and core removed, and cut into 1" strips
- 4 kale leaves
- 1 ripe banana, peeled

Antioxidant Blast Juice

- 2 medium beets, cut into quarters and the greens
- 1 cup blueberries
- 1 cup halved, hulled strawberries

For Immune Booster Juice

- 2 oranges, quartered (remove peel for less bitterness)
- 1/4 lemon (remove peel for less bitterness)
- 1 medium apple, cut into eighths
- 1/2" fresh ginger

Kale Kickstart Juice

- 1 orange, quartered (remove the peel for less bitterness)
- 1 cup halved and hulled strawberries
- 2 kale leaves
- 3 carrots
- 1 ripe banana

Cucumber Cooler Juice

- 1/4 ripe cantaloupe, seeds removed, cut into chunks (no need to peel)
- 2 stalks celery
- 1/2 cucumber, cut into slices
- 1/4 lemon (remove peel to reduce bitterness)

Green Light Juice

- 4 handfuls of spinach
- 1 kale leaf
- 1 cucumber
- 1/2 peeled lemon
- 1 apple, cut into eighths
- 1 small carrot

Pineapple Twist Juice

- 1/2 cup of pineapple chunks
- 1 green apple, cut into eighths
- 1/2 cucumber
- 1/2 bunch of cilantros
- 6 kale leaves

Active Apple Juice

- 2 apples
- 1 peeled lemon
- 3 stalks of celery
- 2 large carrots
- 5 stems of parsley

Bluto's Bane Juice

- 6 cups of baby spinach
- 1 lemon
- 3 small apples
- 1/3 cucumber
- 8 leaves of roman lettuce
- Small chunk of ginger

Morning Energy Booster

- 1 medium beet
- 1 large red apple
- 3 stalks of celery
- 1 whole lime

Viridian Dew Juice

- 6 kale leaves
- 1 cup of spinach
- 12 strawberries
- 2 green apples
- 1 lime
- Handful of mint

ABC Juice (Kid-friendly)

- 1 small apple, cored
- 4 carrots
- 1 cup of beet chunks
- Serve over ice

Ginger Ale Juice

- 1-inch-thick slice of ginger
- 2 medium parsnips
- 2 pears, cored
- When the mixture is blended, separate it into four serving glasses and add four ounces of carbonated water for that signature effervescence.

Green Juice

- 4 leaves kale
- 1 spear pineapple
- 1 small granny smith apple
- 2 stalks celery

Beet Juice

- 1 large beet with greens
- 2 medium carrots
- 1 small granny smith apple
- 1 lemon peeled

Carrot Ginger Juice

- 6 medium carrots
- 1 orange peeled
- 1-2-inch ginger
- 1/2-inch turmeric
- Pinch cayenne

Grapefruit Mint Juice

- 2 grapefruits peeled
- 1-2-inch ginger
- 2 sprigs mint

Purple Power Juice

- 1/2 small beet
- 1/4 cup pomegranate seeds
- Dozen red grapes
- 5 to 6 kale leaves
- 1 heaping cup spinach leaves
- A couple of beet greens optional
- 1 rib celery
- 1 lemon
- 1 small apple

Pink Power Watermelon Juice

- 1/4 of a large watermelon, chopped (about 7 cups) fresh or frozen
- 2 cups frozen strawberries
- 1/2 cup frozen raspberries
- Juice of 3 limes
- 1 tablespoon raw honey or another liquid sweetener, optional

Not-So-Sour Apple Juice

- 2 tart apples, cut into eights
- 5 kale leaves

Immunity Boosting Orange Juice

- 5 big oranges, peel removed
- 5–6 large carrots
- 1/2 lemon, peeled
- 1 2-inch cube ginger
- 1 2-inch piece of turmeric (can sub 1/2 tsp powdered turmeric)

Women's Wellness Juice

- 1 large beetroot
- 1 large carrot
- 2 medium apples
- 2 large kale leaves
- 1 medium lemon, peeled
- Small chunk of fresh ginger

Kale-Aid Kale Juice

- 5 large kale leaves
- 1-2 large cucumbers
- 1 lemon (peeled)
- 1 apple
- 1-inch knob ginger (peeled)
- 1-2 large ribs celery

Homemade Tomato Juice

- 4 medium tomatoes
- 1 stalk celery
- 1 cucumber
- 1/4 onion (optional)
- 1 medium handful fresh oregano (optional)
- 1 medium handful fresh basil (optional)
- 1/4 red bell pepper
- 1/2 teaspoon sea salt
- Freshly ground black pepper
- cayenne pepper
- Lemon wedges

Blueberry Juice

- 1 cup blueberry
- 1 apple
- 1 celery stalk
- 1/2 cucumber (optional)
- 1/4 beetroot
- 1/4 lemon or lime
- 1/2 cup water



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Enjoy it in Great Health

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www. Sirenasystem.com